

Aquatic

TIME

****Swim Lesson Registration Begins May 9****



Welch & Goslee Pool Open June 15

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 15. 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 15. 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 29 to August 11. 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 22: **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 10 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 9, 2019 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 16, 2019 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 \$50.00 per child, per two-week session.

Recreation staff are excited to announce the purchase of aquatic platforms to help students feel comfortable in the water. These platforms are used to teach swim lessons and make participants feel comfortable on a flat surface. The platforms will be used during lessons at all three pools.



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.

Level 1- Introduction to Water Skills

Objective: To help students feel comfortable in the water and to enjoy the water safely.

Requirements: None

Skills Covered: Entering and exiting the water safely, learning to submerge mouth, nose and eyes and breath control, front and back float and recovering to a stand, changing direction in the water, swimming 5 feet on front and back.

Level 2- Fundamental Aquatic Skills

Objective: To give students success with fundamental skills

Requirements: Students entering this level must possess a Level 1 certificate or demonstrate all the Level 1 skills. (Entering and exiting the water safely, learning to submerge mouth, nose and eyes and breath control, front and back float and recovering to a stand, changing direction in the water, swimming 5 feet on front and back.)

Skills Covered: Entering water by stepping or jumping in from the side, submerging entire head, blowing bubbles, open eyes underwater, front and back glide, swim 15 feet on front and 10 feet on back, swim on side, life jacket use.

Level 3- Stroke Development

Objective: To build on skills in Level 2 through additional guided practice

Requirements: Students entering this level must possess a Level 2 certificate or demonstrate all the Level 2 skills (Entering water by stepping or jumping in from the side, submerging entire head, blowing bubbles, open eyes underwater, front and back glide, swim 15 feet on front and 10 feet on back, swim on side, life jacket use.)

Skills Covered: Jump into deep water, head first entry from sitting or kneeling, submerging and retrieving an object, bobbing, survival float for 30 seconds, treading water for 30 seconds, front crawl 15 yards, butterfly 15 feet, back crawl 15 yards, elementary rescues, safe diving, check-call-care.

Level 4- Stroke Improvement

Objective: To develop confidence in the strokes learned thus far and to improve other aquatic skills by increasing endurance through swimming greater distances

Requirements: Students entering this level must possess a Level 3 certificate or demonstrate all the Level 3 skills (Jump into deep water, head first entry from sitting or kneeling, submerging and retrieving an object, bobbing, survival float for 30 seconds, treading water for 30 seconds, front crawl 15 yards, butterfly 15 feet, back crawl 15 yards, elementary rescues, safe diving, check-call-care.)

Skills Covered: Diving, underwater swimming, feet-first surface dive, 1 minute of survival floating, treading and back floating, 25 yards of front crawl, breaststroke and back crawl, 15 yards of butterfly and elementary backstroke and sidestroke, compact jump from height in a lifejacket, throwing assists and caring for unconscious choking victim

Level 5- Stroke Refinement

Objective: Coordination and refinement of strokes

Requirements: Students entering this level must possess a Level 4 certificate or demonstrate all the Level 4 skills (Diving, underwater swimming, feet-first surface dive, 1 minute of survival floating, treading and back floating, 25 yards of front crawl, breaststroke and back crawl, 15 yards of butterfly and elementary backstroke and sidestroke, compact jump from height in a lifejacket, throwing assists and caring for unconscious choking victim)

Skills Covered: Shallow dive, tuck and pike surface dives. 2 minutes of survival floating, back float and treading water, flip turns on front and back, 50 yards front and back crawl, 25 yards butterfly, breaststroke, elementary backstroke and sidestroke, 2 minutes of survival swimming, rescue breathing.

Level 6- Swimming and Skill Proficiency

Objective: Refine strokes so students swim with more ease, efficiency, power and smoothness over greater distances; includes “menu options”- Personal Water Safety, Fitness Swimmer and Fundamentals of Diving

Requirements: Students entering this level must possess a Level 5 certificate or demonstrate all the Level 5 skills (Shallow dive, tuck and pike surface dives. 2 minutes of survival floating, back float and treading water, flip turns on front and back, 50 yards front and back crawl, 25 yards butterfly, breaststroke, elementary backstroke and sidestroke, 2 minutes of survival swimming, rescue breathing.)

Skills Covered: 500 yards continuous swim using 100 yards each of front and back crawl, 50 yards each of breaststroke, elementary backstroke, sidestroke and butterfly and 100 yards choice of any of those strokes, survival floating and back floating 5 minutes each, feet first surface dive and retrieve an object from 7 feet, Cooper 12-minute swim test.

Goslee Pool (860) 688-2909

Session I (June 17-June 27)	Level
11:00am – 11:50am	Water Adjustment Advanced (11:00am-11:30am)
	Water Adjustment (11:30am – 12:00pm)
	Introduction to Water Skills
	Stroke Development
12:00pm – 1:00pm	Lap Swim & Senior Swim
1:15pm – 4:45pm	Recreational 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)
	Parent/Tot (6:30pm-7:00pm)
	Fundamental Aquatic Skills
6:00pm – 7:00pm	Lap Swim
7:00pm – 8:00pm	Family Swim
Session II (July 1-5 No Class 7/4) July 8-11	Level
11:00am – 11:50am	Water Adjustment Advanced (11:00am-11:30am)
	Water Adjustment (11:30am – 12:00pm)
	Introduction to Water Skills
	Stroke Development
12:00pm – 1:00pm	Lap Swim & Senior Swim
1:15pm – 4:45pm	Recreational 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)
	Parent/Tot (6:30pm-7:00pm)
	Fundamental Aquatic Skills
6:00pm – 7:00pm	Lap Swim
7:00pm – 8:00pm	Family Swim

Goslee Pool -Continued

Session III (July 15-July 25)	Level
11:00am – 11:50am	Water Adjustment Advanced (11:00am-11:30am)
	Water Adjustment (11:30am – 12:00pm)
	Introduction to Water Skills
	Stroke Development
12:00pm – 1:00pm	Lap Swim & Senior Swim
1:15pm – 4:45pm	Recreational 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)
	Parent Tot (6:30pm-7:00pm)
	Fundamental Aquatic Skills
6:00pm – 7:00pm	Lap Swim
7:00pm – 8:00pm	Family Swim
Session III (July 29-August 8)	Level
11:00am – 11:50am	Water Adjustment Advanced (11:00am-11:30am)
	Water Adjustment (11:30am – 12:00pm)
	Introduction to Aquatic Skills
	Stroke Development
12:00pm – 1:00pm	Lap Swim & Senior Swim
1:15pm – 4:45pm	Recreational 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)
	Parent Tot (6:30pm-7:00pm)
	Fundamental Aquatic Skills
6:00pm – 7:00pm	Lap Swim
7:00pm – 8:00pm	Family Swim

Welch Pool (860) 688-4934

Session I (June 17-June 27)	Level
10:00am – 10:50am	Lap Swim & Senior Swim
11:00am – 11:50am	Lifeguard Readiness
	Stroke Improvement
	Fundamentals of Aquatic Skills
	Introduction to Water Skills
12:00pm – 1:00pm	Lap Swim
1:15pm – 3:45pm	Recreational 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)
	Stroke Development
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 1-5 No Class 7/4) July 8-11	Level
10:00am – 10:50am	Lap Swim & Senior Swim
11:00am – 11:50am	Lifeguard Readiness
	Stroke Improvement
	Fundamentals of Aquatic Skills
	Introduction to Water Skills
12:00pm – 1:00pm	Lap Swim
1:15pm – 3:45pm	Recreational 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)
	Stroke Development
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)
Session III (July 15-July 25)	
10:00am – 10:50am	Lap Swim & Senior Swim
11:00am – 11:50am	Lifeguard Readiness
	Stroke Improvement
	Fundamentals of Aquatic Skills
	Introduction to Water Skills
12:00pm – 1:00pm	Lap Swim

Welch Pool- Continued

1:15pm – 3:45pm	Recreational 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)
	Stroke Development
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)
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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
	Stroke Development
	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
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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
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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
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s	s	n	i	e	a	o	m	s	z	t	o	n	t
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Windsor Recreation and Leisure Services
 599 Matianuck Avenue, Windsor, CT 06095
 Phone: (860) 285-1990 Fax: (860) 285-1950
www.townofwindsorct.com/recreation