

Aquatics



INDOOR AQUATIC Center

Welcome to the Mansfield Community Center Indoor Aquatic Center. The Center has one 6-lane 25 yard competitive lap pool with diving area, and a mid-size therapy pool for specialized use and classes. We offer a wide range of activities and programs to accommodate all ages and abilities including swimming lessons, water fitness classes, general recreational swimming, lap swimming and much more. Pools operate under the supervision of certified Lifeguards at all times. The pools also host several special events including our Family Fun Nights and are available for birthday party rentals as well. The Aquatic Center will close at 8:30 p.m. Monday through Friday, and on Saturday and Sunday, at 7:30 p.m. with the exception of specific holiday hours.

For an overview of pool usage and designated activity time, please pick up a **weekly pool schedule** located at the kiosk in the front lobby or visit our website at www.mansfieldcc.com.

You Can Choose to Swim Healthy!

Healthy Swimming behaviors are needed to protect you and your kids from RWIs (Recreational Water Illnesses) and will help prevent germs from getting in the pool.

Here are three "PLEAs" that promote Healthy Swimming:

Three "PLEAs" for All Swimmers

Practice these three "PLEAs" to stop germs from causing illness at the pool:

Please practice good hygiene. Take a shower before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.

Please don't swim when you have diarrhea. This is especially important for kids in diapers. You can spread germs in the water and make other people sick.

Please don't swallow the pool water. In fact, avoid getting water in your mouth.

Private Swim Lessons

Private Lessons and Semi Private Lessons (max 2 individuals) are available for both children and adults. All lessons are instructed by one of our qualified Swim Lesson Instructors and are one half hour in length. You will need to fill out a Private Lesson Request Form available at the MCC Reception Desk. You will be contacted by an instructor within 2 weeks regarding the status of your request and to set up your initial lesson. Lessons at the requested time are not guaranteed and may result in scheduling alternate times with an instructor. Call 429-3015 ext. 0 for more information.

Private Swim Lesson Fee Schedule:

| | |
|--------------------------------------|------|
| Member Private Swim: | \$35 |
| Member Semi-Private Swim: | \$50 |
| Non Member Private Swim: | \$40 |
| Non Member Semi Private Swim: | \$60 |

For water fitness classes, please see the fitness class schedule.

GENERAL Information

Main Pool

Our 6-lane, 25-yard lap pool is available for General Swim, Lap Swim, as well as hosting several aquatic classes and lessons. Please see our weekly block schedule for an overview of designated times.

General Swim

The Main Pool is open for recreational and leisure swimming for individuals and families at designated times. All non-swimmers must be in the water with an adult at all times. Diving board will be open at various times, please see weekly schedule for details. General swim cannot be used for lap swimming.

Lap Swim

Lap swim times are available at designated times. Lap swimming is intended for fitness and requires continuous movement with appropriate swimming strokes at your own pace. Snorkels are allowed at lap swim times only. Masks covering the nose are prohibited.

Therapy Pool

The Therapy Pool has designated time for specialized classes, therapeutic use, and family swim. This pool's intended purpose is to provide a warmer, more comfortable environment for those with therapeutic needs such as arthritis, chronic joint pain and fatigue, as well as individuals needing rehabilitation for injuries. This pool is available for families and swim lessons at designated times. Please see the weekly schedule for an overview of times.

Therapeutic Use

This time is designated for individuals with therapeutic needs only. Limited water exercise equipment is available for individual use upon request. Specialized water fitness equipment is allowed with staff approval.

Family Use

This time is designated for families to utilize and enjoy the warm comfortable environment of the Therapy Pool. Please be respectful of those using the pool for therapeutic purposes. There is no jumping in the therapy pool.

Lap Swim Etiquette

Due to the limited number of lap lanes, it is mandatory that patrons share lanes accordingly:

- Please group yourselves according to ability.
- Two swimmers – each swimmer stays on his/her respective side of the lane.
- Three swimmers – swim counter-clockwise in a single file line, staying on the right side of the lane.
- Make sure it is safe to pass if necessary.
- Safety First – When entering a lane that is already occupied by a swimmer, please alert that swimmer that you will be sharing a lane with him/her.

ADULT BEGINNER Swim Lessons (Ages 18+)

These lessons are designed for adults with minimal or no swimming experience, or those who need assistance adjusting to a water environment. This course will take adults through the beginning Levels I and II of the American Red Cross Learn to Swim Program. This group setting class will provide an appropriate level of instruction for adults wanting to discover the benefits of learning how to swim and be safe in and around water. Please see Level Description page for class skills.

Instructor: TBA
Location: CC Pool
Dates: Mon. and Wed., June 11- July 6 *Class does not meet 7/4, a makeup will be held on 7/6
Time: 5:50 - 6:20 pm
Fee: \$73 for members; \$96 for non-members
Activity # 161020-A

ADULT INTERMEDIATE Swim Lessons (Ages 18+)

These lessons are designed for adults with minimal swimming experience who are already comfortable in and around water. This course will take adults through Level III and begin Level IV skills of the American Red Cross Learn to Swim Program. This group setting class will provide an appropriate level of instruction for adults wanting to discover the benefits of learning how to swim and continuing to improve their stroke development. Please see Level Description page for class skills.

Instructor: TBA
Location: CC Pool
Dates: Mon. and Wed., July 9-August 1
Time: 5:20 – 5:50 pm
Fee: \$73 for members; \$96 for non-members
Activity # 161021-A

LIFEGUARD Training (Ages 15 +)

The Mansfield Community Center is proud to provide the most current and up to date training course for lifeguard certification. This course will present the newest lifeguarding curriculum available through the American Red Cross released earlier this year. The purpose of the ARC Lifeguard Training Program is to teach candidates safety and rescue techniques designed to prevent and respond to a variety of aquatic emergencies. This course does have pre-test that is administered during the first hour of the class. The course pre-requisites include: a continuous 300 yard swim with proficiency in both freestyle and breaststroke, a two minute tread of water without the use of hands and a timed 20 yard swim with surface dive to retrieve a submerged 10 pound object in which candidate return to the starting point with the object and exit the pool without using the stairs or a ladder. Students are only allowed to use goggles for the pre-requisite 300 yard swim portion of the class, students must be able to demonstrate all skills in the class without the use of goggles to pass the course.

This is a Blended Learning Course which means there are approximately 10 hours of online learning that must be finished before the first in class session. Upon registration (once the minimum to run the course has been met) the candidate will receive a welcome email to the course with instructions on how to access online content. Candidates MUST provide the MCC a valid email address upon registration. Registration fees include: one course manual, one pocket mask and processing fees for successful candidates to be issued a certification.



Students will receive an American Red Cross Lifeguard, First Aid and CPR for the Professional Rescuer certification upon successful completion of this course. Please bring bathing suit and towel to each class. **Candidates MUST register by Wed., June 20 by 9 am.**

Instructor: Jeanne Goffinet, LGI
Location: Community Room and Pool
Dates: Monday- Thursday, June 25-June 28
Time: 9:00 am – 6:00 pm
Fee: \$220 for members; \$295 for non-members
Activity #: 161022-A

Working on your Merit badge?



Scouts, complete your lifesaving skills in our pools! Group reservations must be requested 2 weeks in advance. Call or come by to pick up a group rental form that includes facility information and group pricing.

POOL TEMPERATURE

Main Pool: 80°-82°
Therapy Pool: 92°-94°



POOL RULES -for your safety-

Some Pool Rules in helping you to prepare your day!

- All patrons must shower before entering the pools.
- Children 5 years and under must be accompanied into the water by an adult (18 years or older) who is within arms reach.
- Children 6 – 8 years old must be accompanied by an adult (18 years or older) into the pool area if they have passed a swim test.
- Children who are 8 and over who have passed a swim test are allowed in the pool and pool area without an adult.
- Lifejackets and life vests (including swim suits with foam inserts) are acceptable and permitted in the pool. **Any child/patron wearing a lifejacket or life vest must be accompanied into the water by an adult 18 years or older and must be within arms reach.** No noodles, inflatables, swimmies, or water wings are allowed. Any patron wearing a lifejacket or vest is NOT Permitted to use the diving board. Other flotation devices considered at the discretion of the Aquatic Director or Manager on Duty.
- Noodles, aqua belts, and aqua dumb bells are permitted for water exercise/therapy only.
- Children must be wearing appropriate swim diapers, no exceptions.
- Proper swimming attire is required. No casual clothing, jeans, or T-shirts are allowed.
- Kickboards, pull buoys, and training paddles are available for use.
- Masks, snorkels, and fins are allowed for lap swimming ONLY.
- Diving is permitted in the deep end of the lanes and off the diving board ONLY.
- Adults may NOT catch children off the diving board or provide assistance on the board.
- Questionable swimmers may be asked to take a swim test consisting of one comfortable 25 yard lap of front crawl to prove ability.

MANSFIELD MARLINS Youth Swim Club

(Age 8 – Grade 8)

Returning Swimmer Registration: Returning swimmers need to register for the program every season. Please register your child according to when your registration date becomes available. Our pool/lane space is limited and we do not hold spots for returning swimmers. We encourage all participants to register as soon as possible!

New Swimmer Registration: All new swimmers must be pre-registered into the program before the evaluation night on Tuesday, June 5. (See below for more information about the swim evaluation night). Please register your child according to when your registration date becomes available. We encourage all participants to register as soon as possible!

Join the Mansfield Marlins Youth Swim Club! This instructional team will help young swimmers develop their swimming skills, their stroke techniques, and teach new fundamentals such as flip turns and competitive starts in the sport of competitive swimming. The Youth Swim Club season runs from June-August (nine week session). Practices will be held on Tuesdays and Thursdays from 5:30 p.m. to 6:30 p.m. or 6:30 p.m. to 7:30 p.m. depending on age/ability. The team will also compete in 3 scrimmage swim meets here at the community center and have periodic time trials as well. Participants may register for only one evening of practice if desired. All pre-registered returning swimmers will attend regular practice times unless notified of a practice time change by a coach. **It is recommended that swimmers have passed Level 4 swim lessons. Please keep in mind that practice consists of approximately 50 - 55 minutes of lap swimming, among other activities.**

NEW SWIMMERS EVALUATION NIGHT, Tuesday, June 5th, at the MCC Pool – 6:00 pm

ALL new swimmers should be pre-registered into the program before the evaluation night. If for any reason, your child does not get placed on the team, we would issue a full refund for any registration fees at that time. Because of the progressive nature of this program, space in the program may be limited according to the number of returning registered swimmers per season as well. Therefore space in the program may vary by season. **Tuesday, June 5th, at 6:00 pm**, will be a mandatory evaluation night for all NEW swimmers. **Participants will be evaluated on overall safety and comfort level in the water, front crawl with rotary breathing, breaststroke, and backstroke. Swimmers may be asked to complete 25 or 50 yards of these strokes depending on age and ability.** After the evaluation night, new participants will receive a phone call assigning swimmers to a practice time slot for the rest of the season. Please register using the information below.

Coach: Scott James, ASCA Certified Level 3 & Assistant Coaches

Location: MCC Pool

Dates: Tues. or Thurs., June 12-August 9, swimmers will be placed in practice groups according to age/ability

Fee: **161031 – A**, Tuesday Practice, \$81 for members; \$108 for non- members

161031 – B, Thursday Practice, \$81 for members; \$108 for non- members



AMERICAN RED CROSS Pediatric CPR

This course provides participants with the knowledge and skills necessary to prevent, recognize, and provide basic care for breathing and cardiac emergencies in infants and children until advanced medical personnel arrive. Participants who pass the course will receive an American Red Cross certificate which is valid for two years. The course fee includes all course materials and certification costs.

Instructor: TBA
Day: Monday, July 9
Time: 6:30 pm - 8:30 pm
Location: MCC Community Room
Fee: \$60 for members; \$70 for non-members
Activity # 160001-A



AMERICAN RED CROSS Adult CPR

This course provides participants with the knowledge and skills necessary to prevent, recognize, and provide basic care for breathing and cardiac emergencies in adults until advanced medical personnel arrive. Participants who pass the course will receive an American Red Cross certificate which is valid for two years. The course fee includes all course materials and certification costs.

Instructor: TBA
Day: Monday, June 25 (160002-A)
 Wednesday, July 25 (160002-B)
Time: 6:30 - 8:30 pm
Location: MCC Community Room
Fee: \$60 for members; \$70 for non-members



Have a birthday party to remember at the Mansfield Community Center! Enjoy our birthday party Splash Package including one of our pool inflatables.

For more information, see page 17.

Bicentennial POND

2018 Summer Season

Sat., June 23-Sun., August 19

Monday-Friday, noon-7 p.m.

Saturdays & Sundays, noon-6 p.m.

BCP will be open on Wed., July 4th from 12-6 p.m.

PARK FEES

Season Passes:

Passes are sold at the Mansfield Parks and Recreation Department located at the Mansfield Community Center as well as at the park gate. There is an additional \$5 fee for a lost season pass. Each pass corresponds to one vehicle only. Additional vehicle at an additional \$5 charge.

| | |
|--|-------------------------------|
| Resident Up to 4 Person Pass: | \$20 |
| Resident 5 or More Person Pass: | \$25 |
| Non-Resident Pass: | \$40 |
| | (Proof of Residency Required) |

Daily Fee:

Weekdays

\$1 Resident (Proof Required)
 \$2 Non-Resident

Weekends

\$2 Resident (Proof Required)
 \$3 Non-Resident

Fishing:

Free (Individuals age 16 and over need a valid CT Fishing License which can be obtained at your Town Clerk's office OR at ct.gov/DEEP/sportsmanlicensing)

Pavilion Rental:

In season only, \$20 for a 4 hour block of time **plus daily fee for all persons.** Please call the CC for more information.

FAMILY FUN NIGHT at Bicentennial Pond

Location: Bicentennial Pond
Day: Fri., July 6
Time: 4-7 p.m.
Fee: FREE for residents
 \$5 per car load for non-residents

AMERICAN RED CROSS SWIMMING and WATER SAFETY PROGRAM

The Mansfield Community Center is proud to be an authorized provider of the American Red Cross (ARC) Swimming and Water Safety Program. As the "gold standard" in the aquatics industry, the ARC water safety program has helped millions of people for over 100 years learn to swim and be safe around water. Our team of swim instructors is overseen by a Full Time Professional Certified Water Safety Instructor Trainer who is able to provide consistent program quality and procedural compliance, training updates and promptly address possible concerns. Additionally, we take water safety seriously and increase lifeguard staffing during swim lessons and allow our swim instructors to focus more attention on teaching.

If you have a passing certificate from last year or last session, then please select the next level for your child. Proper swim lesson placement is key in providing a successful, enjoyable swim lesson experience and in ensuring participant safety in the water. Please see the level descriptions page as a guide when registering your child.

Summer group swim lessons are held either Monday and Wednesday evenings OR Tuesday and Thursday evenings, for a 4 week session. We run two sessions over the course of the summer. Classes at the CC may be cancelled in the event of lightning or thunder storms, and/or other unsafe pool conditions. Participants will be notified if any cancelled classes will be made up. Monday/Wednesday group lessons consist of 8 classes, 30 minutes per class. Swimmers attend class twice per week, for a total of 4 weeks. Please see summer class schedule for details and class fees.

****If the weather is questionable, please call 860-429-3015, ext. 4 for program cancellation information.**

AMERICAN RED CROSS SUMMER 2018

Group Lesson Schedule

Instructor: To Be Announced at First Class

Location: CC Pool

NOTE: 8 Classes/ 30 minutes per class

Fees: \$73 for members
\$96 for non-members



SESSION I: June 11- July 6, 2018 • No class Wed., July 4. Make up Fri., July 6.

Monday and Wednesday Evening Swim Lessons

| | 4:30-5 p.m. | 5:10-5:40 p.m. | 5:50-6:20 p.m. | 6:30-7 p.m. |
|-------------------|-------------|----------------|----------------|-------------|
| Parent/Infant | | 161007-A1 | | |
| Preschool Level 1 | 161008-A1 | | | 161008-A2 |
| Preschool Level 2 | | | 161009-A1 | |
| Level 1 | 161001-A1 | 161001-A2 | 161001-A3 | 161001-A4 |
| Level 2 | 161002-A1 | | 161002-A2 | 161002-A3 |
| Level 3 | 161003-A1 | 161003-A2 | | 161003-A3 |
| Level 4 | 161004-A1 | | 161004-A2 | |
| Level 5 | | 161005-A1 | | |
| Level 6 | | 161006-A1 | | |

SESSION I: June 12- July 5, 2018

Tuesday and Thursday Evening Swim Lessons

| | 4:15-4:45 p.m. | 4:55-5:25 p.m. | 5:35-6:05 p.m. |
|-------------------|----------------|----------------|----------------|
| Parent/Infant | 161007-C1 | | |
| Preschool Level 1 | | 161008-C1 | |
| Preschool Level 2 | | | 161009-C1 |
| Level 1 | 161001-C1 | 161001-C2 | |
| Level 2 | | 161002-C1 | |
| Level 3 | 161003-C1 | | |
| Level 4 | | | 161004-C1 |

SESSION II: July 9- August 1, 2018

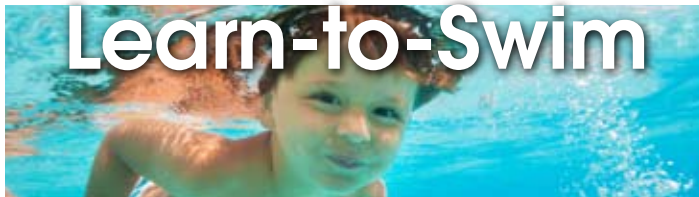
Monday and Wednesday Evening Swim Lessons

| | 4-4:30 p.m. | 4:40-5:10 p.m. | 5:20-5:50 p.m. | 6-6:30 p.m. |
|-------------------|-------------|----------------|----------------|-------------|
| Parent/Infant | | | 161007-B1 | |
| Preschool Level 1 | 161008-B1 | | | 161008-B2 |
| Preschool Level 2 | | 161009-B1 | | |
| Level 1 | 161001-B1 | 161001-B2 | | 161001-B3 |
| Level 2 | 161002-B1 | 161002-B2 | 161002-B3 | 161002-B4 |
| Level 3 | 161003-B1 | 161003-B2 | 161003-B3 | |
| Level 4 | 161004-B1 | | | 161004-B2 |
| Level 5 | | 161005-B1 | | |
| Level 6 | | | 161006-B1 | |

SESSION II: July 10- August 2, 2018

Tuesday and Thursday Evening Swim Lessons

| | 4-4:30 p.m. | 4:40-5:10 p.m. | 5:20-5:50 p.m. |
|-------------------|-------------|----------------|----------------|
| Parent/Infant | 161007-D1 | | |
| Preschool Level 1 | | | 161008-D2 |
| Preschool Level 2 | | 161009-D1 | |
| Level 1 | 161001-D1 | | |
| Level 2 | | 161002-D1 | |
| Level 3 | 161002-D2 | 161003-D1 | |
| Level 4 | | | |
| Level 5 | | | 161005-D1 |



LEARN-TO-SWIM LEVEL DESCRIPTIONS

The American Red Cross offers comprehensive course levels that teach participants how to swim skillfully and be safe in and around water. The prerequisite for each level is the successful demonstration of the skills from the preceding level. Level 1 participants can begin at age 5, or at age 4 with approval from the Recreation Supervisor of the Aquatics Department. The ARC swim lesson program is designed for students to move from each level to the next at their own pace and progression level. Expect students may stay in the same level for multiple sessions. Each level of the Learn-to-Swim program includes appropriate information about basic water safety in addition to the skills outlined below:

PARENT and CHILD AQUATICS

(Age 6 months through 2 years)

Children will have fun in the water while being exposed to basic swimming skills through games, songs, and activities. Each child must be accompanied in the water with one adult.

PRESCHOOL AQUATICS (Ages 3 and 4)

Preschool Level 1

Purpose: Familiarize children to the aquatic environment

Preschool Level 1 participants learn skills centering on water acclimation and water comfort which include: water entry, blowing bubbles, floating on front and back, gliding on front and back and exploring independent movement with combined arm and leg movement. This level is great for very beginner swimmers and children with water fear or apprehension.

Preschool Level 2

Purpose: Build on water comfort to explore and build on independent movement

Preschool Level 2 participants build and improve skills learned in Water Adjustment I. These skills include: becoming more comfortable with submersion and putting the face in while swimming, reinforcing and building the floating and gliding skills introduced in PS Level1, and moving independently farther and stronger with combined arm and leg movement.

SCHOOL-AGED AQUATICS (Ages 5-12)

Level 1: Introduction to Water Skills

Purpose: Helps students feel comfortable in the water.

Level 1 participants learn to:

Enter and exit the water safely, submerge nose, mouth and eyes, explore arm and hand movements, alternating and simultaneous leg and arm action on front and back, blow bubbles, bobbing 5 times, open eyes underwater and pick up submerged objects, float on front and back for five seconds, front and back glides with recovery for 2 body lengths, combined arm and leg swim on front and back, follow basic water safety rules and use a life jacket.

Level 2: Fundamental Aquatics Skills

Purpose: Gives students success with fundamental skills.

Level 2 participants learn to:

Enter water by stepping or jumping from the side, exit water safely using ladder or side, fully submerge and hold breath, open eyes under water and pick up a submerged object, float on front and back for 15 seconds, tread water for 15 seconds, perform front and back glide with recovery, roll over from front to back, back to front, swim on front and back using combined strokes front and back, bobbing 10 times, rotary breathing, and swim or move in the water while wearing a life jacket.

Level 3: Stroke Development

Purpose: Builds on the skills in Level 2 through additional guided practice.

Level 3 participants learn to:

Jump into deep water from the side, dive from kneeling or standing position, perform a survival float for 30 seconds, submerged and retrieve an object, bob with the head fully submerged 10 times, perform front and back glide using rotary breathing, tread water from one minute, perform freestyle 15 yards, perform elementary backstroke 15 yards, flutter, scissor, breaststroke and dolphin kicks, push off in streamlined position and begin kicking, change from horizontal to vertical position on front and back and reaching assist from deck.

Level 4: Stroke Improvement

Purpose: Develops confidence in the skills learned and improves other aquatic skills

Level 4 participants learn to:

Swim underwater, perform feet first surface dive, tread water with 2 different kicks for 1 minute, freestyle 25 yards, elementary backstroke 25 yards, backstroke 15 yards, breaststroke 15 yards, butterfly 15 yards, sidestroke 15 yards, push off in streamlined position and begin kicking, perform open turn on front/back using any stroke, use safe diving rules, perform a throwing assist and reaching assist and to recognize recreational water illness.

Level 5: Stroke Refinement

Purpose: Provides further coordination and refinement of strokes.

Level 5 participants learn to:

Tread water for five minutes, tread water for 2 minutes legs only, and tuck and pike surface dive. Perform the following: shallow dive, glide two body lengths, and begin any stroke, sidestroke 25 yards, butterfly 25 yards, backstroke 25 yards, breaststroke 25 yards, freestyle 50 yards, elementary backstroke 50 yards, freestyle and backstroke flip turn, how to call for help and first aid and CPR basics.

Level 6: Swimming and Skill Proficiency

Purpose: Refines the strokes so students swim them with ease, efficiency, power and smoothness over great distances.

Level 6 participants learn to:

Surface dive and retrieve object 7-10 ft. deep, freestyle 100 yards, elementary backstroke 100 yards, breaststroke 50 yards, backstroke 50 yards, butterfly 50 yards, sidestroke 50 yards, front and back flip turns, swimming 500 yards continuously (20 lengths of the pool) with any 3 strokes (50 yards of each minimum, safe boating, dangers of breath holding and fitness swimming).

