

Winter Aquatics...

2010 Winter Schedule



Swim Lessons: Lessons are held on Saturday's for eight (8) weeks. Swim lessons are American Red Cross Certificated. Lessons are \$40.00 per child, and are they are held at the Windsor High School Indoor Pool. Winter Session is February 27-April 17. Swim Lesson registration date is Thursday, January 14 at 8am in the Recreation office or online at www.townofwindsorct.com/recreation. Swim schedule is as follows:

11am-11:50am

- Stroke Development (level 3)
- Water Adjustment (11am-11:30am)
- Water Adjustment Adv. (11:30am-12pm)
- Parent/Tot (11:30am-12pm)

12pm-12:50pm

- Intro to Water Skills (level 1)
- Stroke Refinement (level 5)

1pm-1:50pm

- Fundamental Aquatic Skills (level 2)
- Stroke Improvement (level 4)

Splish Splash Special Needs Lessons: is a special program exclusively for persons with developmental/ and or cognitive impairments. The emphasis is on development of swimming skills, and increasing range of motion through a total body workout on a individual basis. This class will boost confidence and enhance the swimming experience. Ages 5-21 years old. Lessons are held at Windsor High School Indoor Pool. We work together to provide children with a positive water experience that meets their individual needs. Splish Splash will be held on Tuesday evenings. Lessons are held on Tuesday evenings starting at 5:30pm-7:00pm from February 23-April 13. Lessons are 30 minutes in length and time slots are filled on a first come, first serve basis. Fee is \$55.00 per person

Lap Swim: What better way to stay in shape this winter than swimming laps. Lap Swim registration is \$25.00 per person per session (sessions are subject to change). Sharing lanes is expected. There is NO money taken at the door, registration must be made at the Recreation Office or online at www.townofwindsorct.com/recreation. Lap Swim will be held on Tuesdays (share pool with lessons) 5:30pm-7:00pm from February 23-April 13.

