

Aquatic

TIME

****Swim Lesson Registration Begins May 4****



Windsor Recreation and Leisure Services is pleased to announce that with its new software that you no longer need to go to the Recreation office to receive the multi family discount. With the new software you can register online and automatically receive the multi family discount.



Welch & Goslee Pool Open June 17

Windsor Recreation and Leisure Services
599 Matianuck Avenue, Windsor, CT 06095
(860) 285-1990 www.townofwindsorct.com



Come Out & Play....Discover the Benefits!

Pool Use Fees

Both Goslee and Welch Pool will Open June 17. Daily Pool Fees are; \$2.50 per adult, \$ 1.50 per child and \$1.50 per senior. All children under 2 years of age swim for free and must have swim diaper. Summer Pool Passes are \$35.00 per adult, \$25.00 for a child or senior and \$60.00 for a family pass. Why wait, get your virtual pool passes starting May 4 in the Recreation office. You may purchase your virtual pool passes at the pool as well starting June 17. All members on a pool pass must reside in the same household and a maximum of 7 family members. All family members must take a photo for their virtual pool pass.

Party Splashes

Always wanted your own private party at a pool? Well, Windsor Recreation and Leisure Services have that perfect place for you. What could be more enjoyable than having a party at Welch or Goslee pool? The rental package includes; admission, 2 party size pizza's, cake and swimming for all your guests. Families are responsible for all paper goods, candles, tables and beverages. Welch and Goslee Pool are available for private pool rentals. The pool is available from 6:15 PM to 8:15 PM on Saturday or Sundays only from June 24 to August 13. Cost is \$275.00 per two hours for residents and \$400.00 for non-residents. For more information on how to reserve your next party at one of the pools please contact the Recreation Office at 860-285-1990.

Splish Splash Special Needs Lessons at Welch Pool

June 24: **Splish – Splash** is a program exclusively for people with developmental and or cognitive impairments. The emphasis is on development of swimming skills and increasing range of motion on an individual basis. Splish-Splash meets every Saturday from 10:00 AM to noon through August 12 at the Welch Park Pool. Lessons are half-hour and provide one-on-one instruction. The fee is \$55.00 per eight week session. 860-285-1990.

Swim Lesson Registration

Do not forget to register for our summer swim lessons. Lessons are formatted to follow American Red Cross guidelines. Registration for swim lessons for **Windsor Residents** will begin on **Thursday, May 4, 2017 at 8:00 AM** online and at the L.P. Wilson Community Center, Lessons are held Monday through Thursday. Fridays are for makeup lessons only. Swim lessons are \$30.00 for first child, \$46.00 for two children and \$62.00 for the family maximum, per two week session. Windsor Recreation and Leisure Services is pleased to announce that with its new software that you no longer need to go to the Recreation office to receive the multi family discount. With the new software you can register online and automatically receive the multi family discount.

Registration for swim lessons for **Non-Windsor Residents** will begin on **Thursday, May 11, 2017 at 8:00 AM** online and at the L.P. Wilson Community Center, Lessons are held Monday through Thursday. Friday is for makeup lessons only. Swim lessons are \$40.00 per child, per two-week session.

Swim Lesson Descriptions

Parent Tot: (30 minutes) A class for parents and toddlers ages 1 to 3. Each Child must be accompanied in the water by an adult and will be taught basic water skills to help the child adjust to the water and prepare for swim lessons on their own.

Water Adjustment: (30 minutes) For children ages 4 and 5. This is an age-appropriate class, where children are taught various developmental skills from level 1.

Water Adjustment Advanced: (30 minutes) This is an age appropriate class for ages 4 and 5 where children are taught various developmental skills from level 2 including crawl and backstroke.

Introduction to Water Skills (Level 1): For age 6 and up the objective of this course is to help students feel comfortable in the water. They explore the elementary aquatic skills which students build on as they progress through the Learn to Swim Levels.

Fundamental Aquatic Skills (Level 2): Students in this level should feel comfortable in the water and can walk about the shallow end of the pool freely. They also should feel comfortable with the buoyancy of their body in the water. There will be a skill assessment where students need to demonstrate the main skills learned in this level in a skill scenario.

Stroke Development (Level 3): The objective of this course is to teach more elements of strokes using the basic and fundamental aquatic skills from Levels 1 and 2. This level focuses on more of the arm and leg action in the coordination, breathing and timing in the front and back crawl.

Stroke Improvement (Level 4): The objective of this course is to develop confidence in the strokes. Students will build endurance and distance in the front and back crawl. Students will also learn the arms and coordination for butterfly, the elementary backstroke, breaststroke, and the scissor kick.

Stroke Refinement (Level 5): The objective of this course is the coordination and refinement of the front and back crawl, butterfly, breaststroke, elementary back, and sidestroke.

Lifeguard Readiness (Level 6): This course prepares participants for the lifeguard training course, however, this is not a Lifeguard Training course.

Goslee Pool (860) 688-2909

Session I (June 19-June 29)	Level
11:00am – 11:50am	Water Adjustment Advanced (11:00am-11:30am)
	Water Adjustment (11:30am – 12:00pm)
	Fundamental Aquatic Skills
	Stroke Development
12:00pm – 12:50pm	Introduction to Water Skills
	Parent/Tot (12:00pm – 12:30pm)
	Water Adjustment (12:30pm – 1:00pm)
12:00pm – 1:00pm	Lap Swim
1:15pm – 4:45pm	Open Swim
5:00pm – 5:50pm	Parent/Tot (5:30pm – 6:00pm)
	Water Adjustment Advanced (5:00pm – 5:30pm)
	Fundamental Aquatic Skills
	Stroke Development
6:00pm – 6:50pm	Introduction to Water Skills
	Water Adjustment (6:00pm – 6:30pm)
	Water Adjustment Advanced (6:30pm – 7:00pm)
6:00pm – 7:00pm	Lap Swim
7:00pm – 8:00pm	Family Swim
Session II (July 3,5,6,7 & July10-July 13)	Level
11:00am – 11:50am	Water Adjustment Advanced (11:00am-11:30am)
	Water Adjustment (11:30am – 12:00pm)
	Fundamental Aquatic Skills
	Stroke Development
12:00pm – 12:50pm	Introduction to Water Skills
	Parent/Tot (12:00pm – 12:30pm)
	Water Adjustment (12:30pm – 1:00pm)
12:00pm – 1:00pm	Lap Swim
1:15pm – 4:45pm	Open Swim
5:00pm – 5:50pm	Parent/Tot (5:30pm – 6:00pm)
	Water Adjustment Advanced (5:00pm – 5:30pm)
	Fundamental Aquatic Skills
	Stroke Development
6:00pm – 6:50pm	Introduction to Water Skills
	Water Adjustment (6:00pm – 6:30pm)
	Water Adjustment Advanced (6:30pm – 7:00pm)
6:00pm – 7:00pm	Lap Swim
7:00pm – 8:00pm	Family Swim

Goslee Pool -Continued

Session III (July 17-July 27)	Level
11:00am – 11:50am	Water Adjustment Advanced (11:00am-11:30am)
	Water Adjustment (11:30am – 12:00pm
	Fundamental Aquatic Skills
	Stroke Development
12:00pm – 12:50pm	Introduction to Water Skills
	Parent/Tot (12:00pm – 12:30pm
	Water Adjustment (12:30pm – 1:00pm)
12:00pm – 1:00pm	Lap Swim
1:15pm – 4:45pm	Open Swim
5:00pm – 5:50pm	Parent/Tot (5:30pm – 6:00pm)
	Water Adjustment Advanced (5:00pm – 5:30pm)
	Fundamental Aquatic Skills
	Stroke Development
6:00pm – 6:50pm	Introduction to Water Skills
	Water Adjustment (6:00pm – 6:30pm)
	Water Adjustment Advanced (6:30pm – 7:00pm)
6:00pm – 7:00pm	Lap Swim
7:00pm – 8:00pm	Family Swim
Session IIII (July 31-August 10)	Level
11:00am – 11:50am	Water Adjustment Advanced (11:00am-11:30am)
	Water Adjustment (11:30am – 12:00pm
	Fundamental Aquatic Skills
	Stroke Development
12:00pm – 12:50pm	Introduction to Water Skills
	Parent/Tot (12:00pm – 12:30pm
	Water Adjustment (12:30pm – 1:00pm)
12:00pm – 1:00pm	Lap Swim
1:15pm – 4:45pm	Open Swim
5:00pm – 5:50pm	Parent/Tot (5:30pm – 6:00pm)
	Water Adjustment Advanced (5:00pm – 5:30pm)
	Fundamental Aquatic Skills
	Stroke Development
6:00pm – 6:50pm	Introduction to Water Skills
	Water Adjustment (6:00pm – 6:30pm)
	Water Adjustment Advanced (6:30pm – 7:00pm)
6:00pm – 7:00pm	Lap Swim
7:00pm – 8:00pm	Family Swim

Welch Pool (860) 688-4934

Session I (June 19-June 29)	Level
10:00am – 10:50am	Stroke Refinement
	Introduction to Water Skills
	Stroke Development
	Water Adjustment Advanced (10:00am – 10:30am)
	Water Adjustment (10:30am – 11:00am)
11:00am – 11:50am	Lifeguard Readiness
	Stroke Improvement
	Fundamentals of Aquatic Skills
	Parent/Tot (11:00am – 11:30am)
	Water Adjustment Advanced (11:30am – 12:00pm)
12:00pm – 1:00pm	Lap Swim
1:15pm – 3:45pm	Open Swim
4:00pm – 4:50pm	Fundamental Aquatic Skills
	Stroke Development
	Stroke Improvement
	Water Adjustment (4:00pm – 4:30pm)
	Parent/Tot (4:30pm – 5:00pm)
5:00pm – 5:50pm	Stroke Refinement
	Introduction to Water Skills
	Lifeguard Readiness
	Water Adjustment Advanced (5:00pm – 5:30pm)
5:00pm – 6:00pm	Lap Swim (2 lanes)
6:00pm – 7:00pm	Family Swim (M,Tu,Thur)
7:00pm – 8:15pm	Water Fitness (M,Tu,Thur)
	Family Swim (Wed & Fri. 6:00pm -8:00pm)
Session II (July 3,5,6,7 & July 10-July 13)	Level
10:00am – 10:50am	Stroke Refinement
	Introduction to Water Skills
	Stroke Development
	Water Adjustment Advanced (10:00am – 10:30am)
	Water Adjustment (10:30am – 11:00am)
11:00am – 11:50am	Lifeguard Readiness
	Stroke Improvement
	Fundamentals of Aquatic Skills
	Parent/Tot (11:00am – 11:30am)
	Water Adjustment Advanced (11:30am – 12:00pm)
12:00pm – 1:00pm	Lap Swim
1:15pm – 3:45pm	Open Swim
4:00pm – 4:50pm	Fundamental Aquatic Skills
	Stroke Development
	Stroke Improvement
	Water Adjustment (4:00pm – 4:30pm)
	Parent/Tot (4:30pm – 5:00pm)
5:00pm – 5:50pm	Stroke Refinement
	Introduction to Water Skills
	Lifeguard Readiness
	Water Adjustment Advanced (5:00pm – 5:30pm)
5:00pm – 6:00pm	Lap Swim (2 lanes)
6:00pm – 7:00pm	Family Swim (M,Tu,Thur)
7:00pm – 8:15pm	Water Fitness (M,Tu,Thur) Family Swim (Wed & Fri. 6pm-8pm)

Welch Pool- Continued

Session III (July 17-July 27)	Level
10:00am – 10:50am	Stroke Refinement
	Introduction to Water Skills
	Stroke Development
	Water Adjustment Advanced (10:00am – 10:30am)
	Water Adjustment (10:30am – 11:00am)
11:00am – 11:50am	Lifeguard Readiness
	Stroke Improvement
	Fundamentals of Aquatic Skills
	Parent/Tot (11:00am – 11:30am)
	Water Adjustment Advanced (11:30am – 12:00pm)
12:00pm – 1:00pm	Lap Swim
1:15pm – 3:45pm	Open Swim
4:00pm – 4:50pm	Fundamental Aquatic Skills
	Stroke Development
	Stroke Improvement
	Water Adjustment (4:00pm – 4:30pm)
	Parent/Tot (4:30pm – 5:00pm)
5:00pm – 5:50pm	Stroke Refinement
	Introduction to Water Skills
	Lifeguard Readiness
	Water Adjustment Advanced (5:00pm – 5:30pm)
5:00pm – 6:00pm	Lap Swim (2 lanes)
6:00pm – 7:00pm	Family Swim (M,Tu,Thur)
7:00pm – 8:15pm	Water Fitness (M,Tu,Thur)
	Family Swim (Wed & Fri. 6:00pm -8:00pm)
Session IIII (July 31-August 10)	Level
10:00am – 10:50am	Stroke Refinement
	Introduction to Water Skills
	Stroke Development
	Water Adjustment Advanced (10:00am – 10:30am)
	Water Adjustment (10:30am – 11:00am)
11:00am – 11:50am	Lifeguard Readiness
	Stroke Improvement
	Fundamentals of Aquatic Skills
	Parent/Tot (11:00am – 11:30am)
	Water Adjustment Advanced (11:30am – 12:00pm)
12:00pm – 1:00pm	Lap Swim
1:15pm – 3:45pm	Open Swim
4:00pm – 4:50pm	Fundamental Aquatic Skills
	Stroke Development
	Stroke Improvement
	Water Adjustment (4:00pm – 4:30pm)
	Parent/Tot (4:30pm – 5:00pm)
5:00pm – 5:50pm	Stroke Refinement
	Introduction to Water Skills
	Water Adjustment Advanced (5:00pm-5:30pm)
5:00pm – 6:00pm	Lap Swim (2 lanes)
6:00pm – 7:00pm	Family Swim (M,Tu,Thur)
7:00pm – 8:15pm	Water Fitness (M,Tu,Thur)
	Family Swim (Wed & Fri. 6:00pm -8:00pm)

FUN Activities for All....



Color Us....“Never Swim Alone”

Name:

Date:

The Swimming Pool

Find the hidden words.

shampoo

shower

little pool

float

locker

locker key

costume

big pool

goggles

towel

trunks

lanes

water wings

water

e	t	i	p	i	a	L	o	c	k	e	r	d	o
d	e	t	v	W	a	t	e	r	w	i	n	g	s
o	r	t	o	t	e	a	a	a	e	b	t	l	e
G	e	i	S	h	a	m	p	o	o	T	n	a	o
o	u	l	x	n	m	c	f	S	h	o	w	e	r
g	l	s	n	i	g	e	C	o	n	w	B	r	e
g	r	m	h	h	u	u	o	o	l	e	i	d	n
L	a	n	e	s	F	o	s	l	a	l	g	y	n
e	i	l	e	t	l	c	t	s	t	a	p	w	W
s	e	u	r	i	o	f	u	r	t	e	o	q	a
s	s	n	i	e	a	o	m	s	z	t	o	n	t
i	e	L	i	t	t	l	e	p	o	o	l	i	e
l	c	s	i	e	T	r	u	n	k	s	r	o	r
e	i	z	L	o	c	k	e	r	k	e	y	t	v



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