REGISTRATION PROCESS and PAYMENT POLICY
- Fall registration for residents begins on Monday December 5th. Nonresident registration will begin on Monday December 12th. Our classes fill up quickly, so don’t delay getting your registration in.
- MAIL-IN: Mail form and payment to 520 S. Main St., Cheshire, CT 06410
- IN-PERSON: Front Desk hours are Monday-Friday: 6AM to 9PM, Saturday: 7AM to 5PM and Sunday: 9AM to 5PM
- ONLINE: Visit our website www.cheshirect.org and go to Community Pool page, and click the link for Online Registration.
- Registrations must be accompanied with full payment to be processed. Make checks payable to “Cheshire Community Pool”
- We accept cash, check, Master Card, Visa, American Express and Discover Card.
- TIER PRICING: Resident with Pass / Resident without Pass / Non Resident with Pass / Non Resident without Pass

REFUND POLICY
- Full refunds will be given if the program is cancelled by the pool. Participants that withdraw from a class at least two weeks prior to the start of the class will receive a full refund. Participants that withdraw within the two weeks prior to the class will be charged a $15 administrative fee. No refunds will be given once a class begins, unless for medical reasons and accompanied by a doctor’s note. All refund requests must be submitted in writing.

LAP SWIM
- Exclusive Lap Swim is Monday-Friday: 6:00AM-10:00AM and Saturday: 7:00AM-9:00AM.
- Lap lanes are also always available during Family Open Swim.

FAMILY OPEN SWIM
- Monday-Friday: 10:00AM-8:45PM and Saturday & Sunday: 9:00AM-4:45PM.
- At times, pool space will be limited due to lessons and other activities.

SWIM LESSONS
- We will be running two sessions for Winter swim lessons. The first session will run January 7th thru February 22nd and the second session will run March 6th thru April 22nd. You can sign up for both sessions at the same time.
- We offer group lessons Mon &Wed, Tues &Thurs or Saturday mornings.
- Private or semi-private follow the same dates as group lessons but are one day per week Mon-Thurs, or Sat. On the registration form you put down the days and times you are available and we will arrange the day and time with an instructor. We will call to make final arrangements a week or two prior to the start of lessons. The more availability you have the better.
- If you have not done lessons with us in the past and you feel your child belongs in a level two or higher, then your child will need to have a swim evaluation done to ensure they get in the correct swim level, contact the pool to set up the evaluation. Level One’s and private/semi-private lessons do not need a swim evaluation.

HOLIDAY, WEATHER AND OTHER CLOSURES
- There will be times that pool space will be limited because of lessons and other activities.
- Cancellations and meet schedule updates on our Facebook page and by phone.
- Call the Pool at 203-271-3208 with any questions regarding the hours of operation or any programs.

PASS DESCRIPTIONS & DEFINITIONS
Family Pass: For a family unit, which comprises any of the following: up to 2 adults (over the age of 18) who legally live at the same residence with up to 4 legal dependents (under the age of 18) living at the same residence, and/or full-time college students (up to the age of 25). There is an additional $10 fee for each legal dependent after the fourth.
Adult Individual Pass: Any person over the age of 18 who is not purchasing a Family Pass.
Youth Individual Pass: Any person 17 and under who is not included in a Family Pass. Any person under the age of 12 MUST be accompanied by an adult while at the pool. The adult does not need a pass, but will be required to pay if they plan to swim.
Senior Couple Pass: Two adults with at least one over the age of 65, legally living at the same residence.
Senior Individual Pass: Any individual over the age of 65.
Resident: Persons domiciled on a permanent basis in the Town of Cheshire & property owners of real property (non vehicular).
Nonresident: Any person over the age of 18 who is not purchasing a Family Pass.
Business Pass: An owner of a Cheshire business or person who works full time in Cheshire, but lives outside of Cheshire.
Aqua Zumba

• Increase Muscle strength – resistance in the pool can range from 4-42 times greater than air, ensuring the body’s muscles get a rigid workout.
• Build endurance – water resistance is a more natural resistance which requires the body to strain thru the water instead of against it.
• Increases flexibility – while adjusting to the push and pull of water, the joints naturally increase their range of motion.
• Low-impact exercise – the buoyancy of the water helps take off some of the impact we tend to place on our body, due to our water weight.
• Alleviates pressure on joints – Studies have shown water exercise relieves pressure placed on joints from normal wear & tear and arthritis.
• Relieves stress and decreases anxiety – a Polish study found that aquatic exercise decreased anxiety and negative mood states in women.
• Burns calories – The combo of strength and cardio mixed with water resistance ensures the body is getting a full workout.
• Reduces blood pressure – The water pressure actually works with your blood and enables blood flow to circulate more effectively.
• Cooling exercise – Water exercise can keep you cool in warmer weather while you exercise.
• Popular activity – it is known to be one of the most popular bonding activities for friends and family for any age group.

Aquamotion

• Build endurance – water resistance is a more natural resistance which requires the body to strain thru the water instead of against it.

Aqua Fusion

Variety in every class! A low impact class with mindful exercises designed to improve flexibility, balance, range of motion, muscular endurance and strength and cardiovascular endurance. The water provides natural resistance with less stress and pressure on the joints. Exercises are preformed to lively, motivating music and are easy to follow. Great workout for people of all levels of fitness.

Water Fitness Benefits

• Increase Muscle strength – resistance in the pool can range from 4-42 times greater than air, ensuring the body’s muscles get a rigid workout.
• Build endurance – water resistance is a more natural resistance which requires the body to strain thru the water instead of against it.
• Increases flexibility – while adjusting to the push and pull of water, the joints naturally increase their range of motion.
• Low-impact exercise – the buoyancy of the water helps take off some of the impact we tend to place on our body, due to our water weight.
• Alleviates pressure on joints – Studies have shown water exercise relieves pressure placed on joints from normal wear & tear and arthritis.
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• Cooling exercise – Water exercise can keep you cool in warmer weather while you exercise.
• Popular activity – it is known to be one of the most popular bonding activities for friends and family for any age group.

Pool Pass Fees

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<tr>
<td>Senior or Youth</td>
<td>$6</td>
<td>$9</td>
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Aqua Zumba

Make a splash and join the party. Aqua Zumba is a pool dance party for all ages with international rhythms and fun dance moves that anyone can do. This class is for all levels. The only requirement is to have FUN.

534103 Winter I
A 6:00-6:45pm Wed. & 7:30-8:15am Sat.
$52/$59/$59/$65
NO CLASS 1/28
544103 Winter II
A 6:00-6:45pm Wed & 7:30-8:15am Sat
$54/$60/$60/$66
3/8-4/15

Aquamotion

An invigorating mid-morning workout appropriate for all fitness levels. Working at your own pace, you will do a balance of cardio, strength, flexibility, balance, range of motion and stretching exercises. Use of flotation and resistance equipment is included, but optional. Everything you need for an effective workout!

534102 Winter I 3 Days- $100/$110/$110/$120
A Tues/Thurs. 8:00am-9:00am 1/10-2/23
$70/$77/$77/$84
NO CLASS 1/16 & 2/20
544102 Winter II 3 Days- $90/$99/$99/$108
A 9:00-10:00am Mon, Wed & Thurs. 3/7-4/20
$60/$66/$66/$72
NO CLASS 4/10, 4/12, 4/13

Aqua Fusion

Variety in every class! A low impact class with mindful exercises designed to improve flexibility, balance, range of motion, muscular endurance and strength and cardiovascular endurance. The water provides natural resistance with less stress and pressure on the joints. Exercises are preformed to lively, motivating music and are easy to follow. Great workout for people of all levels of fitness.

534104 Winter I – A Tues/Thurs. 8:00am-9:00am 1/10-2/23
$70/$77/$77/$84
544104 Winter II – A Tues/Thurs 8:00am-9:00am 3/7-4/13
$60/$66/$66/$72
Parent & Child Aquatics

Children and adults come together under the supervision of an instructor in this initial swimming experience. Each child must be between the ages of 6 months and 3 years and must come with an adult who will work with him or her each class. Together they will work on the child’s adjustment to the water thru activities such as bubble blowing, floating, and kicking. Children will move at their own rate with assistance from an adult with whom they are already comfortable.

Level 1: Water Exploration

This is for any child over the age of 3 years, with little or no independent swimming experience. The objective of this class is to help students feel comfortable in the water and to enjoy it safely. Under the supervision of an instructor they will work on kicking, front crawl arm action with feet on bottom of pool, supported floating, entering and exiting the water independently, breath control, and safety skills.

Level 2: Primary Skills

This is for any child over the age of 3 years, who is comfortable in the water and who can complete the prerequisite skills. The objective of this level is to give students success with fundamental skills. Under the supervision of an instructor, students will work on kicking, floating, combined stroke front and back, entering deep water, along with other basic water skills.

Private & Semi-Private Lessons

Follow the same calendar schedule as group lessons, but are only one day a week. Indicate on the form dates & times your child is available for lessons. These fill up quickly so register promptly. Lessons are assigned in the order they are received. We do not pair people for semi-private lessons and individuals must be about the same swimming ability.

Private Lessons: 535001 $150/$180/$180/$210
Semi-Private Lessons: 535002 $120/$150/$150/$180

Level 3: Stroke Readiness

This is for any child over the age of 3 years, who is very comfortable in the water, is able to swim in deep water independently and has met all prerequisites. The objective of this level is to build on the skills taught in the previous level, providing guided practice. Under the supervision of an instructor they will work on front crawl with breathing, back crawl, elements of butterfly, diving and other skills.

Pre-Team Prep 1

This class is for the child that wants to be on the swim team but stroke mechanics are not where they need to be. Must be able to swim in water over their head independently and comfortably. This class primary focus is freestyle and backstroke, but will introduce other competitive strokes.

Pre-Team Prep 2

In this class we will work on the fundamentals of being on a swim team. We will do a “practice” each evening, working on all strokes, dives, and turns. This is for the child that is unsure of being on a team and would like to experience it in a modified version.

WINTER Swim Lessons: Session 1

Tier Pricing: Resident with Pass / Resident without Pass / Non Resident with Pass / Non Resident without Pass

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Level 2: Primary Skills

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Private Lessons: 535001 $150/$180/$180/$210
Semi-Private Lessons: 535002 $120/$150/$150/$180

Drowning is the leading cause of accidental death for children under the age of 5 (American Institute for Preventive Medicine)

A child under the age of 5 is 14 times more likely to drown than to die in a car accident.

A child can drown in just a few inches of water, silently, and in a matter of seconds

Of preschoolers who drown, the vast majority (70 percent) are in the care of at least one parent. Of pool drowning among preschoolers, 98 percent occur in the child’s pool or the pool of a friend, neighbor or relative. (National Center for Injury Prevention & Control)

For every child that drowns, another four are hospitalized and 16 receive emergency department care for near-drowning. (American Academy of Pediatrics)

Children are 100 times more likely to die from a swimming pool than from a gun. (Dr. Steven D. LeVitt, University of Chicago)

Make your child water safe with swim lessons
**TIER PRICING:** Resident with Pass / Resident without Pass / Non Resident with Pass / Non Resident without Pass

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**Parent & Child Aquatics**

Children and adults come together under the supervision of an instructor in this initial swimming experience. Each child must be between the ages of 6 months and 3 years and must come with an adult who will work with him or her each class. Together they will work on the child’s adjustment to the water thru activities such as bubble blowing, floating, and kicking! Children will move at their own rate with assistance from an adult with whom they are already comfortable.

<table>
<thead>
<tr>
<th>Level 1: Water Exploration</th>
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<tbody>
<tr>
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</tr>
<tr>
<td>No Class 4/10, 4/12</td>
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</table>

**Level 2: Primary Skills**

This is for any child over the age of 3 years, who is comfortable in the water and who can complete the prerequisite skills. The objective of this level is to give students success with fundamental skills. Under the supervision of an instructor students will work on kicking, floating, combined stroke front and back, entering deep water, along with other basic water skills.

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<td>3/11-4/22</td>
<td></td>
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<tr>
<td>No Class 4/15</td>
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</table>

**Private & Semi-Private Lessons**

Following the same calendar schedule as group lessons, but are one day per week. Indicate on the form dates & times your child is available for lessons. These fill up quickly so register promptly. Lessons are assigned in the order they are received. We do not pair people for semi-private lessons and individuals must be about the same swimming ability.

| Private Lessons: 545001 | $150/$180/$180/$210 |
| Semi-Private Lessons: 545002 | $120/$150/$150/$180 |

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**Level 3: Stroke Readiness**

This is for any child over the age of 3 years, who is very comfortable in the water, is able to swim in deep water independently and has met all prerequisites. The objective of this level is to build on the skills taught in the previous level, providing guided practice. Under the supervision of an instructor they will work on front crawl with breathing, back crawl, elements of butterfly, diving and other skills.

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**Pre-Team Prep 1**

This class is for the child that wants to be on the swim team but stroke mechanics are not where they need to be. Must be able to swim in water over their head independently and comfortably. This class primary focus is freestyle and backstroke, but will introduce other competitive strokes.

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**Pre-Team Prep 2**

In this class we will work on the fundamentals of being on a swim team. We will do a “practice” each evening, working on all strokes, dives, and turns. This is for the child that is unsure of being on a team and would like to experience it in a modified version.

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</tr>
<tr>
<td>No Class 4/10, 4/11, 4/12, 4/13</td>
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**MAKE YOUR CHILD WATER SAFE WITH SWIM LESSONS**
AMERICAN RED CROSS AQUATIC SAFETY PROGRAMS

Lifeguard Training

For individuals 15 years old and older interested in becoming a certified lifeguard. Must be strong swimmers capable of swimming 20 lengths of a 25 yard pool. The course is 28 hours in duration, 10 hours the students will do independently online (you will be provided with the link to access the material), and the rest will be done at the pool with an instructor, all hours must be completed. After successful completion participants will have certification in Lifeguard Training, CPR for the Professional Rescuer and First Aid.

Students will be responsible for printing the manual from a link provided by the pool, or ordering a book, and will need to order a pocket mask, the front desk will give you the information on what you need to order and where to get it from. We will run two classes during winter, choose the one that works best for you.

A. 12:00pm-4:00pm Sunday 1/8-2/4 NO CLASS 1/29
B. 12:00pm-4:00pm Sunday 3/5-3/26

$180/$210/$210/$220

Call the pool if you are interested so we can start a list.
MUST ATTEND EVERY DAY OF CLASSES AND BE THERE THE ENTIRE CLASS.

Lifeguard Recertification

For individuals who currently have lifeguard training certification that is getting ready to expire. Individuals will need to complete all components of the course which includes: lifeguarding, CPR/AED and first aid. All individuals need to complete the entire recertification review process which is a 12 hour course. Anyone interested in a Lifeguard Training Recertification class, please inquire at the front desk.

$100/$110/$110/$120

CPR Recertification

We can recertify you in CPR for the Professional Rescuer and lay person CPR/FA.

Call pool for details

$95/$105/$105/$115

WSI: Water Safety Instructor

For individuals who wish to teach the American Red Cross Learn-to-Swim program. Participants must be at least 16 years old and strong swimmers. You must be able to swim all strokes, freestyle, backstroke, breaststroke, butterfly, sidestroke, elementary backstroke. The course is approximately 30 hours in duration, and all hours must be completed.

Inquire at the front desk for scheduling of this course.

$220/$230/$230/$240

SWIM WITH SANTA

Saturday December 17th from 1:00-3:00 come have your child's picture taken underwater with Santa. We will have holiday treats and face painting as well. Any non swimmer must be in a US Coast Guard approved flotation device, we will have staff available to be in the water with them. The fee is $4/person

Please bring an unwrapped new toy and/or non perishable food to be donated to Toys for Tots and the Cheshire food pantry.

You must pre register please call the pool to do so.

Birthday Parties

The Community Pool offers 2 hour birthday parties to children 5 years and older. Parties can be scheduled for Saturdays and Sundays:

11:30AM—1:30PM
12:30 PM—2:30 PM
1:30 PM—3:30 PM
2:30 PM—4:30 PM

Cost:
Residents with a pool pass: $130
Residents without a pool pass: $150
Non-Residents with a pool pass $170
Non-Residents without a pool pass: $190

If you are interested in a pool party, call the Community Pool at 203-271-3208.
### PARTICIPANT REGISTRATION

<table>
<thead>
<tr>
<th>First Name:</th>
<th>Last Name:</th>
<th>Gender:</th>
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#### Activity Code

<table>
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<th>Fee</th>
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#### SWIM LESSON INFORMATION REQUESTED

Please complete if registering for swim lessons.

**Group Lesson Alternate:**

**Private Lessons Only:**

- First Choice: Day ________ Time ________
- Second Choice: Day ________ Time ________

**Teacher Preference (Private Lesson Only):**

### PARTICIPANT HEALTH INFORMATION:

All information will be kept confidential. Check all that apply and elaborate below.

- Allergy/Anaphylaxis  __
- ADD/ADHD  __
- Asthma  __
- Auditory or Visual Processing Difficulty  __
- Autism  __
- Behavioral Issues  __
- Congenital Heart Disease  __
- Cystic Fibrosis  __
- Diabetes  __
- Intellectual Disability  __
- Learning Disability  __
- Physical Dysfunction/Mobility Difficulty  __
- Receives Special Education Services  __
- Seizure Disorder  __
- Vision, Hearing or Speech Problem  __
- Will/May need Medication (prescription or over the counter) during the program  __

If any item was checked please elaborate:

For us to better accommodate participant’s needs, please list any medical, physical, psychological or emotional issues not mentioned above:

### ADULT PARTICIPANT OR MOTHER/GUARDIAN 1

<table>
<thead>
<tr>
<th>Name:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
</tr>
<tr>
<td>Town &amp; Zip:</td>
</tr>
<tr>
<td>Home Phone:</td>
</tr>
<tr>
<td>Work Phone:</td>
</tr>
<tr>
<td>Cell Phone:</td>
</tr>
<tr>
<td>Family E-mail:</td>
</tr>
</tbody>
</table>

**Emergency Contact (Other than Parent/Guardian):**

Phone: ______________________

### FATHER/GUARDIAN 2 INFO

<table>
<thead>
<tr>
<th>Name:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
</tr>
<tr>
<td>Town &amp; Zip:</td>
</tr>
<tr>
<td>Home Phone:</td>
</tr>
<tr>
<td>Work Phone:</td>
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<tr>
<td>Cell Phone:</td>
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</tbody>
</table>

### WAIVER:

Participant acknowledges that he/she or the parent or guardian 1) has read and understands the information given, 2) certifies that he/she is in good physical condition and is fit to participate in this activity, 3) understands that Aquatic/Recreational Activities have categories of inherent risk and that accidents can occur, and 4) that he/she must always be alert for dangers to themselves and to other participants. Participants may be photographed for the purpose of promotion or advertising in future brochures, in newspapers, the Pool website, and/or Facebook page. Participant must sign below, if participant is under 18 years of age a parent/guardian signature is required.

**Signature**  
**Date**

Cash  
Check payable to: Cheshire Community Pool  
Card Number: ________________________  
Exp. Date  
Zip  
Amt. Paid: ________________________

**Signature**  
**Date**