

## General Information

The Waterbury Community Pool is located at Anderson Field, Butler Street.

### Contact Information

The Recreation Office is located at 28 North Main Street in the Municipal Center.

**Mailing Address:** 28 North Main St, Waterbury VT 05676

**Recreation Department:** (802) 244-7174

**Pool Building:** (802) 244-6340

**Fax:** (802) 244-1014

**Web:** [www.waterburyvt.com](http://www.waterburyvt.com)

**Email:** [Recreation@waterburyvt.com](mailto:Recreation@waterburyvt.com) or [Pool@waterburyvt.com](mailto:Pool@waterburyvt.com)

**Recreation Director:** Deb Fowler

**Pool Director:** Heather Cutler

### Pass Registration

To purchase your pool pass, go to [www.waterburyvt.com](http://www.waterburyvt.com) under the Recreation tab and use our new on-line system. Once you have completed the on-line process either mail or bring in payment to the Municipal building

**For the purpose of our membership passes, families consist of 2 adults and children 25 and under who live in the same household year-round.**

### Free Lessons with Season Membership Pass

All Season Membership Passes include one free session (non-transferable) of swim lessons per family member. Membership passes must be registered and paid for at the Town Office BEFORE members are eligible to sign up for free lessons.

### Swim Lesson Sign up

Sign-ups will be on-line starting March 7<sup>th</sup>, 2017. Go to [www.waterburyvt.com](http://www.waterburyvt.com) under the Recreation tab.

### Payment

Cash or checks payable to Town of Waterbury. No credit/debit cards are accepted. Payment is required in full. Returned checks are subject to a \$20 administrative fee.

### Group Rates

Special rates are available for groups of 10 or more when arranged with the pool director at least one week in advance. Groups must maintain a minimum 10:1 child/chaperone ratio at all times. Contact the pool director or recreation director for details.

### Lesson Cancellations

Our guards make every effort to hold lessons unless the weather is severe. Missed or cancelled lessons are not refunded or rescheduled. Announcements regarding pool closings and cancellations will be posted on voicemail at the pool. Programs may be cancelled if:

- Pool conditions or facilities are not suitable for use
- Inclement weather interferes with safe swimming
- Other extenuating circumstances or emergencies

If a program or lessons are cancelled by the pool, participants will not be notified individually. Please call if you suspect a cancellation. On some occasions guards may hold lessons indoors and focus on safety topics when weather is unfavorable.

### Discipline

PARTICIPANTS REMOVED FROM ANY PROGRAM DUE TO DISCIPLINARY ISSUES ARE NOT ELIGIBLE FOR A REFUND, CREDIT OR PRORATION.

### Thunderstorm Policy

On the first sign of a thunderstorm (hearing thunder or seeing lightning), lifeguards will blow their whistles one long blast. All people are to evacuate the pool area and move into the pool house or their vehicles immediately. Patrons will not be permitted into the pool area until the director has re-open the pool. The area is considered safe 30 minutes after the last sign of thunderstorm.

### Floatation Devices & Pool Toys

Water-wings, life jackets and other flotation devices obstruct the view of life guards and are not permitted during general swim. Some sinking toys and beach balls are allowed when the pool isn't in heavy use. Always ask a lifeguard anytime you wish to use toys in the pool.

### Private Lessons

Private lessons are available at additional cost. Please contact the pool director or the recreation director to inquire about private sessions.

### Off Season

During the off season contact the Recreation Director at (802) 244-7174 or email [recreation@waterburyvt.com](mailto:recreation@waterburyvt.com).



## 2017 Pool Information

### Town of Waterbury Recreation Department

28 North Main Street Suite #1 • Waterbury, VT 05676

Recreation Office (802) 244-7174 • Fax (802)244-1014

Pool Building (802) 244-6340

### General Information

**Pool Opens:** Saturday, June 24<sup>th</sup>

**Pool Closes:** Sunday, August 13<sup>th</sup>

### Pool party

**Come out June 24<sup>th</sup> and July 4<sup>th</sup>**  
**For two community Pool Parties**  
**From 12:30 to 5:30**

### POOL HOURS

#### General Swim

Mon-Wed	1:00-5:00PM	6:30-8:00PM
Thurs	1:00-4:30PM	
Fri	1:00-5:00PM	6:30-8:00PM
Sat-Sun	12:30-5:30PM	

#### Adult Lap Swim

Mon-Tues	9:30-1:00PM	5:00-6:30PM
Wed		5:00-6:30PM
Thurs	9:30-1:00PM	
Fri	9:30-1:00PM	5:00-6:30PM

One lane is open for adult lap swim at all times during general swim hours.

## 2017 Pool Membership & Pass Rates

### RESIDENT

#### DAY PASS

Single Day Pass:	\$10
Family Day Pass:	\$15

#### SEASON MEMBERSHIP PASS

Single Season Pass:	\$85
Family Season Pass:	\$100
Senior/Student Pass:	\$80

### NON-RESIDENT

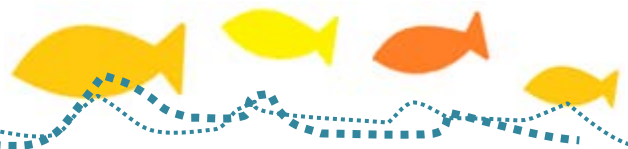
#### DAY PASS

Single Day Pass:	\$15
Family Day Pass:	\$20

#### SEASON MEMBERSHIP PASS

Single Season Pass:	\$125
Family Season Pass:	\$150
Senior/Student Pass:	\$80

All Season Memberships include one free session of swim lessons (non-transferable) per family member and discounts on all other swim lessons. A Family memberships is for 2 adults and children 25 and under living at the same address. Each family can add one care giver to their membership for \$25. Memberships have to be purchased first to get discount of swim lessons. Swim Team Rate \$40 each.



# COMMUNITY EVENTS AT THE POOL

## Noodle Water Polo

Admission \$5 per person plus Membership or daily fee

Let's have some fun in the pool meeting new people and learning a new sport. Sign up forms are available on our website, [waterburyvt.com](http://waterburyvt.com). Once you are registered you will be placed on a team. Rules will be explained and then fun will begin. We are hoping to make this a regular event so come on out and give it a try.

## Noodle Deep Water Aerobics

Admission \$5 per person or 15 punch card for \$65 (that's 2 free classes) plus Membership or daily fee

Want to try a different way to exercise. This is a great way to add variety to your routine and take some of the impact off. The noodles will keep you floating and moving while the music will motivate you.

### Stay tuned...

Lifeguard Course offered at the Waterbury Pool this summer!

Want to become certified to be a lifeguard? This course teaches basic water rescue skills, injury prevention and facility safety, patron surveillance, and victim assessment, as well as CPR and First aid. Completion of the course results in a 2 year lifeguard certification and a 2 year CPR and First Aid certification. Stay tuned for more details.

## WATERBURY RAPIDS

### Swim Team

Waterbury Rapids is a parent-run summer swim team that emphasizes fun and improvement. All ages and abilities are welcome! Practices are held from 5:00-6:15PM Mon.-Fri and most swim meets are held on Thursday evenings at the Waterbury Pool. For more information, visit the Waterbury Rapids online at [www.waterburyrapids.com](http://www.waterburyrapids.com)

### To become a Rapid...

- ✓ You must be able to swim one full length of the pool (25yards).
- ✓ You must be a member of the Waterbury Pool with a valid season pass.

## Pool Rules

1. Children under 6 must be accompanied by an adult at all times.
2. Water wings and other flotation devices are not permitted.
3. Children under 15 must pass the Deep Water Test before swimming in the deep end, unless accompanied by an adult 18+. (1 to 1 adult/child ratio REQUIRED)
4. Enter the shallow end near the filters and the deep end near the railings only.
5. Dive off diving boards, do not dive off the edge of the pool.
6. One person allowed on the diving board at a time. Dive from the end of the board only.
7. Do not swim over or under ropes, except when leaving the diving area.
8. Do not distract the life guards
9. Keep food and drinks in the eating area.
10. NO ALCOHOL OR TOBACCO ON RECREATION GROUNDS.
11. NO FIGHTING. Minimum penalty is immediate one-week suspension.

These rules keep everyone safe! Please respect them and our guards so we can all have fun swimming at the pool! Lack of consideration for pool staff or rules will result in immediate dismissal from pool area.

## The Deep Water Test

Days: Mon, Wed, Fri

Time: 2:45PM

- Swim on your front across the length of the deep end (25yds).
- Rest (Maximum 5-10 sec.)
- Swim on your front ½ way back (10-12yds).
- Roll over and on your Back swim the rest of the way (10-12yds).
- Tread water for one minute.
- Jump into the deep end with head going fully underwater.

**Criteria:** Guards watch for a mostly horizontal body positioning, face in the water, a linear path, ease of movement and comfort in deep water. Final pass/no-pass decision is based on lifeguard discretion. If a guard feels that a child is too tired or weak after completing any step of the test, the child may be asked to remain in the shallow end and encouraged to try the test again in one week.

# Swim Lessons

Give your child a smart start with swim lessons at the Waterbury Pool! Learning to swim is an extremely important part of every child's development. It's an investment that offers basic-survival skills, life-long confidence in and around the water and a great social experience! Our guards are Red-Cross Certified and have been trained to teach age-appropriate techniques for instructing swimmers of all ages. PLUS- their fun and encouraging attitudes will have your child excited to learn!

**Be smart, be prepared, learn to swim!**

### SEASON PASS MEMBER

First Session: FREE!

Member Rate: \$45

### NON-MEMBER

Resident Rate: \$65

Non-Resident Rate: \$100

	SESSION 1 June 26 – July 7	SESSION 2 July 10 - July 21	SESSION 3 July 24– Aug 4	SESSION 4 Aug 7 - Aug 18
10:15AM	Level 1, 2, 3, 5/6	Level 1, 2, 3, 4	Level 1, 2, 3, 4	Level 3, 4, 5/6
10:55AM	PK, Level 2, 3, 4	PK, Level 2, 5/6	AT, PK Level 4	AT, PK, Level 1, 3
11:35AM	AT, Level 1, 2, 4	AT, PK, Level 3, 4	Level 1, 2, 3, 5/6	PK, Level 1, 2, 3
5:15PM	Level 2, 3	PK, Level 1	Level 2, 3	AT, Level 4
5:45PM	AT, Level 1	AT, Level 2	PK, Level 5	Level 2, 3

### Parent/Child: Ages 1-3 Aqua Tots

This beginner class helps familiarize young children in and around the water. We teach parents the techniques needed to help orient kids in the water using fun games and toys. The goal is to introduce young swimmers and parents to safety in and around the pool. Parent participation is required.

### Ages 3-5 Pre-K

In this level we get the young child comfortable in the water without parent support. They learn water safety, rudimentary aquatic skills and a positive and safe attitude around the pool.

### Ages 6+ Level 1

This is to orient participants to the aquatic environment and gain basic aquatic skills. Also develop positive attitudes and practices around water.

Age 6+  
Level 2  
Furthering skills from level 1

### Ages 6+ Level 3

This is the last level in really developing competency in a pool environment. The participant will continue to improve their skills from level 1 and 2, as well as getting ready for level 4.

### Ages 7+ Level 4

This is where Stroke Improvement is really focused on. We teach skills such as treading water, rotary breathing, front crawl, side stroke, elementary backstroke, jumping into deep water and diving from kneeling and standing positions.

### Ages 7+ Level 5

We are now refining the strokes and improving breathing techniques. They are learning new skills such as back crawl, breaststroke, butterfly, front and back open turns, and feet first surface dives. We also practice safety skills like reaching and throwing assists.

### Ages 8+ Level 6

When children reach level 5/6, we focus on refining their strokes and perfecting front and back flip turns. New skills include pike and tuck surface dives and several aspects of water safety such as HELP and huddle positions, survival swimming and the importance of CPR and First Aid.