

Aquatics



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 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 check **Signup Genius** for available swim times and available spots. For more information on how to get to our reservation system, 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:

PLEAs 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.

PLEAs wear a mask anytime you are out of the water in all parts of the Facility.

PLEAs do not approach guards past the safe zone for their protection as well as yours.

PLEAs do not 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.

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

GENERAL INFORMATION

We are currently operating our facility on a reservation system. Please check Sign-Up Genius for available swim times.

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 the online registration 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 Monthly 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.

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.





The Aquatics staff welcomes you to our fall swim program. Thank you for joining us to introduce and develop necessary skills to help make your child(ren) safe around water.



Swim lessons at our pool have returned! But they will look a bit different. As our world is changing, we have some new swim lesson modifications to adhere to our state and local policies and guidelines, which you can read below before

registering. This information is also available on our website. Thank you for helping us keep everyone safe in and around our pools.

We will be offering the following programs this fall: Adult Private Lessons, Stroke Clinics, Family Group Lessons and Traditional Group Lessons.

General rules for all participants:

- Adherence to the 6-foot social distancing guideline in and around the pool deck is required at all times.
- All swimmers must wear a mask until entering the water, and must put it back on upon exiting the water.
- Please do not bring additional spectators to the lesson if possible. Spectators that do come must wear a mask at all times on the pool deck and within the building, unless they are in the water.
- We ask that only one parent/guardian accompany each child to swim lessons. All swimmers should arrive in their swim suit for their swim lesson.
- Please have yourself and child rinse before coming onto the pool deck; full showers are not permitted, please rinse and change only.
- If your child wears goggles, please bring them from home. Loaners will not be available.



STROKE CLINICS: Stroke development classes are available this fall. Improve your stroke in a small-group environment. Limited number of spaces available due to social distance restrictions. Max 6 kids per group.

Fall Stroke Clinic

Keep up those swimming skills! Stroke clinics are available this fall in place of a full fledge swim team. Our Marlins coaches will be run the stroke clinics this fall, focusing on each of the four competitive swimming strokes. Whether you would like some extra practice on one of your strokes, or are jumping in for all four sessions, these clinics are designed to keep your competitive swimming skills fresh during our intermission. Our goal is to break down 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. This instructional team will help young swimmers develop their swimming skills, stroke techniques, and teach new fundamentals such as flip turns and racing starts in the sport of competitive swimming. **It is recommended that swimmers have passed Level 4 swim lessons. Each stroke clinic will meet twice a week for two weeks, resulting in 4 classes. Class is 40 min long.**

Head Coach: TBA
Location: MCC Pool
Note: **Classes Tu/Th:** 4 classes/40 min class length
Time: **Group A:** 5 p.m. - 5:40 p.m.; **Group B:** 6 p.m. - 6:40p.m.
Fee: \$38 for members; \$50 for non-members

Dates & Activity #:

Tuesdays & Thursdays	5:00 p.m. - 5:40 p.m	6:00 p.m. - 6:40 p.m.
Freestyle: Tue 9/15 - Thur 9/24	261031- A1	261031- A2
Backstroke: Tue 9/29 - Thur 10/8	261031-B1	261031-B2
Breaststroke: Tue 10/13 - Thur 22	261031-C1	261031-C2
Butterfly: Tue 10/27 - Thur 11/5	261031-D1	261031-D2

Late Fall Stroke Clinic Mini-Session

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 intercession. Our goal is to break down 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
Note: **Classes Tu/Th:** 40 min class length
Time: **Group A:** 5 p.m. - 5:40 p.m.; **Group B:** 6 p.m. - 6:40p.m.
Fee: \$25 for members; \$30 for non-members

Dates & Activity #:

Stroke	5:00 p.m. - 5:40 p.m	6:00 p.m. - 6:40 p.m.
Freestyle: Tues., 12/1	261032- A1	261032- A2
Breaststroke: Thurs., 12/3	261032-B1	261032-B2
Backstroke: Tues., 12/8	261032-C1	261032-C2
Butterfly: Thurs., 12/10	261032-D1	261032-D2

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.



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:	\$38
Member Semi-Private Swim:	\$55
Non Member Private Swim:	\$44
Non Member Semi Private Swim:	\$66

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



Adult Lessons: Adult group lessons are not being offered for the fall session. Private lesson options for adults are available. Please submit a lesson inquiry through email to gottjr@mansfieldct.org or call us at 860-429-3015 for more details.

Private Lessons: Private lessons are available again, though times and instructors are limited. Children must be able to swim independently; the instructor will not be in water. Please submit a lesson inquiry through email to gottjr@mansfieldct.org or call us at 860-429-3015 for more details.

NEW! Family Group Lessons: The whole family can come join in on the same lesson! Price is per child; parents are free. You can enroll as many children in the lesson as you wish, *as long as all children reside in the same household*. Children who cannot swim and need assistance must have a parent or guardian in the water. If you have multiple children needing assistance, multiple parents/guardians should plan to participate. Each session includes four classes twice a week for two weeks. Classes are 40 min long and held in our Therapy Pool

Instructor: TBA
Location: MCC Pool
Note: Classes Tu/Th: 4 classes/40 min class length
Fees: **1st Child:** \$38 for members; \$50 for non-members
Each Additional Child: \$5

Tuesdays & Thursdays	5:10 p.m. - 5:50 p.m	6:10 p.m.- 6:50 p.m.
Family Group Swim : 9/18-9/24	261012-A1	261012-A2
Family Group Swim : 9/29-10/8	261012-B1	261012-B2
Family Group Swim : 10/13-10/22	261012-C1	261012-C2
Family Group Swim : 10/27-11/5	261012-D1	261012-D2



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.
- 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.

POOL TEMPERATURE

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



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 25.

Group Lessons: Parent & Child, Preschools 1 & 2, Learn to Swim Levels 1-3:

- In order to adhere to the social distancing guidelines, the swim instructor will be teaching from the pool deck and will demonstrate in the water at a safe distance if needed for visual.
- One parent or guardian will be required to be in the water for all swim lessons for Parent & Child, Preschool Levels 1, 2 and Youth Levels 1, 2, 3.
- Lessons are not structured or intended to teach the parent/guardian how to swim. The parent/guardian is there for support and to assist the child through the skills. If parents/guardians do not feel comfortable taking the swim lesson with their child, the child will be unable to take swim lessons at this time. We ask that parents/guardians remain consistent throughout a session if possible.
- If you would like, you may bring your own goggles.
- Please do not bring additional people to the lessons. Just the parent/guardian and child getting into the water. We have very limited deck space and are trying to enforce social distancing whenever possible.

Instructor: To Be Announced at First Class
Location: CC Pool
NOTE: S/M/W – 8 Classes/30 minutes per class
Full Session Dates: September 14th – Nov 9th
Mini-Session Dates: November 16th - December 9th
Per Session Fee: \$77 for members; \$100 for non-members



Late Fall Mini- Session Lessons

Instructor: To Be Announced at First Class
Location: MCC Pool
NOTE: Mondays AND Wednesdays – 8 Classes/30 minutes per class
Mini-Session Dates: November 16th - December 9th
Per Session Fee: \$77 for members; \$100 for non-members

Full Session Lessons

Monday Evening Lessons: (No Class Oct 12th. Last Class Nov. 9th)

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

Wednesday Evening Lessons

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

Saturday Morning Lessons

	8:30-9:00 a.m.	9:20-9:50 a.m.	10:10-10:40 a.m.
Parent/Infant		261007-C1	
Preschool Level 1	261008-C1		
Preschool Level 2			261009-C1
	8:40-9:10 a.m.	9:30-10:00 a.m.	10:20-10:50 a.m.
Level 1		261001-C1	
Level 2	261002-C1		
Level 3			261003-C1

Late Fall Mini-Session Lessons

Monday & Wednesday Evening Lessons

	4:30-5:00 p.m.	5:20-5:50 p.m.	6:10-6:40 p.m.
Parent/Infant		261007-E1	
Preschool Level 1	261008-E1		
Preschool Level 2			261009-E1
	4:40-5:10 p.m.	5:30-6:00 p.m.	6:20-6:50 p.m.
Level 1		261001-E1	
Level 2	261002-E1		
Level 3			261003-E1



Parent and Child Aquatics

(Ages 6 month - 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.



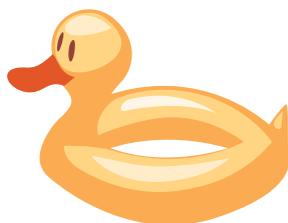
Preschool Aquatics (Ages 3 and 4):

Now with Parent/Guardian in Water

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. Each child must be accompanied in the water with one adult.

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. Each child must be accompanied in the water with one adult.



Swim Levels

Level 1: Introduction to Water Skills: Now with Parent/Guardian in Water

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: Now with Parent/Guardian in Water

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, 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, bobbing. This is a great class to build a strong foundation for swimming.

Level 3: Stroke Development: Now with Parent/Guardian in Water

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

Level 3 participants learn to:

perform a survival float, submerged and retrieve an object, 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.

Levels 4 - 6 will be encouraged to join our stroke clinic options or private lessons. This will help to keep them swimming and moving towards preparation for the Marlins Swim Team or personal improvement. See page 45.

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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 p.m. 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 & Arts & Crafts Room
Days: Sun., Sept. 13, 4:30-7 pm (orientation), Sept. 27, Oct. 4, and Oct. 11, 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



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American Red Cross Adult & Pediatric CPR BL



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. **This course is a blended learning course and does require the completion of online materials and work. You will be required to have completed the online material prior to the in-person class date.** You will be emailed the link of online material 1 week prior to the class date. Any questions please feel free to reach out to us.

- Instructor:** Jeanne Goffinet
Day: Wed., Sept. 30 (260002 – A)
 Wed., Nov. 4 (260002 – B)
Time: 6:30 p.m. – 8:30 p.m.
Location: CC Community Room
Fee: \$66 for members, \$77 for non-members

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, LGI
Location: Community Room, MCC Pool, Bicentennial Pond
Dates: Saturday, Nov 7
Time: 9 a.m.-5 p.m.
Fee: \$110 for members, \$137 for non-members
Activity #: 261023-A



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www.facebook.com/MansfieldCommunityCenter/



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 a pre-test that is administered during the first hour of the class. The course prerequisites 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 prerequisite 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.

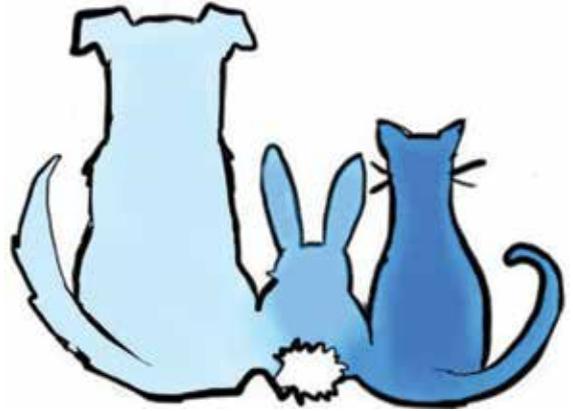
This is a Blended Learning Course which means there are approximately 10 hours of online learning that must be finished before the first in class session. Upon registration (once the minimum to run the course has been met) the candidate will receive a welcome email to the course with instructions on 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 a bathing suit and towel to each class. Candidates MUST register by Mon., Oct 7th at 8 am.**

Instructor: Jeanne Goffinet
Location: Arts & Crafts Room and Pool
Dates: Saturdays and Sundays, October 17, 18, 24
Time: 9 a.m. – 6 p.m.
Fee: \$242 for members, \$324 for non-members
Activity #: 261022- A

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