

Adult Beginner Swim Lessons (ages 16+)

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.

Instructor: TBA
Location: CC Pool
Dates: Mon. and Wed., Sept. 14- Oct. 7
Time: (261020-A) 5:50-6:20 p.m.
Fee: \$60 for members/\$80 for non-members

Adult Intermediate Swim Lessons (ages 16+)

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.

Instructor: TBA
Location: CC Pool
Dates: Mon. and Wed., Oct. 19- Nov. 11
Time: (261021-A) 5:50-6:20 p.m.
Fee: \$60 for members/\$80 for non-members

Lifeguard Training (ages 15 +)

In this course students will learn safety and rescue techniques designed to prevent and respond to a variety of aquatic emergencies. Students must be able to demonstrate course prerequisites during the first class including a continuous 300 yard swim with proficiency in both front crawl and breast stroke, and a timed 20 yard swim with surface dive to retrieve a submerged 10 pound object, 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 pre-requisite 300 yard swim portion of the class, students must be able to demonstrate all skills in the class with out the use of goggles to pass the course. Students will receive an American Red Cross Lifeguard, First Aid and CPR for the Professional Rescuer certification upon successful completion of this course. Fee includes instruction, course books, and a pocket mask. **Please bring bathing suit and towel to each class.**

Instructor: Sarah Doppstadt
Location: CC Arts and Crafts Room and Pool
Dates: Sat., Oct. 3- Oct. 24
Time: (261022-A) 9 a.m.-5 p.m.
Fee: \$200 for members/\$270 for non-members

Guard Start (ages 11 - 14)

This fun and exciting program is designed to provide youth with a foundation of aquatic skills, leadership, and knowledge for future successful completion of the American Red Cross Lifeguard Training program. Students will receive instruction in five critical areas including prevention, fitness, response, leadership, and professionalism. Upon completion, participants will receive certification by the American Red Cross. This course is taught by a certified Water Safety Instructor. Fee includes all course materials. **Please bring bathing suit and towel to each class.**

Instructor: TBA
Location: CC Pool and Community Room
Dates: Sat., Sept. 19 - Nov. 7
Time: (261024-C1) 8:30- 9 a.m.
Fee: \$70 for members/\$90 for non-members

Competitive Spring Board Diving Lessons (Ages 7-18)

In this course students learn techniques of take-offs, entries, flight positions, and basic principles of rotation. Students build progressions to learn different directions (groups) of rotation and add somersaults to flight. Maintaining a strong emphasis on basics and safety, students learn to challenge themselves with varying degrees of difficulty with dives.

Instructor: Nora Claus
Location: CC Pool
Dates: Mon. and Wed., Oct. 19 - Nov. 11
Time: (261025-A) 5-5:45 p.m. (ages 7 - 12)
(261025-B) 6-6:45 p.m. (ages 13 - 18)
Fee: \$75 for members/\$100 for non-members

PADI SCUBA Certification Course

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. There will be an orientation night scheduled for Sept. 13th from 5:30pm - 8:30pm at the Mansfield Community Center. The following classes consist of a classroom portion followed by skills in the pool. The equipment cost includes: mask, fins, 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 (TBA in class) will take place in October in Jamestown, RI, and/or Bigelow Hollow State Park. There will be an additional \$75 fee for the check out open water dives.

Instructor: John D. Langlois from Enfield Scuba
Location: CC Pool & Community Room
Dates: (261026-A) Orientation - Sun., Sept. 13, 3:30-8:30 p.m., Classroom/pool sessions - Sun., Sept. 20 and 27, and Oct. 4, 5:30-8:30 p.m.
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 \$75 fee for the check out open water dives.)

Aquatics

Mansfield Marlins

Youth Swim Club (age 8- Grade 8)

New, extended fall season! 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 competitive starts in the sport of competitive swimming. The Youth Swim Club season runs from September - December (14weeks) Practices will be held on Tuesdays and Thursdays from 6 p.m. to 7 p.m. or 7 p.m. to 8 p.m. depending on age/ability. The team will also compete in four scrimmage swim meets here at the community center and have periodic time trials as well. The team banquet will be held Thursday, December 17th. All team members will receive a Marlin's t-shirt. Participants may register for only one evening of practice if desired. **All swimmers must be able to complete one comfortable 25 yard lap of front crawl without assistance. It is recommended that swimmers have passed Level 3 swim lessons. Please keep in mind that practice consists of approximately 50 - 55 minutes of lap swim, among other activities.**

Coaches: Craig Schmidt and Hailey Rosa
Location: CC Pool
Dates: Tues. and Thurs., September 17 - December 17, swimmers will practice according to ability and be assigned a 6-7 p.m. practice time slot Thursday, September 17 will be a mandatory evaluation night for all NEW swimmers, returning swimmers will attend regular practice times. NEW participants will receive a phone call prior to this evening telling participants whether to attend the 6-7 p.m. evaluation session or the 7-8 p.m. evaluation session. After the evaluation night, participants will receive a phone call assigning swimmers to a practice slot for the rest of the season.
(261031-A) Tuesday Practice Only
(261031-B) Thursday Practice Only
Time: Practice: Tues. and Thurs, 6-8 p.m.
Fee: \$162 for members both days
\$216 for non-members both days
\$78 for members one day
\$104 for non-members one day
(No practice on Thanksgiving)

Lap Swim Etiquette

Due to the limited number of lap lanes, we require 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 or more swimmers - swim counter-clockwise in a single file line, staying on the right side of the lane.

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 them.

Masters/Adult Swimming

Are you an adult with some competitive swimming experience who is looking to improve your strokes, set and reach personal goals, and improve your overall fitness? If so, the Mansfield Parks and Recreation Department Adult/Masters Swim Program may be the right choice for you! This program is geared towards individuals with some competitive swimming experience and basic proficiency in front crawl, back crawl, and breaststroke. We understand that ability levels will vary and the underlying foundation of our program will consist of developing the efficiency of each of the 4 competitive strokes, setting and reaching personal goals, and improving overall physical fitness. We want this program to reach and appeal to the everyday lap swimmer, to those of you preparing for an upcoming triathlon, and even to those of you who want to compete in regional or even national United States Masters sanctioned swim meets. This 14 week program will offer 2 weekly coached practices, choose one day or two!

Coach: Sarah Doppstadt
Location: CC Pool
Day: Tues. and Thurs., 8-9:30 p.m.
Dates: Sept. 17 - Dec. 17 (No practice on Thanksgiving)
Fee: (261040-A, Tuesday practice)
\$84 for members \$112 for non-members
(261040-B, Thursday practice)
\$78 for members/\$104 for non-members

American Red Cross

Water Safety Instructor Course (ages 16+)

Whether you want to splash around with kids and teach them to swim, help children or adults refine their strokes or teach diving safety techniques, you can do it as an American Red Cross Water Safety Instructor. Qualified instructors can also help prepare swim coaches to prevent and respond to emergency situations. The American Red Cross Water Safety Instructor Course provides instructor candidates the training needed to teach courses in the American Red Cross Swimming and Water Safety Program by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participants' progress. This class will also include the American Red Cross Fundamentals of Instructor Training (F.I.T.) certification course and WSI pre-course work that will take place on the first day of class. **Students must attend all classes and bring a bathing suit and towel to each class.**

Instructor: Kirsten Morrow
Location: CC Community Room and Pool
Day: Thurs. and Fri., Sept. 24 - Oct. 23
Time: (261028-A) 6:30-9:30 p.m.
Fee: \$225 for members/\$300 for non-members

Working on Your Merit Badge?

Scouts, complete your lifesaving skills in our pools! Group reservations must be requested 2 weeks in advance. **Please call or come by to pick up a group rental form that includes facility information and pricing.**

Aquatics

Learn-to-Swim

The American Red Cross offers six comprehensive course levels that teach your child how to swim skillfully and safely. The prerequisite for each level is the successful demonstration of the skills from the preceding level, except for Level One. (See below). Each level of Learn-to-Swim includes training in basic water safety, in addition to the skills outlined below:

Parent/Infant

(Age 6 months up to 3 years)

Children will have fun in the water while developing swimming readiness through basic arm and leg movements, games, and activities. Each child must be accompanied in the water by one adult only.

Water Adjustment

(Age 3 and 4)

This independent toddler course includes water entry and adjustment, blowing bubbles, kicking and floating on front and back, basic arm and leg movements, glides, jumps, and water safety. Children are in the water independently!

Level 1 Introduction to Water Skills

(Age 4 with passing certificate from Water Adjustment or age 5 and up). Appropriate for 1st time swimmers

Purpose: Helps students feel comfortable in the water.

Level 1 participants learn to:

- Enter and exit water safely • Submerge mouth, nose and eyes
 - Explore arm and hand movements
 - Exhale underwater through mouth and nose
- Open eyes underwater, pick up submerged object
- Float on front and back • Swim on front and back using arm/leg actions • Follow basic water safety rules
 - Use a life jacket

Level 2 Fundamental Aquatic Skills

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 • Swim on side
- Submerge entire head • Open eyes underwater, pick up a submerged object • Float on front and back • Perform front and back glide • Roll over from front to back, back to front
 - Tread water using arm/leg motions
- Swim on front and back using combined strokes
- Move in the water while wearing a life jacket

Level 3 Stroke Development

Purpose: Builds on the skills in Level 2 through additional guided practice. Level 3 participants learn to:

- Jump into deep water from the side • Dive from kneeling or standing position • Perform survival float • Submerge and retrieve an object • Bob with the head fully submerged • Perform front and back glide • Use rotary breathing in horizontal position
- Perform front and back crawl • Butterfly-kick and body motion
- Perform the HELP and Huddle position • Perform a reaching assist • Use Check-Call-Care in an emergency • Change from horizontal to vertical position on front and back

Level 4 Stroke Improvement

Purpose: Develops confidence in the skills learned and improves other aquatic skills. Level 4 participants learn to:

- Perform shallow dive or dive from stride position
- Swim underwater • Perform feet-first surface dive • Perform open turn on front/back using any stroke • Tread water using sculling arm motions and kick • Use safe diving rules • Perform a throwing assist • Care for conscious choking victim • Perform compact jump into water from a height while wearing a life jacket • Perform the following:
 - Front and back crawl
 - Breaststroke • Butterfly • Elementary backstroke
 - Swim on side using scissors-like kick

Level 5 Stroke Refinement

Purpose: Provides further coordination and refinement of strokes. Level 5 participants learn to:

- Tread water with two different kicks • Learn survival swimming
 - Perform rescue breathing
- Perform the following:
 - Standing dive • Shallow dive, glide two body lengths and begin any front stroke • Sidestroke • Tuck surface dive • Pike surface dive • Front flip turn • Front and back crawl • Butterfly • Backstroke flip turn • Breaststroke
 - Elementary backstroke

Level 6 Swimming and Skill Proficiency

Purpose: Refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with "menu" options that each focus on preparing students to participate in more advanced courses, including the Water Safety Instructor and Lifeguard Training courses. These options include:

- Personal Water Safety • Lifeguard Readiness
- Fundamentals of Diving • Fitness Swimmer



Pool Parties

Have a birthday party to remember at the Mansfield Community Center! Enjoy your birthday party splash package including one of our pool inflatables.

For more information see page 17.

American Red Cross Swimming and Water Safety Program

The Mansfield Community Center is proud to be an authorized provider of the American Red Cross Swimming and Water Safety program. If your child has a passing certificate from last year or last session, then please select the next level for your child. Proper swim lesson placement is instrumental 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. Fall group swim lessons are held during Monday and Wednesday evenings and mornings, and Saturdays as well. Classes at the MCC will be cancelled in the event of lightning or thunderstorms, and/or other unsafe pool conditions. Participants will be notified if any cancelled classes will be made up. All group lessons are taught by certified Water Safety Instructors and are 30 minutes (8 classes) in duration. Please see the fall class schedule for details and class fees.

American Red Cross Fall 2009 Youth Group Swim Lesson Schedule

Instructor: *To Be Announced at First Class*

Location: MCC Pool

NOTE: 8 classes/30 minutes per class

Fees: \$60 for members/\$80 for non-members

Session I Monday & Wednesday Evening Lessons Sept. 14 - Oct. 7, 2009

	4:30-5 p.m.	5:10-5:40 p.m.	5:50-6:20 p.m.
Parent/Infant	261007-A1		
Water Adjustment		261008-A1	261008-A2
Level 1			261001-A1
Level 2		261002-A1	
Level 3			261003-A1
Level 4		261004-A1	
Level 5		261005-A1	
Level 6			

Session I Monday & Wednesday

Morning Lessons Sept. 14 - Oct. 7, 2009

	10-10:30 a.m.	10:40-11:10 a.m.
Parent/Infant	261007-A2	
Water Adjustment		261008-A3

Session II Monday & Wednesday Evening Lessons Oct. 19 - Nov. 11, 2009

	4:30-5 p.m.	5:10-5:40 p.m.	5:50-6:20 p.m.
Parent/Infant		261007-B1	
Water Adjustment	261008-B1		261008-B2
Level 1		261001_B1	
Level 2			261002-B2
Level 3		261003-B1	
Level 4			261004-B1
Level 5			
Level 6		261006-B1	

Session II Monday & Wednesday

Morning Lessons Oct. 19 - Nov. 11, 2009

	10-10:30 a.m.	10:40-11:10 a.m.
Parent/Infant		261007-B2
Water Adjustment	261008-B3	

Session III Saturday Morning Lessons Sept. 19 - Nov. 7, 2009

	8:30-9 a.m.	9:10-9:40 a.m.	9:50-10:20 a.m.	10:30-11 a.m.	11:10-11:40 a.m.
Parent/Infant		261007-C1			
Water Adjustment	261008-C1		261008-C2	261008-C3	261008-C4
Level 1		261001-C1	261001-C2		261001-C3
Level 2		261002-C1	261002-C2	261002-C3	261002-C4
Level 3	261003-C1		261003-C2		261003-C3
Level 4		261004-C1		261004-C2	
Level 5	261005-C1				
Level 6				261006-C1	
Guard Start	261024-C1				



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. An instructor will contact you 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.

For water fitness classes,
please see the fitness class schedule

Youth Stroke Clinic (age 8-grade 8)

Improve your stroke technique! This stroke clinic will be split into two Sundays. The first day will focus on freestyle and backstroke while the second day will include breaststroke and butterfly. The day will be split up into classroom time and pool time. Participants must be ages 8-8th grade and have some competitive swim experience.

Coaches: Sarah Doppstadt and Hailey Rosa
Location: CC Pool
Dates: Sun., Nov. 8 and 15
Times: (261034-A) 8 a.m.-noon, Freestyle/Backstroke
(261034-B) 8 a.m.-noon, Breaststroke/Butterfly
Fee: \$40 for members per day/\$52 for non members per day

Adult Stroke Clinic (age 15+)

Improve your stroke technique! This clinic is great for lap swimmers and for swimmers with a competitive background. It will review the four main strokes: Freestyle, Backstroke, Breast Stroke, and Butterfly.

Coaches: Sarah Doppstadt and Hailey Rosa
Location: CC Pool
Dates: Sat., Dec. 5
Times: (261035-A) 8 a.m.-noon, All strokes
Fee: \$40 for members/\$52 for non members



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Dawn Smith Owner/Stylist

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For Your Safety

Some Pools 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 passed a swim test.
- Children who are 8 and over who have passed a swim test are allowed in the pool and pool area with out an adult.
- Life jackets and life vests (including swim suits with foam inserts) are acceptable and permitted in the pool. Any child/patron wearing a life jacket 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

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

