

POOL RULES -for your safety-

- All patrons **MUST** shower before entering the pools.
- All children who are not potty trained must wear appropriate swim diapers. There are No exceptions.
- 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 if they have NOT passed a swim test.
- 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 9 and over who have passed a swim test are allowed in the pool and pool area without a parent.
- Children who are 9 - 11 and who have NOT passed a swim test must be accompanied by an adult (18 years or older) into the pool area.
- Only MCC provided Coastguard approved lifejackets and life vests are permitted in our pool during general swim times and family use times ONLY and in designated areas of 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 arm's reach.** No one wearing a lifejacket will be permitted in the deep end of the pool.
- Only MCC provided Kickboards, pull buoys, and noodles may be used in the pools and are 18+.
- Masks without nose covering, snorkels, fins and hand paddles are allowed during lap swim only.
- Only MCC **APPROVED** pool equipment & toys may be used in the pools.
- Questionable swimmers may be asked to take a swim test consisting of one comfortable 25 yard lap of front crawl, 30 second water tread, and 10 second back float. Swimmers may be retested at any time.



Our Aquatic Swim Test

Help keep our pool safe and ask a guard to administer a swim test. Swim tests are an important part of keeping our members and guest safe in the swimming area. All swimmers ages 6-14 should be swim tested on their first visit! Below is what the swim test consists of.



- 1. Swim 25 yards:** Child cannot touch floor, wall or lane line. Must continually be moving forward, must not stop. If child stops or holds onto something they must restart the swim test. If they do not pass they may be asked to wear a lifejacket if they can't touch the bottom of the pool in the shallow end. If a lifejacket is required a parent must enter the water with the child.
- 2. Tread Water 30 seconds:** Child must demonstrate they can tread water for 30 seconds. Any style kick is fine as long as child's head stays above water.
- 3. Back-float for 10 seconds:** Child must demonstrate the ability to get into a back float and hold it for at least 10 seconds.

Our Policy

Children 5 years and under must be accompanied into the water by an adult (18 years or older) who is within arm's reach.

Children 6 – 8 years old must be accompanied by an adult (18 years or older) into the pool if they have NOT passed a swim test.

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 9 and over who have passed a swim test are allowed in the pool and pool area without a parent.

Children who are 9 - 11 and who have NOT passed a swim test must be accompanied by an adult (18 years or older) into the pool area.

FIND US ON FACEBOOK



and INSTAGRAM!



@MansfieldCommunityCenter

Aquatics



Welcome to the Mansfield Community Center Indoor Aquatic Center. The Center has one 6-lane 25 yard competitive lap pool with a 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 8:00 p.m. Monday through Friday, and on Saturday and Sunday, at 3:30 p.m. with the exception of specific holiday hours. For an overview of pool usage and designated activity time, please pick up a **bi-weekly pool schedule** located at the kiosk in the front lobby or visit our website at www.mansfieldcc.com.

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. The diving board will be open at various times, please see the bi-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 bi-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. This time is reserved for 18+, special considerations will be made on a case by case basis.

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.

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 "MUSTs" that promote Healthy Swimming:

Three "MUSTs" for All Swimmers

1. Swimmers **MUST** take a shower at the MCC with warm water and soap before entering the pools.
2. Swimmers **MUST** avoid swimming if they have diarrhea or any communicable disease. This can spread germs in the water and make other people sick.
3. Swimmers bringing in their own approved equipment **MUST** rinse off equipment in the shower before use. Please see our approved equipment list for more information.

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 them.
- Swim caps are encourage during lap swim.

POOL TEMPERATURE

Therapy Pool: 92°-96°

Main Pool: 80°-82°



American Red Cross Swimming & 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, and Wednesday group lessons consist of 8 classes/ 30 minutes per class. Please see the winter class schedule for details and class fees.



Young Adult/Adult Introduction to Swim Lessons (Ages 13+)

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 beginner skills such as Floating, Kicking, Rotary Breathing, Treading Water, and Basic Strokes. 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.

Location: MCC Pool
Dates: Mon., April 6 – June 1 (no class May 25) (8 weeks)
Time: 7:00 p.m. – 7:30 p.m.
Fee: \$94 for members, \$124 for non-members
Activity #: 461020 - A

Young Adult/Adult Intermediate Swim Lessons (Ages 13+)

These lessons are designed for adults with minimal swimming experience who are already comfortable in and around water. This course will take adults through refining their basic skills or strokes. Improving skills like Floating and Rotary Breathing and refining strokes such as freestyle, breaststroke, and Backstrokes. 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. **Pre-requisite for Intermediate class: Must be able to swim one 25-yard length of the pool using any stroke with comfort.**

Location: MCC Pool
Dates: Wed., April 8 – May 27 (8 weeks)
Time: 7:00 p.m. – 7:30 p.m.
Fee: \$94 for members, \$124 for non-members
Activity #: 461021 - A

NEW! Aqua Jogging (Ages 18+)

Aqua Jogging is a fun, low-impact social work out that combines gentle cardio with conversation and connection. Participants jog together in the water using flotation belts while enjoying music, group activities, and lighthearted interaction. The water supports the body, reducing stress on joints and making it accessible for all fitness levels. This program is perfect for those looking to exercise in a relaxed, supportive, and upbeat environment.

Location: MCC Pool
Dates: Fri., April 10 – May 29 (8 weeks)
Time: 11:00 - 11:45 a.m.
Fee: \$94 for members, \$124 for non-members
Activity #: 461034-A

Aquatic Junior Leader (Age 12-14)

This program is designed for those interested in the next phase of aquatics. The program focuses on building the foundation of knowledge, attitudes, technical, and interpersonal skills, and learning about water safety to help them become future lifeguards and swim instructors. Participants **MUST** have a strong understanding of swimming, be able to complete a 100 swim (freestyle, breaststroke), tread water for 1 minute, and touch the bottom of a 12-foot pool. This is **NOT** a certification class. Participants will **NOT** receive a certification during this program.

Location: MCC Pool
Dates: Sat., April 11 – May 30 (8 weeks)
Time: 11:00 a.m. – 12:00 p.m.
Fee: \$94 for members, \$124 for non-members
Activity #: 461029-A

**FIND US ON FACEBOOK
 and INSTAGRAM!** 
@MansfieldCommunityCenter

Mansfield Marlins Youth Swim Club

(Age 8 –18)

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. 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 **Thursday, April 2 at 5:30 p.m.** (See below for more information about the swim evaluation night).

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 team will also compete in scrimmage swim meets here at the community center and time trials. We ask that they attend a minimum of 2 practices a week if possible. **It is required that swimmers have passed Level 4 swim skills. Please keep in mind that practice consists of approximately 50 - 55 minutes of lap swimming.**

NEW SWIMMERS EVALUATION NIGHT, Thursday, April 2 at 5:30 p.m., at the MCC Pool

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 will issue a full refund for any registration fees at that time. This is a mandatory evaluation night for all **NEW** swimmers. **Participants will be evaluated on overall safety and comfort level in the water, freestyle with rotary breathing, breaststroke, backstroke, and Butterfly kick. 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. **Practice group times are Tue/Thur: 5:30 – 6:30 p.m., and/ or 6:30 – 7:30 p.m., Sun., 10 – 11 a.m. Coaches will reach out prior to the first day of practice with the time and group your child is in.**

Coaches: Jaxon
Location: MCC Pool
Dates: Seasons runs April 7 – June. 14 (10 weeks)
Days: Sunday, Tuesday, or Thursday: swimmers will be placed in practice group times according to age/ ability. By the coaches.

Fees & Activity #: 461031-A One Practice a week: \$121 for members \$160 for non-members
 461031-B Two Practices a week: \$240 for members \$318 for non-members
 461031-C Three Practices a Week: \$327 for members \$432 for non-members
 *10% off if you register for all 3 practices



May is Water Safety Month!
See pg. 26 for more information.

Private Swim Lessons

Private lessons and semi-private lessons (participation max: 2 individuals) are available for both children (3 years old and above) and adults. All lessons are instructed by one of our qualified swim lesson instructors. Lessons are 30 minutes in length. Private lessons are purchased in packages of 4, with one built-in "buffer week. Once registered, an instructor will reach out to you with your specific 30-minute time slot and instructor information within a week of your first lesson. *Specific time preferences are given on a first-come, first-serve basis.*

Location: Mansfield Community Center Pool
Dates: Session 1: 4 Private Lessons: April 7 – May 10
 Session 2: 4 Private Lessons: May 12 – June 14
Fee: Member Private: \$220 | Non-member private: \$300
 Member semi-private: \$300 | Non-member semi-private: \$404

Times and Activity Numbers Private Lessons:

Day	Time	Session 1	Session 2
Tuesdays	4:30pm-7:30pm	461024-A1	461024-A2
Thursdays	4:30pm-7:30pm	461024-B1	461024-B2
Saturdays	8:30am-11:30am	461024-C1	461024-C2
Sunday	8:30am-11:30am	461024-D1	461024-D2

Time and Activity Number Semi-Private Lesson:

Day	Time	Session 1	Session 2
Tuesdays	4:30pm-7:30pm	461024-A3	461024-A4
Thursdays	4:30pm-7:30pm	461024-B3	461024-B4
Saturdays	8:30am-11:30am	461024-C3	461024-C4
Sundays	8:30am-11:30am	461024-D3	461024-D4





Parent/Infant 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.

Water Adjustment: Preschool Aquatics (Ages 3 and 4)

Purpose: Familiarize children to the aquatic environment.

Water Adjustment I 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.

Water Adjustment II 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 Water Adjustment I, and moving independently farther and stronger with combined arm and leg movement.

Water Adjustment III participants build and improve skills learned in Water Adjustment II. These skills include: swimming more independently with little to no assistance. Becoming more comfortable with submersion, putting the face in and floating without assistance. This level will reinforce and build on skills introduced in Water Adjustment II. As well as moving independently farther and stronger with combined arm and leg movement.

Learn to Swim Aquatic Levels (Ages 5 and up)

Level 1: Introduction to Water Skills

Purpose: Helps students feel comfortable in the water.

Level 1 participants learn to:

Submerge nose, mouth and eyes, explore arm and hand movements, alternating and simultaneous leg and arm action on front and back, blow bubbles, bobbing, open eyes underwater and pick up submerged objects, float on front and back, front and back glides with recovery, combined arm and leg swim on front and back. This level is great for very beginner swimmers and children 5+ with water fear or apprehension.

Level 2: Fundamental Aquatics Skills

Purpose: Gives students success with fundamental skills.

Level 2 participants build on the following learned skills:

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, tread water, 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. Will begin rotary breathing and treading water aspect of swimming will be introduced. This is a great class to build a strong foundation for swimming.

Level 3: Stroke Development (Shallow)

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

Level 3 participants build on:

Perform a survival float, perform front and back glide using rotary breathing, tread water, perform freestyle, perform elementary backstroke, 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. This class is mostly held in the shallow end of the pool working on skills and building up to the deep end.

Level 3: Stroke Development (DEEP)

Purpose: Builds on the skills in Level 3 Shallow 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, submerged and retrieve an object, bob with the head fully submerged, perform front and back glide using rotary breathing, tread water, perform freestyle, perform elementary backstroke, 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. This class is held in the deep end and prepares kids for level 4. While still working on skills for level 3 but in deep water.

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, freestyle, elementary backstroke, backstroke, breaststroke, butterfly, sidestroke, 15 to 25 yards each stroke 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.



Mansfield Community Center Preschool/ Youth Swim Lesson Programs

Swim Lesson Evaluations

Unsure of your child's swim lessons level? Come to our free evaluation to have your child's swim skills tested. We offer classes from preschool to level 4, and a swim team for swimmers who have passed level 4 and are looking to stay in the sport. Evaluation Day will be held Sunday, March 8, 12:00 p.m. - 1:00 p.m. Pre-registration is not required, please just drop by! Evaluations usually take about 5 - 10 min per child. Swim evaluation does not hold a space in lessons. Please reference registration dates on the cover and register accordingly.

Location: MCC Pool
Date: Sunday, March 8
Time: 12:00 p.m.-1:00 p.m.
Fees: FREE

Instructor: To Be Announced at First Class
Location: MCC Pool
NOTE: M/W/S - 8 Classes/ 30 minutes per class

Fees: Preschool/ Youth Level 1 & 2 M/W/S: \$90 for members | \$118 for non-members
 Youth Level 3 Shallow/ Deep & 4 M/W/S: \$94 for members | \$124 for non-members
Any classes canceled will be made up the week after the lessons end.

Monday Morning Lessons April 6 - June 1 (No Class May 25)

	11:15-11:45 a.m.	11:50-12:20 p.m.	12:25-12:55 p.m.
Parent/Infant	461007-E1		
Water Adjustment 1			461008-E1
Water Adjustment 2		461009-E1	

Monday Evening Lessons April 6 - June 1 (No Class May 25)

	5-5:30 p.m.	5:40-6:10 p.m.	6:20-6:50 p.m.	7-7:30 p.m.
Parent/Infant	461007-A1			
Water Adjustment 1		461008-A1		
Water Adjustment 2			461009-A1	
Water Adjustment 3				461011-A1
Level 1		461001-A1		
Level 2	461002-A1		461002-A2	
Level 3 (Shallow)		461003-A1		461003-A2
Level 3 (Deep)			461010-A1	
Level 4	461004-A1			

Wednesday Evening Lessons April 8- May 27

	5-5:30 p.m.	5:40-6:10 p.m.	6:20-6:50 p.m.	7-7:30 p.m.
Parent/Infant		461007-B1		
Water Adjustment 1	461008-B1			
Water Adjustment 2			461009-B1	
Water Adjustment 3				461011-B1
Level 1	461001-B1		461001-B2	
Level 2		461002-B1		
Level 3 (Shallow)	461003-B1			461003-B2
Level 3 (Deep)		461010-B1		
Level 4			461004-B1	

Saturday Morning Lessons April 11- May 30

	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		461007-C1			
Water Adjustment 1	461008-C1			461008-C2	
Water Adjustment 2			461009-C1		
Water Adjustment 3					461011-C1
Level 1		461001-C1		461001-C2	
Level 2	461002-C1		461002-C2		461002-C3
Level 3 (Shallow)		461003-C1			461003-C2
Level 3 (Deep)	461010-C1		461010-C2		
Level 4				461004-C1	