



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 3:30 p.m. with the exception of specific holiday hours and summer hour changes. 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.

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 four "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.

POOL TEMPERATURE

Therapy Pool: 92°-94°

Main Pool: 80°-82°

GENERAL INFORMATION

Main Pool

Our 6-lane, 25-yard lap pool is available for General Swim, Lap Swim, and hosts several aquatic classes and lessons. Please see our weekly 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 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 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.

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.

Mansfield Marlins Youth Swim Club (Age 8– Grade 12)

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 Thursday, September 15th. (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: Sun., Sept., 18 - Nov., 20 | Tue., Sept. 20 - Nov., 22, |Thur., Sept., 22 - Nov., 17 (10 weeks). Practices will be held on Tuesdays and Thursdays from 5:00 p.m. to 6:00 p.m. or 6:00 p.m. to 7:00 p.m. and Sundays from 10:00 a.m. - 11:00 a.m., or 11:00 a.m. - 12:00 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 attend as many to as little practices as desired. We ask that they attend a minimum of 2 practice a week if possible. 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, Thursday, September 15, at the MCC Pool - 5:00 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. **Thursday, Sept. 15, at 5:00 p.m.,** will be 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, 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.

*Please Note: times for Fall 2022 have changed: **Tuesdays and Thursdays from 5:00 p.m. to 6:00 p.m. or 6:00 p.m. to 7:00 p.m. and Sundays from 10:00 a.m. - 11:00 a.m., or 11:00 a.m. - 12:00 p.m.***

Coach: Jaxon Rash
Location: MCC Pool
Dates: Sunday, Tuesday or Thursdays: swimmers will be placed in practice groups according to age/ability. By the coach

Fees & Activity #: **(261031-A) One Practice a week:** \$99 for members \$131 for non-members
(261031-B) Two Practices a week: \$198 for members \$262 for non-members
(261031-C) Three Practices a Week: \$267 for members \$353 for non-members
A 10% savings if you register for all 3 practices

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
Time: 5:30 p.m. - 6:30 p.m. | Sun., Dec. 11 runs 10 a.m. - 11 a.m.
Dates: (261032-A) Tues., Dec. 6 - Freestyle
(261032-B) Thurs., Dec. 8 - Breaststroke
(261032-C) Sun., Dec 11 - Flip Turns - Class Time 10 a.m. - 11 a.m.
(261032-D) Tues., Dec. 13 - Backstroke
(261032-E) Thurs., Dec. 14 - Butterfly
Fee: \$30 for members \$39 for non-members



NEW Swim Programs Starting FALL 2022

NEW! 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 Aug 14th from 10 a.m. to 12 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: Sun., Aug. 14
Time: 10 a.m. -12 p.m.
Fee: Free



New! Adult Stroke Clinics

Our Coaches will be running 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 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: Jaxon Rash
Location: MCC Pool
Time: 6:45 p.m. - 7:45 p.m.
Dates: (261041-A) Tues., Dec. 6 - Freestyle
 (261041-B) Thurs., Dec. 8 - Breaststroke
 (261041-C) Tues., Dec. 13 - Backstroke
 (261041-D) Thurs., Dec. 14 - Butterfly
Fee: \$50 for members, \$65 for non-members



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, Wednesday, and Saturday group lessons consist of 8 classes/ 30 minutes per class. Please see Fall class schedule for details and class fees.

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: Mon., Sept. 19 - Nov. 14 (no class Oct. 10 & Oct. 31)
 7 Class session
Time: 7 p.m. - 7:30 p.m.
Fee: \$72 for members, \$94 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. Prerequisite 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. 21 - Nov. 9
Time: 7 p.m. - 7:30 p.m.
Fee: \$82 for members, \$107 for non-members
Activity #: 261021 - A

American Red Cross Fall 2022

Group Lesson Schedule

Instructor: Announced at First Class

Location: MCC Pool

NOTE: M – 7 Classes/
30 minutes per class

W/S – 8 Classes/
30 minutes per class

Fees: M: \$72 for members |
\$94 for non-members

W/S: \$82 for members |
\$107 for non-members

SESSION I: Sept. 19 – Nov 14

SESSION II: Sept. 21 – Nov 9

SESSION III: Sept. 24 – Nov. 12

Late Fall Mini- Sessions

Instructor: To Be Announced at First Class

Location: MCC Pool

NOTE: Mondays AND Wednesdays
– 6 Classes/30 minutes per
class

Fees: \$62 for members,
\$80 for non-members

SESSION I: September 19 – November 14

Monday Evening Lessons (No class Oct 10 & Oct. 31) 7 classes only

	5-5:30 p.m.	5:40-6:10 p.m.	6:20-6:50 p.m.	7-7:30 p.m.
Parent/Infant	261007-A1			
Water Adjustment 1		261008-A1		
Water Adjustment 2			261009-A1	
Water Adjustment 3				261011-A1
Level 1		261001-A1		
Level 2	261002-A1		261002-A2	
Level 3 (Shallow)		261003-A1		261003-A2
Level 3 (Deep)			261010-A1	
Level 4	261004-A1			

SESSION II: September 21 – November 9

Wednesday Evening Lessons

	5-5:30 p.m.	5:40-6:10 p.m.	6:20-6:50 p.m.	7-7:30 p.m.
Parent/Infant		261007-B1		
Water Adjustment 1	261008-B1			
Water Adjustment 2			261009-B1	
Water Adjustment 3				261011-B1
Level 1	261001-B1		261001-B2	
Level 2		261002-B1		
Level 3 (Shallow)	261003-B1			261003-B2
Level 3 (Deep)		261010-B1		
Level 4			261004-B1	

SESSION III: September 24 – November 12

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			
Water Adjustment 1	261008-C1			261008-C2	
Water Adjustment 2			261009-C1		
Water Adjustment 3					261011-C1
Level 1		261001-C1		261001-C2	
Level 2	261002-C1		261002-C2		261002-C3
Level 3 (Shallow)		261003-C1			261003-C2
Level 3 (Deep)	261010-C1		261010-C2		
Level 4				261004-C2	

MINI SESSION I: November 28 – December 14

Monday & Wednesday Evening Lessons

	5-5:30 p.m.	5:40-6:10 p.m.	6:20-6:50 p.m.	7-7:30 p.m.
Parent/Infant		261007-E1		
Water Adjustment 1	261008-E1			
Water Adjustment 2			261009-E1	
Water Adjustment 3				261011-E1
Level 1		261001-E1		
Level 2	261002-E1		261002-E2	
Level 3 (Shallow)			261003-E1	261003-E2
Level 3 (Deep)		261010-E1		
Level 4	261004-E1			261004-E2





Parent & 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.

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.

NEW! 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.



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 Lesson Fees:

Member Private: \$39 Non Member Private: \$45
Member Semi-Private: \$57 Non Member Semi Private: \$68

Semi-Private Lessons (Max 2 kids, price includes both kids)

Private Swim Lesson Requests are currently in waitlist status. Please inquire at the Mansfield Community Center Reception Desk regularly for opportunities to join the waitlist.

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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 not 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.
- 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, 30 second water tread, and 10 second back float.

Lifeguard Certification Courses
are available! See pg. 22