



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 Events and are available for birthday party rentals. The Aquatics Center closes each day 30 minutes prior to the Mansfield Community Center closing time.

For an overview of pool usage and designated activity time, please pick up a weekly pool schedule located at the kiosk in the front lobby or visit our website at www.mansfieldcc.com.

You Can Choose to Swim Healthy!

Healthy Swimming behaviors are needed to protect you and your kids from RWIs (Recreational Water Illnesses) and will help prevent germs from getting in the pool.

Here are three "PLEAs" that promote Healthy Swimming:

Three "PLEAs" for All Swimmers

Practice these three "PLEAs" to stop germs from causing illness at the pool:

Please practice good hygiene. Take a shower before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.

Please don't swim when you have diarrhea. This is especially important for kids in diapers. You can spread germs in the water and make other people sick.

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

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 weekly schedule for details. General swim cannot be used for lap swimming.

Lap Swim

Lap swim times are available at designated times. Lap swimming is intended for fitness and requires continuous movement with appropriate swimming strokes at your own pace. Snorkels are allowed at lap swim times only. Masks covering the nose are prohibited.

Therapy Pool

The Therapy Pool has designated time for specialized classes, therapeutic use, and family swim. This pool's intended purpose is to provide a warmer, more comfortable environment for those with therapeutic needs such as arthritis, chronic joint pain and fatigue, as well as individuals needing rehabilitation for injuries. This pool is available for families and swim lessons at designated times. Please see the weekly schedule for an overview of times.

Therapeutic Use

This time is designated for individuals with therapeutic needs only. Limited water exercise equipment is available for individual use upon request. Specialized water fitness equipment is allowed with staff approval.

Family Use

This time is designated for families to utilize and enjoy the warm comfortable environment of the Therapy Pool. Please be respectful of those using the pool for therapeutic purposes. There is no jumping in the therapy pool.

POOL PARTIES

Have a birthday party to remember at the Mansfield Community Center! More info available at www.mansfieldct.gov/parties

Mansfield Marlins Youth Swim Club (Age 8– High School)

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 **Thurs., June 16th at 6 p.m.** (See next column 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 Tues., June 21 to Thurs., August 11. Program meets Tuesdays and Thursdays from 5:30 p.m. to 6:30 p.m. or 6:30 p.m. to 7:30 p.m. depending on age/ability. The team will also compete in 3 scrimmage swim meets here at the community center and have periodic time trials as well. Participants may register for more than one evening of practice if desired. All pre-registered returning swimmers will attend regular practice times unless notified of a practice time change by a coach. It is recommended that swimmers have passed Level 4 swim lessons. Please keep in mind that practice consists of approximately 50 - 55 minutes of lap swimming. *We will not be running Sunday morning practices during the summer season.*

NEW SWIMMERS EVALUATION NIGHT

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, therefore space in the program may vary by season. **Thurs., June 16th at 6 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.

Coaches:

Head Coach Daniel Furman &
Assistant Coach Jaxon Rash

Location:

MCC Pool

Dates:

Tues. and/or Thurs., June 21 to August 11

Swimmers will be placed in practice group times according to age/ability.

Fees & Activity #:

161031-A Practices once a week (8 weeks):
\$77 for members, \$100 for non-members

161031-B Practices twice a week (8 weeks):
\$154 for members, \$200 for non-members



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.

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.





American Red Cross Swimming & Water Safety Program

The Mansfield Community Center is proud to be an authorized provider of the American Red Cross (ARC) 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. Summer group swim lessons are held twice a week on Monday & Wednesday evenings, for 30 minute sessions. Please see summer class schedule for details and class fees. Classes at the MCC may 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. Please see summer class schedule for details and class fees.

Private Lessons: Private lessons are available, though times and instructors are limited. Please submit a lesson inquiry through email to Caldwelljr@mansfieldct.org or call us at 860-429-3015 ext. 6122 for more details.

☺ **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 Descriptions (page 14) for class skills.

Instructor: TBA
Location: MCC Pool
Session: 3 weeks with 6 classes session/ 30 min per class
Dates: Mon./Wed., June 20 - July 13 (no classes Mon., July 4 & Wed., July 6)
Time: 6:30 - 7 p.m.
Fee: \$60 for members, \$78 for non-members
Activity #: 161020 - 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 Descriptions (page 14) for class skills. **Pre-requisite for Intermediate class: Must be able to swim one 25 yard length of the pool freestyle with rotary breathing comfortably.**

Instructor: TBA
Location: MCC Pool
Session: 4 weeks with 8 classes session/ 30 min per class
Dates: Mon./Wed., July 18 - August 10
Time: 6:30 - 7 p.m.
Fee: \$80 for members, \$104 for non-members
Activity #: 161021 - A

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)

Pre-Pay for Private Lessons:

5 Swim Lessons Pre-Payment

Member Private: \$195
 Non-Member Private: \$225
 Member Semi-Private: \$285
 Non-Member Semi-Private: \$340

10 Swim Lessons Pre-Payment

Member Private: \$390
 Non-Member Private: \$450
 Member Semi-Private: \$570
 Non-Member Semi-Private: \$680

Loving your private swim lessons? Planning to take more? Prepay for lessons! Prepayments are applied to household as credits and are used upon lesson entry request by the instructor. Receipts still required and can be requested at the reception desk.

MANSFIELD YOUNG STARS CAMP

JULY 25 - 29, 2022 - 9AM TO NOON

LIONS CLUB FIELD, MANSFIELD

(BOYS AND GIRLS GRADES K-8)



• TO LEARN MORE, CONTACT:
VALARIE REID @ 631.455.1782,
VALARIEREID07@GMAIL.COM OR
 MANSFIELD PARKS & RECREATION AT
860.429.3015



• **CAMP DIRECTOR**
RAY REID

American Red Cross Summer 2022

Group Lesson Schedule

Instructor: Announced at First Class
Location: MCC Pool
NOTE: *Session I is only 6 classes due to holiday.*

SESSION I: 3 weeks/ 6 Classes/ 30 min per class

Days/Dates: Mon., June 20 – Wed., July 13

Fees: \$60 for members
\$78 for non-members

SESSION II: 4 weeks/ 8 classes/ 30 min per class

Days/Dates: Mon., July 18 – Wed., August 10

Fees: \$80 for members
\$104 for non-members

Full Session Lessons

SESSION I: June 20 – July 13

Monday & Wednesday Evening Swim Lessons (No class Mon. July 4 & Wed. July 6)

Session is only 6 classes due to holiday.

	5-5:30 p.m.	5:35-6:05 p.m.	6:10-6:40 p.m.	6:45-7:05 p.m.
Parent/Child	161007-A1			
Preschool Level 1			161008-A1	
Preschool Level 2		161009-A1		
Level 1		161001-A2		161009-A2
Level 2	161002-A1		161002-A2	
Level 3 (Shallow)		161003-A1		
Level 3 (Deep)	161010-A1			161003-A3
Level 4			161004-A2	

SESSION II: July 18 – August 10

Monday & Wednesday Evening Swim Lessons

	5-5:30 p.m.	5:35-6:05 p.m.	6:10-6:40 p.m.	6:45-7:05 p.m.
Parent/Infant (3 max)	161007-B1			
Preschool Level 1 (3 max)			161008-B1	
Preschool Level 2 (3 max)		161009-B1		161009-B2
Level 1 (5 max)		161001-B1		161001-B2
Level 2 (5 max)	161002-B1			
Level 3 (Shallow) (5 max)			161003-B1	
Level 3 (Deep) (5 max)		161010-B1		
Level 4 (5 max)	161004-B1		161004-B2	



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)

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.

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 must have completed and Passes level 1:

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 (Shallow)

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

Level 3 participants must have completed and Passes level 2:

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.

Level 3: Stroke Development (Deep)

Purpose: Builds on the skills in Level 3 Shallow through additional guided practice.

Level 3 participants must have completed and Passes level 3 shallow:

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 must have completed and Passes level 3 Deep:

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.

Levels 5 – 6

Levels 5 – 6 will be encouraged to join our rec swim team the Marlins or private lessons. This will help to keep them swimming and moving towards preparation for High School swimming or other fun programs.

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. 26

