

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 closes 30 minutes before the facility to allow people time in the locker rooms to shower and change. For an overview of pool usage and designated activity time, please visit our website, 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.

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. 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

POOL TEMPERATURE

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



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 TDB .

Instructor: TBD
Location: Community Room and Pool
Dates: Sat./Sun., Jan. 22-29 (3 classes)
Time: 9 a.m.-3:30 p.m.
Fee: \$242 for members, \$324 for non-members
Activity #: 361022- A



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.

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: TBD
Location: CC Community Room
Date: Sun., Feb. 6 (360002-A)
 Sun., Apr. 3 (360002-B)
Time: 10 a.m.-2 p.m.
Fee: \$80 for members, \$90 for non-members



Lifeguard Training Recertification and Bridge Class (Ages 15+)

Updated 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: TBD
Location: Community Room, MCC Pool
Dates: Sat., Jan. 8
Time: 9 a.m.-3:30 p.m.
Fee: \$110 for members,
 \$137 for non-members
Activity #: 361023-A



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.



Aquatics



The Aquatics staff welcomes you to our winter 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 & Child Private Lessons, Stroke Clinics and Traditional Group Lessons.**

General rules for all participants:

- All swimmers must wear a mask until entering the water, and must put it back on upon exiting the water. If possible, bring a ziplock bag to store your mask in while you swim.
- 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 your child rinse before coming onto the pool deck
- If your child wears goggles, please bring them from home. Loaners will not be available.

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, January 13 @ 5 p.m.** (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 **Jan 18 – March 22 (10 weeks)**. Practices will be held **on Tuesdays or Thursdays from 5:30 p.m. to 6:30 p.m. or 6:30 p.m. to 7:30 p.m., Sundays from 10 – 11 a.m. or 11-12 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. 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, January 13, at the MCC Pool - 5 p.m.

ONLY 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, January 13, at 5 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.

Head Coach: Head Coach Daniel Furman & Assistant Coach Jaxon Rash

Location: MCC Pool

Dates: Tues., Thurs., Sun.: Tues., Jan 18 – Mar 22, Thurs., Jan 20 – Mar 24 & Sun., Jan 22 – Mar 26

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

Fees & Activity #: **361031-A Practices once a week:** \$96 for members, \$125 for non-members

361031-B Practices twice a week: \$192 for members, \$250 for non-members

361031-C Practices three times a week: \$259 for members, \$337 for non-members

3x a week practice is discounted by 10% already in price shown





Private Lessons: Private lessons are available again, though times and instructors are limited. Please submit a lesson inquiry through email to Caldwelljr@mansfieldct.org or call us at 860-429-3015 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 Description page for class skills. Max 3 participants

Instructor: TBA
Location: MCC Main Pool
Dates: Mon., Jan. 24-Mar. 14 (7 classes) *no 2/21
Time: 6:30 – 7 p.m.
Fee: \$70 for members / \$91 for non-members
Activity #: 361020 – 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.
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 Main Pool
Dates: Wed., Jan. 26-Mar. 16 (8 classes)
Time: 6:30-7 p.m.
Fee: \$80 for members / \$104 for non-members
Activity #: 361021 – A

Pre-Pay for Private Lessons!

5 Swim Lesson Pre-Payment 10 Swim Lesson Pre-Payment

Member Private: \$195	Member Private: \$390
Non-Member Private: \$225	Non-Member Private: \$450
Member Semi-Private: \$285	Member Semi-Private: \$570
Non-Member Semi-Private: \$340	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.

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

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

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

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Full Session Lessons

Monday Evening Lessons: Jan. 24-Mar. 14 *no 2/21

	5:10-5:40 p.m.	5:50-6:20 p.m.	6:30-7:00 p.m.
Parent/Infant (3 max)	361007-A1		
Preschool Level 1 (3 max)		361008-A1	
Preschool Level 2 (3 max)			361009-A1
Level 1 (5 max)		361001-A1	
Level 2 (5 max)	361002-A1		
Level 3 (Shallow) (5 max)			361003-A1
Level 3 (Deep) (5 max)	361010-A1		
Level 4 (5 max)		361004-A2	

Wednesday Evening Lessons: Jan. 26-Mar. 16

	5:10-5:40 p.m.	5:50-6:20 p.m.	6:30-7:00 p.m.
Parent/Infant (3 max)		361007-B1	
Preschool Level 1 (3 max)	361008-B1		
Preschool Level 2 (3 max)			361009-B1
Level 1 (5 max)	361001-B1		
Level 2 (5 max)		361002-B1	
Level 3 (Shallow) (5 max)			361003-B1
Level 3 (Deep) (5 max)	361010-B1		
Level 4 (5 max)		361004-B1	

Saturday Morning Lessons: Jan. 22-Mar. 12

	8:30-9:00 a.m.	9:20-9:50 a.m.	10:10-10:40 a.m.	10:50-11:20 a.m.	11:30-12 p.m.
Parent/Infant (3 max)		361007-C1			
Preschool Level 1 (3 max)	361008-C1			361008-C2	
Preschool Level 2 (3 max)			361009-C1		361009-C2
Level 1 (5 max)		361001-C1		361001-C2	
Level 2 (5 max)	361002-C1		361002-C2		
Level 3 (Shallow) (5 max)			361003-C1		361003-C2
Level 3 (Deep) (5 max)	361010-C1			361010-C2	
Level 4 (5 max)		361004-C1			361004-C2

Group Lesson Schedule

Group Lessons: Parent & Child, Preschools 1 & 2, Learn to Swim Levels 1-4:

- 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: MCC Pool

Session Dates: **Sat.,** Jan. 22-Mar. 12, 8 classes/30 minutes per class

Mon., Jan. 24-Mar. 14, 7 classes/30 minutes per class

Wed., Jan. 26-Mar. 16, 8 classes/30 minutes per class

Per Session Fee: **Sat.,** \$80 for members, \$104 for non-members

Mon., \$70 for members, \$91 for non-members

Wed., \$80 for members, \$104 for non-members

Swim Lesson Level Descriptions

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.

Swim Levels

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 passed 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 underwater 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 passed 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 passed 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 passed 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.

Level 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.
- 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.