



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 9:30 p.m. Monday through Saturday, 8:30 p.m. on Sundays 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.mansfieldct.gov.

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 Swimming:

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.

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 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.

Lap Swim

Lap swim times are available at designated times. 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, and individuals needing rehabilitation for injuries. This pool is available for families 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.

Lap Swim Etiquette

Due to the limited number of lap lanes, we require 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: CC Pool
Dates: Mon., Wed., Fri., June 25- July 13 (no class 7/4)
Time: (161020-A) 5:20-5:50 p.m.
Fee: \$63 for members \$85 for non-members

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.

Instructor: **TBA**
Location: CC Pool
Dates: Mon. and Wed., July 16 – Aug. 8
Time: (161021-A) 5:20-5:50 p.m.
Fee: \$63 for members \$85 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 Temperature

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



Teen Swim Lessons (Ages 12 – 17) Beginner Class

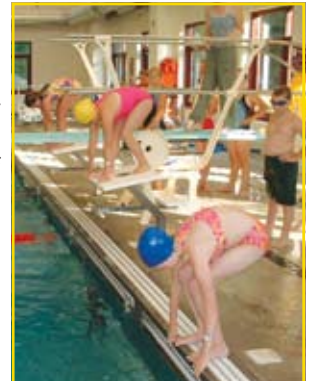
The beginner course will take teens through the beginning Levels I and II of the American Red Cross *Swimming and Water Safety Program*. This group setting class will provide an appropriate level of instruction for teens wanting to learn how to float, tread water, and swim and how to perform basic swim skills for safety. Please see Level Description page for more details.

Instructor: **TBA**
Location: CC Pool
Dates: Mon., Wed., Fri., June 25- July 13 (no class 7/4)
Time: (161027-A) 4:40-5:10 p.m.
Fee: \$63 for members \$85 for non-members



Teen Swim Lessons (Ages 12 – 17) Intermediate Class



The intermediate course will take teens 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 teens focusing on the technique and mechanics of certain strokes and continuing to improve their stroke development for front crawl, breaststroke and elementary backstroke. **Pre-requisite for Intermediate class: Must be able to swim one 25 yard length of the pool.**



Instructor: **TBA**
Location: CC Pool
Dates: Mon. and Wed., July 16 - August 8
Time: (161028-A) 4:40-5:10 p.m.
Fee: \$63 for members \$85 for non-members

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Lifeguard Training (Ages 15 +)



In this course students will learn safety and rescue techniques designed to prevent and respond to a variety of aquatic emergencies. Students must be able to demonstrate course pre-requisites during the first class including a continuous 300 yard swim with proficiency in both front crawl and breast stroke, and a timed 20 yard swim with surface dive to retrieve a submerged 10 pound object, return to the starting point with the object and exit the pool without using the stairs or a ladder, and tread water for 2 minutes with legs only. 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. Students will receive an American Red Cross Lifeguard, First Aid and CPR/AED for the Professional Rescuer certification upon successful completion of this course. Fee includes instruction, course books, and a pocket mask. **A 30 minute lunch break will be provided; participants should bring their own lunch. Please bring bathing suit and towel to each class.**

Instructor: **Amy McKenzie**
 Location: CC Community Room and Pool
 Dates: Mon.-Thurs., June 25-28
 Time: (161022-A) – A) 10 a.m. - 5 p.m.
 Fee: \$210 for members \$284 for non-members

Lifeguard Training Bridge Course to Waterfront Lifeguard (Ages 15+)

This course will bridge currently certified Lifeguards to the Waterfront Certification. All students must hold a CURRENT American Red Cross Lifeguard Certification to attend this class. Students will need to demonstrate skills in the pool and at a waterfront facility, so this class will utilize the Mansfield Community Center pool and Bicentennial Pond located in Schoolhouse Brook Park in Mansfield. Directions will be provided, distance of 3 miles. Students must be able to demonstrate course pre-requisites during the first class including a continuous 550-yard swim with proficiency in both front crawl and breast stroke, a timed 20-yard swim with surface dive to retrieve a submerged 10 pound object, return to the starting point with the object and exit the pool without using the stairs or a ladder, tread water for 2 minutes with legs only, and an underwater swim to retrieve 3 dive rings 5 yards apart. Other course skills include beach entries, victim removal, and rescue board skills. Upon successful completion students receive a 3 year certification for Waterfront Lifeguard Training with First Aid and CPR/AED for the Professional Rescuer. Participants will take the written tests for Waterfront Lifeguard Training which includes First Aid, CPR/AED. **A 30-minute lunch break will be provided; participants should bring their own lunch. Please bring bathing suit and towel to each class.**

Instructor: **Amy McKenzie**
 Location: CC Pool and Bicentennial Pond
 Days: Mon., July 30 and Tues., July 31
 Time: (161032-A) 10 a.m.-5 p.m.
 Challenge Fee: \$135 for members \$175 for non-members

Guard Start (Ages 11 – 14)

This fun and exciting program is designed to provide youth with a foundation of aquatic skills, leadership, and knowledge for future successful completion of the American Red Cross Lifeguard Training program. Students will receive instruction in five critical areas including prevention, fitness, response, leadership, and professionalism. Upon completion, participants will receive certification by the American Red Cross. This course is taught by a certified Water Safety Instructor. Fee includes all course materials. **Please bring bathing suit and towel to each class.**

Instructor: **TBA**
 Location: CC Arts and Crafts Room and Pool
 Days: Mon. and Wed., July 16 - August 8
 Time: (161024-B1) 5:20 p.m. – 5:50 p.m.
 Fee: \$74 for members \$95 for non-members

Mansfield Marlins Youth Swim Club (Age 8– Grade 8)



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 (7 week season) Practices will be held on Tuesdays and Thursdays from 6 p.m. to 7 p.m. or 7 p.m. to 8 p.m. depending on age/ability. The team will also compete in 2 scrimmage swim meets at the community center and have periodic time trials as well. The team banquet will be held Thursday, August 9th. All team members will receive a Marlin's t-shirt! Participants may register for only one evening of practice if desired. **All swimmers must be able to complete a 50-yard swim test of front crawl without assistance. It is recommended that swimmers have passed Level 3 swim lessons. Please keep in mind that practice consists of approximately 50 - 55 minutes of lap swimming, among other activities.**

Mansfield Marlins Evaluation Night for ALL New Swimmers only

NEW SWIMMERS EVALUATION NIGHT TUESDAY, June 19th , at 6 p.m.

Because of the progressive nature of this program, space in the program is limited according to the number of returning swimmers per season. Therefore space in the program may vary by season. Tuesday, June 19 will be a mandatory evaluation night for all NEW swimmers starting at 6 p.m., returning swimmers will attend regular practice times unless notified of a practice time change by a coach. After the evaluation night, participants will receive a phone call assigning swimmers to a practice slot for the rest of the season. Please register using the information below.

Coaches: **Chris Kegler and Melissa Hodgins**
 Location: CC Pool
 Dates: Tues./Thurs., June 26-Aug. 9 (swimmers will be placed in practice groups according to age/ability.)
 (161031-A), Tuesday Practice
 (161031-B), Thursday Practice
 Fee: \$95 for members both days \$126 for non-members both days
 \$47 for members one day \$63 for non-members one day

Masters/Adult Swimming

Are you an adult with some competitive swimming experience who is looking to improve your strokes, set and reach personal goals, and improve your overall fitness? If so, the Mansfield Parks and Recreation Department Adult/Masters Swim Program may be the right choice for you! This program is geared towards individuals with some competitive swimming experience and basic proficiency in front crawl, back crawl, and breaststroke. We understand that ability levels will vary and the underlying foundation of our program will consist of developing the efficiency of each of the 4 competitive strokes, setting and reaching personal goals, and improving overall physical fitness. We want this program to reach and appeal to the everyday lap swimmer, to those of you preparing for an upcoming triathlon, and even to those of you who want to compete in regional or even national United States Masters sanctioned swim meets. This program will offer two weekly coached practices, select your practice days from the days and times below.

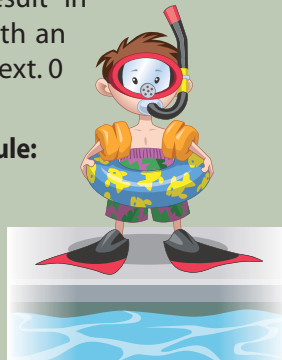
Coach: **Lauren Grant**
Location: CC Pool
Day: Tues. and Thurs., 8 - 9:30 p.m.
Dates: May 29-Aug. 9 (no class 6/5)
Fee: (161040-A, Tues. practice) (10 weeks)
\$68 for members \$92 for non-members
(161040-B, Thurs. practice) (11 weeks)
\$74 for members \$100 for non-members

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 860-429-3015 ext. 0 for more information.

Private Swim Lesson Fee Schedule:

Member Private Swim: \$35
Member Semi-Private Swim: \$50
Non Member Private Swim: \$45
Non Member Semi Private Swim: \$60



Pool Rules - For Your Safety

Some Pools 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 Infant and Child 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: **Amy McKenzie**
 Location: CC Arts & Crafts Room
 Day: Wed., August 8
 Time: (160001-A) 5 p.m.-9:30 p.m.
 Fee: \$60 for residents \$70 for non-residents

American Red Cross Adult CPR/AED

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**
 Location: CC Arts & Crafts Room
 Day: Wed., July 25
 Time: (160002-A) 5-9 p.m.
 Fee: \$45 for residents \$55 for non-residents

Kayaking Skills and Safety Clinic (ages 12 and up)

Start your kayaking adventures off right by learning fundamental paddling and safety skills. This comprehensive course will cover equipment, paddling strokes, and self-rescue techniques, including the wet exit and re-entry. We will also discuss the necessary skills that all paddlers should know for a safe and enjoyable trip on whitewater or flat water. Practicing these skills in the pool ensures a comfortable and enjoyable learning experience. Kayaks, life-vests, and paddles will be provided. Come ready to get wet and have a good time. No experience necessary!



Instructor: **Jay Frain and Mike D'Alfonso**
 Location: Conference Room and Pool
 Day: (161028-A) Wed., June 13, 5:30-9:30 p.m.
 Fee: \$65 for members \$83 for non-members
 Boat Rental Fee: \$25 required for all participants

Both fees are due at the time of registration. No "day of" registrations will be accepted

**Bicentennial Pond
2012 Summer Season**

2012 Season Dates

Saturday, June 23 – Sunday, August 19

Public Swim Hours

Monday – Friday noon-7 p.m.
 Saturdays & Sundays noon-6 p.m.

4th of July Holiday

BCP will be open on Wednesday, July 4th from noon-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 \$50 fee for a lost season pass.

Resident 4 Person - \$20
 Resident 6 Person - \$25
 Non-Resident 4 Person - \$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

Pavilion Rental: In season only, \$20 for a 4 hour block of time plus daily fee for all persons, group rates are available. Please call the MCC for more information.

There's a Class
for You This
Summer

Classes begin May, June and July
 3, 6 and 8-week sessions
 Day, evening, weekend and
 online courses available

- Earn up to 4 credits per course
- Only \$139 per credit
- Apply credits toward a degree or certificate at MCC or transfer credits to another school

Register Now

For more information,
 call 860-512-2800



www.mcc.commnet.edu/ce

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 instrumental in providing a successful enjoyable swim lesson experience and ensuring participant safety in the water. Please see the level descriptions page as a guide when registering. Summer group swim lessons are held during weekday evenings and mornings. We do not offer weekend classes during the summer months. Classes at the MCC will 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. All group lessons are taught by certified Water Safety Instructors and are **30 minutes** (8 classes) in duration. 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 2012

Group Lesson Schedule

Instructor: To Be Announced at First Class

Location: CC Pool

8 classes/30 minutes per class

Fees: \$63 Members \$85 Non members



Session I – Monday, Wednesday, Friday Lessons

June 25 – July 13, 2012 Morning and Evening Swim Lessons -No Class on Wed. July 4

	10-10:30 a.m.	10:40–11:10 a.m.	4–4:30 p.m.	4:40–5:10 p.m.	5:20–5:50 p.m.
Parent/Infant	161007 – A1			161007 – A2	
Water Adjustment		161008 – A1	161008 – A2		161008 – A3
Level 1	161001 – A1		161001 – A2	161001 – A3	161001 – A4
Level 2	161002 – A1	161002 – A2	161002 – A3		161002 – A4
Level 3		161003 – A1		161003 – A2	
Level 4			161004 – A1		161004 – A2
Level 5				161005 – A1	
Level 6			161006 – A1		

Session II - Monday and Wednesday

July 16 – August 8, 2012 Morning and Evening Swim Lessons

	10-10:30 a.m.	10:40–11:10 a.m.	4–4:30 p.m.	4:40–5:10 p.m.	5:20–5:50 p.m.
Parent/Infant	161007 – B1				161007 – B2
Water Adjustment		161008 – B1	161008 – B2	161008 – B3	
Level 1	161001 – B1		161001 – B2	161001 – B3	
Level 2		161002 – B1	161002 – B2		161002 – B3
Level 3	161003 – B1		161003 – B2	161003 – B3	
Level 4		161004 – B1			161004 – B2
Level 5				161005 – B1	
Level 6			161006 – B1		
Guard Start					161024-B1*

*See information on pricing for this class on page 47



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Learn-to-Swim

The American Red Cross offers six comprehensive course levels that teach your child how to swim skillfully and safely. The prerequisite for each level is the successful demonstration of the skills from the preceding level, except for Level One. (See below). Each level of Learn-to-Swim includes training in basic water safety, in addition to the skills outlined below:

Parent/Infant (Age 6 months – 2.5 years)

Children will have fun in the water while developing swimming readiness through basic arm and leg movements, games, and activities. Each child must be accompanied in the water by one adult only.

Water Adjustment (Age 3 and 4)

This independent toddler course includes water entry and adjustment, blowing bubbles, kicking and floating on front and back, basic arm and leg movements, glides, jumps, and water safety. Children are in the water independently!

Level 1 Introduction to Water Skills

(Age 4 with passing certificate from Water Adjustment or age 5 and up)

Purpose: Helps students feel comfortable in the water.

Level 1 participants learn to:

- Enter and exit water safely • Submerge mouth, nose and eyes
 - Explore arm and hand movements
 - Exhale underwater through mouth and nose
 - Open eyes underwater, pick up submerged object
- Float on front and back • Swim on front and back using arm/leg actions • Follow basic water safety rules • Use a life jacket

Level 2 Fundamental Aquatic 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 • Swim on side
- Submerge entire head • Open eyes underwater, pick up a submerged object • Float on front and back • Perform front and back glide • Roll over from front to back, back to front • Tread water using arm/leg motions • Swim on front and back using combined strokes • 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 survival float • Submerge and retrieve an object • Bob with the head fully submerged • Perform front and back glide • Use rotary breathing in horizontal position • Perform front and back crawl • Butterfly—kick and body motion • Perform the HELP and Huddle position • Perform a reaching assist • Use Check-Call-Care in an emergency • Change from horizontal to vertical position on front and back

Level 4 Stroke Improvement

Purpose: Develops confidence in the skills learned and improves other aquatic skills. Level 4 participants learn to:

- Perform shallow dive or dive from stride position
- Swim underwater • Perform feet-first surface dive • Perform open turn on front/back using any stroke • Tread water using sculling arm motions and kick • Use safe diving rules • Perform a throwing assist • Care for conscious choking victim • Perform compact jump into water from a height while wearing a life jacket
- Perform the following: • Front and back crawl • Breaststroke • Butterfly • Elementary backstroke • Swim on side using scissors-like kick

Level 5 Stroke Refinement

Purpose: Provides further coordination and refinement of strokes. Level 5 participants learn to:

- Tread water with two different kicks • Learn survival swimming
- Perform rescue breathing • Perform the following: • Standing dive • Shallow dive, glide two body lengths and begin any front stroke • Sidestroke • Tuck surface dive • Pike surface dive • Front flip turn
- Front and back crawl • Butterfly • Backstroke flip turn
- Breaststroke • Elementary backstroke

Level 6 Swimming and Skill Proficiency

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

Level 6 is designed with “menu” options that each focus on preparing students to participate in more advanced courses, including the Water Safety Instructor and Lifeguard Training courses. These options include:

- Personal Water Safety • Lifeguard Readiness
- Fundamentals of Diving • Fitness Swimmer

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 19.

