



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 Swimming and Water Safety 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: MCC Pool
Dates: Wed., Sept. 12- Nov. 7 *Class will not meet 10/31. The last class will be held on 11/07.
Time: 5:50 - 6:20 pm
Fee: \$73 for members; \$96 for non-members
Activity # 261020 – 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 Swimming and Water Safety 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. Pre-requisite for Intermediate class: Must be able to swim one 25 yard length of the pool freestyle with rotary breathing comfortably.

Instructor: TBA
Location: MCC Pool
Dates: Wed., Sept. 12- Nov. 7 *Class will not meet 10/31. The last class will be held on 11/07.
Time: 6:30 - 7 p.m.
Fee: \$73 for members; \$96 for non-members
Activity # 261021 – A

Competitive Spring Board Diving Lessons (Ages 7-18)

In this course students learn techniques of take-offs, entries, flight positions, and basic principles of rotation. Students build progressions to learn different directions (groups) of rotation and add somersaults to flight. Maintaining a strong emphasis on basics and safety, students learn to challenge themselves with varying degrees of difficulty with dives.

Instructor: Ben Marcil
Location: MCC Pool
Dates: Mon., Sept. 10- Oct. 29
Time: 5 -5:45 p.m. (ages 7 – 11)
6 – 6:45 p.m. (ages 12 – 17)
Fee: \$88 for members; \$115 for non-members
Activity #: (261025 - A) ages 7 – 11
(261025 – B) ages 12 – 17



POOL TEMPERATURE

Therapy Pool: 92°-94°

Main Pool: 80°-82°

The graphic features a thermometer with a red liquid level and a photograph of two children swimming underwater, smiling and wearing goggles.

POOL PARTIES

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 00-00.

Aquatics

Lifeguard Training- Blended Learning

(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 the 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 Mon., Oct. 1st at 8 am.

Instructor: Jeanne Goffinet
Location: Community Room and Pool
Dates: Saturdays and Sundays, October 6, 7, 13
Time: 9 a.m. – 6 p.m.
Fee: \$220 for members; \$295 for non-members
Activity #: (261022- A)



Lifeguard Training Recertification and Bridge Class (Ages 15+)

Update to the newest version of ARC Curriculum!

The objective of this course is to enable currently certified ARC lifeguards to update their certification to the newest curriculum and safety standards (released Jan. 2017) and who are looking to renew their certification because they are close to expiration. This course is for current ARC lifeguards who are already certified, or those who have expired no more than 4 weeks prior to the date of this class. Participants are required to demonstrate the following pre-course skills: 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 should bring their pocket masks with them to class as these are not provided with this course. Please bring a bathing suit, goggles and towel to class. A lunch break will be provided.

Instructor: Jeanne Goffinet
Location: Community Room and MCC Pool
Dates: Sunday, September 23
Time: 9 am- 6 pm
Fee: \$100 for members; \$125 for non-members
Activity #: 261023-A



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! Practice groups will be the same as the last attended session unless you are explicitly communicated with regarding a practice group time change.

New Swimmer Registration: All new swimmers must be pre-registered into the program before the evaluation night on Tuesday, September 4th. (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 racing starts in the sport of competitive swimming. The Youth Swim Club season runs from Sept. 11-Nov.15 (10 weeks). 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.



NEW SWIMMERS Evaluation Night, Tuesday, September 4th, at the MCC Pool - 6 p.m.

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, Sept. 4, at 6 p.m., will be a mandatory evaluation night for all NEW swimmers starting at 6 p.m. Participants will be evaluated on overall safety and comfort level in the water, freestyle 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 an email assigning swimmers to a practice time slot for the rest of the season. Please register using the information below.

Head Coach:	Scott James, ASCA Certified Level 3 & Assistant Coaches
Location:	MCC Pool
Dates:	Tues. or Thurs., Sept. 11- Nov. 15, swimmers will be placed in practice groups according to age/ability.
Fees:	\$89 for members; \$120 for non-members (per practice night)
Activity #:	(261031-A) Tuesday practice (261021-B) Thursday practice

Marlins Late Fall Stroke Clinics

Our Marlins coaches will be running four stroke clinics this fall focusing on each of the four competitive swimming strokes. Whether you would just like some extra practice on one of your strokes or you would like to take all four sessions, these clinics are designed to keep your competitive swimming skills fresh during our intersession. Our goal is to breakdown each of the strokes piece by piece focusing on form, stroke technique, body positioning, breathing and more. Drills will accompany starts and turns for each stroke.

Coach:	TBA
Location:	MCC Pool
Dates:	(261032-A) Tues., Dec. 4- Freestyle (261032-B) Thurs., Dec. 6- Breaststroke (261032-C) Tues., Dec. 11- Backstroke (261032-D) Thurs., Dec. 13- Butterfly
Fee:	\$15 for members \$20 for non-members

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 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.

American Red Cross Swimming and Water Safety Program

The Mansfield Community Center is proud to be an authorized provider of the American Red Cross Swimming and Water Safety program. 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. Fall group swim lessons are held during Monday or Wednesday evenings, or Sunday or Saturday mornings. Classes at the MCC may be cancelled in the event of lightning or thunder storms, any potential significant snow storms, and/or other unsafe pool conditions. Participants will be notified if any cancelled classes will be made up. Sunday, Monday, Wednesday, and Saturday group lessons consist of 8 classes/ 30 minutes per class. Please see Fall class schedule for details and class fees.

American Red Cross Fall 2018

Group Lesson Schedule

Instructor: To Be Announced at First Class

Location: MCC Pool

NOTE: M/W/S – 8 Classes/30 minutes per class

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



Session IV: Sept. 12- Nov. 7, 2018

Wednesday Morning Swim Lessons No class 10/31

	10-10:30 a.m.	10:40-11:10 a.m.
Preschool Level 1		261008-D1
Preschool Level 2	261009-D1	

	11:20-11:50 a.m.	12-12:13 p.m.
Preschool Level 1	261008-D2	
Preschool Level 2		261009-D2

Late Fall Mini- Sessions

Instructor: To Be Announced at First Class

Location: MCC Pool

NOTE: Mondays AND Wednesdays,
7 Classes/30 minutes per class

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

Session I: September 10- November 5, 2018

Monday Evening Lessons No class 10/08, last class 11/5

	5:10-5:40 p.m.	5:50-6:20 p.m.	6:30-7:00 p.m.
Parent/Infant	261007-A1		
Preschool Level 1		261008-A1	
Preschool Level 2			261009-A1
Level 1		261001-A1	
Level 2	261002-A1		
Level 3		261003-A1	
Level 4	261004-A1		
Level 5			261005-A1

Session II: September 12- November 7, 2018

Wednesday Evening Lessons Classes do not meet on 10/31. The last class will be held on 11/07.

	5:10-5:40 p.m.	5:50-6:20 p.m.	6:30-7:00 p.m.
Parent/Infant		261007-B1	
Preschool Level 1	261008-B1		
Preschool Level 2			261009-B1
Level 1	261001-B1		
Level 2		261002-B1	
Level 3	261003-B1		
Level 4		261004-B1	
Level 5			
Level 6	261006-B1		

Session III: September 15- November 3, 2018

Saturday Morning Lessons

	8:30-9 a.m.	9:10-9:40 a.m.	9:50-10:20 a.m.	10:30-11 a.m.	11:10-11:40 a.m.
Parent/Infant		261007-C1			
Preschool Level 1	261008-C1			261008-C2	
Preschool Level 2			261009-C1		261009-C2
Level 1		261001-C1	261001-C2		261001-C3
Level 2	261002-C1	261002-C2		261002-C3	261002-C4
Level 3	261003-C1		261003-C2	261003-C3	261003-C4
Level 4		261004-C1	261004-C2		
Level 5				261005-C1	
Level 6	261006-C1				

Mini Session I: November 14- December 5, 2018

Monday & Wednesday Evening Lessons

	4:30-5:00 p.m.	5:10-5:40 p.m.	5:50-6:20 p.m.
Parent/Infant		261007-D1	
Preschool Level 1	261008-D1		
Preschool Level 2			261009-D1
Level 1		261001-D1	
Level 2	261002-D1		261002-D2
Level 3		261003-D1	
Level 4	261004-D1		
Level 5			261005-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-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.

Aquatics



Certifications

PADI SCUBA Certification Course

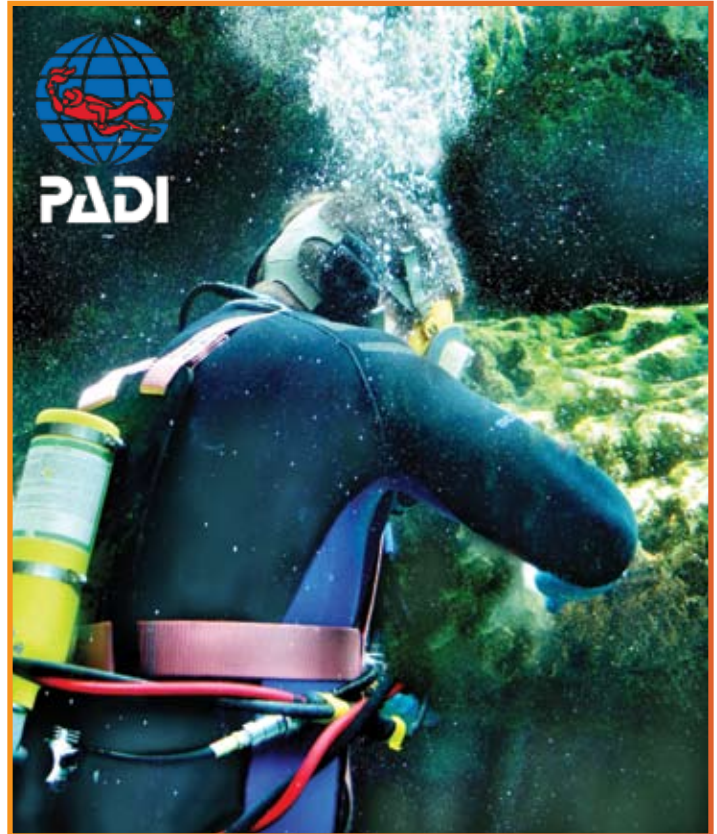
Professional Association of Diving Instructors Experience scuba diving and get PADI open water certification in this four session course. PADI is the most popular certification and can be used to dive anywhere internationally. The orientation night will be held on Sept. 25th at the Mansfield Community Center from 4:30- 7 pm. The following sessions consist of a classroom portion followed by skills in the pool. The cost of the course includes: mask, fin, snorkel, boots, hood, gloves, PADI Dive Book, dive tables (all yours to keep after the course ends) and all certification fees as well as rental gear for all pool sessions and open water dives. Open water dives will take place in the spring/summer (dates TBA) in Jamestown, RI and/or Bigelow Hollow State Park.

- Instructor:** John D. Langlois from Enfield Scuba
Location: CC Pool & Community Room
Days: Sun., Sept. 30, 4:30-7 pm (orientation), Oct. 7, Oct. 14, and Oct. 21, 2:30- 7:30 pm (classroom and pool)
Fee: \$155 for members; \$195 for non-members (There will be an additional \$295 equipment fee payable to Enfield Scuba on the first day of class and there will be an additional \$149 fee for the checkout dives [includes all gear and suit rental for the weekend]).
Activity #: 261026-A

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:** Jeanne Goffinet
Day: Tues., Oct. 9
Time: 6:30-8:30 p.m.
Location: MCC Community Room
Fee: \$60 for members; \$70 for non-members
Activity #: (460001-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:** Jeanne Goffinet
Day: Tues., Sept. 18 (460002 – A)
Tues., Oct. 23 (460002 – B)
Time: 6:30-8:30 p.m.
Location: MCC Community Room
Fee: \$60 for members; \$70 for non-members





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