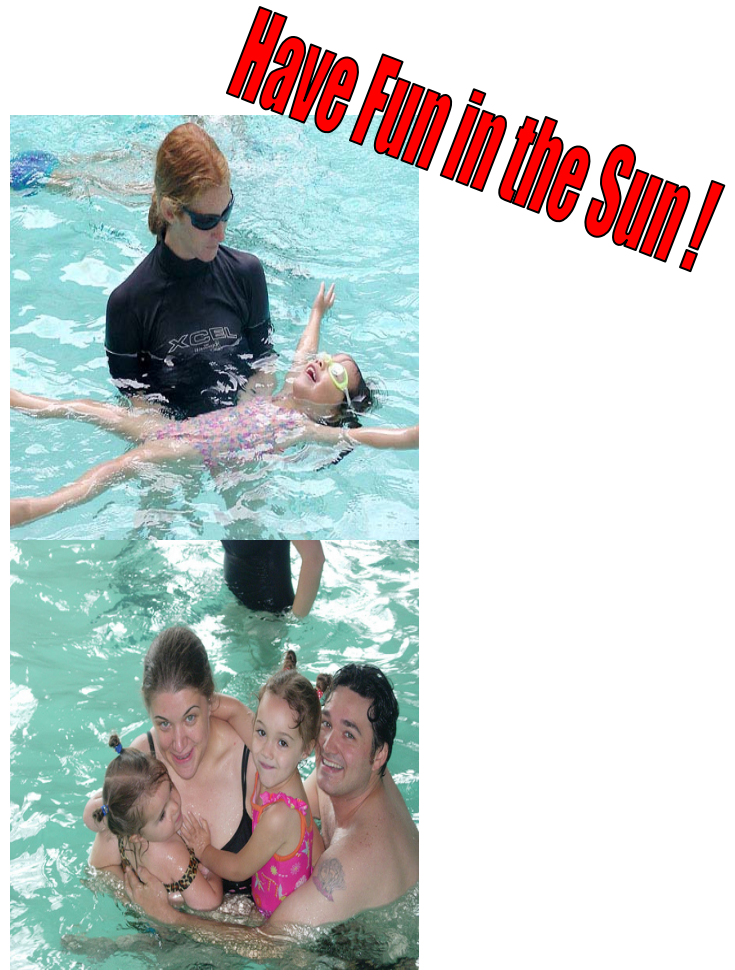


Windsor Recreation and Leisure Services
Presents
2009

Windsor Illustrated Aquatic Addition

**POOLS OPEN
JUNE 20th**



Have Fun in the Sun!

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

\$2.50 per adult; \$ 1.50 per child and \$1.50 per senior drop in fee. 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. All passes can be purchased at LP Wilson Community Center, 599 Matianuck Avenue, Windsor, CT 06095

Summer Swim Lessons

Registration for swim lessons for **Windsor Residents** will begin on Thursday, May 7, 2009 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.

Registration for swim lessons for **Non-Windsor Residents** will begin on Thursday, May 14, 2009 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 \$40.00 per child, per two-week session.

Cancellations

For the latest information and cancellations of Windsor Recreation and Leisure Services activities, please call 285-1988

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 (688-2909)

Session I (June 22-July 2)	Level	Activity #
11:00am – 11:50am	Water Adjustment Advanced (11:00am-11:30am)	4000.004
	Water Adjustment (11:30am – 12:00pm)	4001.004
	Fundamental Aquatic Skills	4002.004
	Stroke Development	4003.004
12:00pm – 12:50pm	Introduction to Water Skills	4004.004
	Parent/Tot (12:00pm – 12:30pm)	4005.004
	Water Adjustment (12:30pm – 1:00pm)	4006.004
12:00pm – 1:00pm	Lap Swim	
1:15pm – 4:45pm	Open Swim	
5:00pm – 5:50pm	Parent/Tot (5:30pm – 6:00pm)	4007.004
	Water Adjustment Advanced (5:00pm – 5:30pm)	4008.004
	Fundamental Aquatic Skills	4009.004
	Stroke Development	4010.004
6:00pm – 6:50pm	Introduction to Water Skills	4011.004
	Water Adjustment (6:00pm – 6:30pm)	4012.004
	Water Adjustment Advanced (6:30pm – 7:00pm)	4013.004
6:00pm – 7:00pm	Lap Swim	
7:00pm – 8:00pm	Family Swim	
Session II (July 6 – July 16)	Level	Activity #
11:00am – 11:50am	Water Adjustment Advanced (11:00am-11:30am)	4014.004
	Water Adjustment (11:30am – 12:00pm)	4015.004
	Fundamental Aquatic Skills	4016.004
	Stroke Development	4017.004
12:00pm – 12:50pm	Introduction to Water Skills	4018.004
	Parent/Tot (12:00pm – 12:30pm)	4019.004
	Water Adjustment (12:30pm – 1:00pm)	4020.004
12:00pm – 1:00pm	Lap Swim	
1:15pm – 4:45pm	Open Swim	
5:00pm – 5:50pm	Parent/Tot (5:30pm – 6:00pm)	4021.004
	Water Adjustment Advanced (5:00pm – 5:30pm)	4022.004
	Fundamental Aquatic Skills	4023.004
	Stroke Development	4024.004
6:00pm – 6:50pm	Introduction to Water Skills	4025.004
	Water Adjustment (6:00pm – 6:30pm)	4026.004
	Water Adjustment Advanced (6:30pm – 7:00pm)	4027.004
6:00pm – 7:00pm	Lap Swim	
7:00pm – 8:00pm	Family Swim	

Session III (July 20-July 30)	Level	Activity #
11:00am – 11:50am	Water Adjustment Advanced (11:00am-11:30am)	4028.004
	Water Adjustment (11:30am – 12:00pm)	4029.004
	Fundamental Aquatic Skills	4030.004
	Stroke Development	4031.004
12:00pm – 12:50pm	Introduction to Water Skills	4032.004
	Parent/Tot (12:00pm – 12:30pm)	4033.004
	Water Adjustment (12:30pm – 1:00pm)	4034.004
12:00pm – 1:00pm	Lap Swim	
1:15pm – 4:45pm	Open Swim	
5:00pm – 5:50pm	Parent/Tot (5:30pm – 6:00pm)	4035.004
	Water Adjustment Advanced (5:00pm – 5:30pm)	4036.004
	Fundamental Aquatic Skills	4037.004
	Stroke Development	4038.004
6:00pm – 6:50pm	Introduction to Water Skills	4039.004
	Water Adjustment (6:00pm – 6:30pm)	4040.004
	Water Adjustment Advanced (6:30pm – 7:00pm)	4041.004
6:00pm – 7:00pm	Lap Swim	
7:00pm – 8:00pm	Family Swim	
Session IIII (August 3-August 13)	Level	Activity #
11:00am – 11:50am	Water Adjustment Advanced (11:00am-11:30am)	4042.004
	Water Adjustment (11:30am – 12:00pm)	4043.004
	Fundamental Aquatic Skills	4044.004
	Stroke Development	4045.004
12:00pm – 12:50pm	Introduction to Water Skills	4046.004
	Parent/Tot (12:00pm – 12:30pm)	4047.004
	Water Adjustment (12:30pm – 1:00pm)	4048.004
12:00pm – 1:00pm	Lap Swim	
1:15pm – 4:45pm	Open Swim	
5:00pm – 5:50pm	Parent/Tot (5:30pm – 6:00pm)	4049.004
	Water Adjustment Advanced (5:00pm – 5:30pm)	4050.004
	Fundamental Aquatic Skills	4051.004
	Stroke Development	4052.004
6:00pm – 6:50pm	Introduction to Water Skills	4053.004
	Water Adjustment (6:00pm – 6:30pm)	4054.004
	Water Adjustment Advanced (6:30pm – 7:00pm)	4055.004
6:00pm – 7:00pm	Lap Swim	
7:00pm – 8:00pm	Family Swim	

Session I (June 22-July2)	Level	Activity #
10:00am – 10:50am	Stroke Refinement	4056.004
	Introduction to Water Skills	4057.004
	Stroke Development	4058.004
	Water Adjustment Advanced (10:00am – 10:30am)	4059.004
	Water Adjustment (10:30am – 11:00am)	4060.004
11:00am – 11:50am	Lifeguard Readiness	4061.004
	Stroke Improvement	4062.004
	Fundamentals of Aquatic Skills	4063.004
	Parent/Tot (11:00am – 11:30am)	4064.004
	Water Adjustment Advanced (11:30am – 12:00pm)	4065.004
12:00pm – 1:00pm	Lap Swim	
1:15pm – 3:45pm	Open Swim	
4:00pm – 4:50pm	Fundamental Aquatic Skills	4066.004
	Stroke Development	4067.004
	Stroke Improvement	4068.004
	Water Adjustment (4:00pm – 4:30pm)	4069.004
	Parent/Tot (4:30pm – 5:00pm)	4070.004
5:00pm – 5:50pm	Stroke Refinement	4080.004
	Introduction to Water Skills	4081.004
	Lifeguard Readiness	4082.004
	Water Adjustment Advanced (5:00pm – 5:30pm)	4083.004
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 6-July 16)	Level	Activity #
10:00am – 10:50am	Stroke Refinement	4084.004
	Introduction to Water Skills	4085.004
	Stroke Development	4086.004
	Water Adjustment Advanced (10:00am – 10:30am)	4087.004
	Water Adjustment (10:30am – 11:00am)	4088.004
11:00am – 11:50am	Lifeguard Readiness	4089.004
	Stroke Improvement	4090.004
	Fundamentals of Aquatic Skills	4091.004
	Parent/Tot (11:00am – 11:30am)	4092.004
	Water Adjustment Advanced (11:30am – 12:00pm)	4093.004
12:00pm – 1:00pm	Lap Swim	
1:15pm – 3:45pm	Open Swim	
4:00pm – 4:50pm	Fundamental Aquatic Skills	4094.004
	Stroke Development	4095.004
	Stroke Improvement	4096.004
	Water Adjustment (4:00pm – 4:30pm)	4097.004
	Parent/Tot (4:30pm – 5:00pm)	4098.004
5:00pm – 5:50pm	Stroke Refinement	4099.004
	Introduction to Water Skills	4000.400
	Lifeguard Readiness	4001.400
	Water Adjustment Advanced (5:00pm – 5:30pm)	4002.400
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 20-July 30)	Level	Activity #

10:00am – 10:50am	Stroke Refinement	4003.400
	Introduction to Water Skills	4004.400
	Stroke Development	4005.400
	Water Adjustment Advanced (10:00am – 10:30am)	4006.400
	Water Adjustment (10:30am – 11:00am)	4007.400
11:00am – 11:50am	Lifeguard Readiness	4008.400
	Stroke Improvement	4009.400
	Fundamentals of Aquatic Skills	4010.400
	Parent/Tot (11:00am – 11:30am)	4011.400
	Water Adjustment Advanced (11:30am – 12:00pm)	4012.400
12:00pm – 1:00pm	Lap Swim	
1:15pm – 3:45pm	Open Swim	
4:00pm – 4:50pm	Fundamental Aquatic Skills	4013.400
	Stroke Development	4014.400
	Stroke Improvement	4015.400
	Water Adjustment (4:00pm – 4:30pm)	4016.400
	Parent/Tot (4:30pm – 5:00pm)	4017.400
5:00pm – 5:50pm	Stroke Refinement	4018.400
	Introduction to Water Skills	4019.400
	Lifeguard Readiness	4020.400
	Water Adjustment Advanced (5:00pm – 5:30pm)	4021.400
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 III (August 3-August 13)	Level	Activity #
10:00am – 10:50am	Stroke Refinement	4022.400
	Introduction to Water Skills	4023.400
	Stroke Development	4024.400
	Water Adjustment Advanced (10:00am – 10:30am)	4025.400
	Water Adjustment (10:30am – 11:00am)	4026.400
11:00am – 11:50am	Lifeguard Readiness	4027.400
	Stroke Improvement	4028.400
	Fundamentals of Aquatic Skills	4029.400
	Parent/Tot (11:00am – 11:30am)	4030.400
	Water Adjustment Advanced (11:30am – 12:00pm)	4031.400
12:00pm – 1:00pm	Lap Swim	
1:15pm – 3:45pm	Open Swim	
4:00pm – 4:50pm	Fundamental Aquatic Skills	4032.400
	Stroke Development	4033.400
	Stroke Improvement	4034.400
	Water Adjustment (4:00pm – 4:30pm)	4035.400
	Parent/Tot (4:30pm – 5:00pm)	4036.400
5:00pm – 5:50pm	Stroke Refinement	4037.400
	Introduction to Water Skills	4038.400
	Water Adjustment Advanced (5:00pm-5:30pm)	4039.400
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)	

Splish Splash Special Needs Lessons at Welch Pool

June 27: Spish 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. These one-on-one lessons are held every Saturday for a half-hour. Times are from 10:00am to 12:00pm through August 15 at Welch Pool. Lessons are \$55.00 per person for the eight week session.

Time	Level	Activity #
10:00am – 10:30am	Special Needs Lessons	4040.400
10:30am – 11:00am	Special Needs Lessons	4041.400
11:00am – 11:30am	Special Needs Lessons	4042.400
11:30am – 12:00pm	Special Needs Lessons	4043.400

Summer Pool Hours

Goslee – 688-2909

Weekdays

11:00am – 1:00pm	Lessons
12:00pm – 1:00pm	Lap Swim (Share pool with lessons)
1:15pm – 4:45pm	Open Swim
5:00pm – 5:50pm	Lessons
6:00pm – 7:00pm	Lap Swim (Share pool with lessons)
7:00pm – 8:00pm	Family Swim

Weekends

12:00pm – 1:00pm	Lap Swim
1:15pm – 4:45pm	Open Swim
5:00pm – 6:00pm	Family Swim

Welch Park Pool 688-4934

Weekdays

10:00am – 12:00pm	Lessons
12:00pm – 1:00pm	Lap Swim
1:15pm – 3:45pm	Open Swim
4:00pm – 4:50pm	Lessons
5:00pm – 6:00pm	Lap Swim (Share pool with lessons)
6:00pm – 7:00pm (M/T/Th)	Family Swim
6:00pm – 8:00pm (W/F)	Family Swim
7:15pm – 8:15pm (M/T/Th)	Water Fitness

Weekends

10:00am – 12:00pm	Special Needs Lessons
12:00pm – 1:00pm	Lap Swim
1:15pm – 4:45pm	Open Swim
5:00pm – 6:00pm	Family Swim

Party Splashes

Always wanted your birthday party at a pool? Well Windsor Recreation and Leisure Services has the perfect place for you. What could be more enjoyable than having a birthday party at Welch or Goslee pool? We have birthday packages available that include admission, lifeguards, pizza, cake and swimming for all your guests. Bring them to Welch Pool and let us do the cleanup, while you have the fun. Contact the Recreation Office at 285-1990 for more information. Welch and Goslee Pool are available for private pool rentals. The pool is available from 6:15pm to 8:15pm on Saturday and Sundays. Private rentals must be scheduled through the Recreation Office at least a week in advance. Cost is \$250.00 per two hours for residents and \$375.00 for non-residents.