

POOL RULES AND DEEP WATER TEST

Pool Rules

- 1.Children under 6 must be accompanied by an adult at all times. Children under 8 must be supervised at the pool.
- 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 or with ladders only.
- 5.Diving is permitted off the diving boards only.
- 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 on the grass. Absolutely no glass allowed in the pool 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.

Deep Water Test

Monday, Wednesday, Friday 2:45, and by request when staffing allows.

- Swim on Front 25 yards (across pool)
- Short rest on side (5-8 seconds maximum)
- Swim front crawl 10-12 yards (1/2 way across pool)
- Roll onto back
- Swim on back 10-12 yards (1/2 way across pool)
- Tread water for 1 minute
- Jump off diving board and swim to the ladder to exit pool

Criteria: Guards watch for 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.

Waterbury Rapids Swim Team

Contact: Cara at waterburyrapids@gmail.com
Registration open via email or during the first week at the pool.
Pool membership required to register.
Email Cara with questions.



SPECIAL EVENTS AND CONTACT

Opening Pool Party:

Saturday, June 23, 2018, 10 AM - 4 PM

Come join us for free swimming and other activities!

Stay tuned for information about Noodle Aqua Aerobics and Noodle Water Polo!

Contact:

Physical Address: 25 Butler St. Waterbury, VT

Mailing Address: 28 North Main St. Suite #1, Waterbury, VT 05676

Phone: 244-6340 (in-season)

Phone: 244-7174 (off-season)

Deb Fowler:

Recreation@waterburyvt.com

Heather Lessor, Pool Director:

pool@waterburyvt.com

WATERBURY POOL

SUMMER 2018



25 Butler Street

Waterbury, VT

802-244-6340, pool@waterburyvt.com



GENERAL INFORMATION

Opening Day: Saturday, June 23, 2018

Closing: Saturday, August 18, 2018

Hours:

Monday, Tuesday, Wednesday, Friday:

General Swim: 1:00 PM - 5:00 PM & 6:30 PM - 8:00 PM

Adult Lap Swim: 9:30 AM - 1:00 PM & 5:00 PM - 6:30 PM*

Thursday:

General Swim: 1:00 PM - 4:30 PM

Adult Lap Swim: 9:30 AM - 1:00 PM

Saturday & Sunday: General Swim 10:00 PM - 4:00 PM

*There is always one lane reserved for adult lap swim during general swim hours.

The 5:00-6:30 adult lap swim time shares pool usage with the Waterbury Rapids Swim Team

After August 6 all weekday hours will include General Swim from 1:00 PM -7:30 PM

Resident:

Non-Resident:

Daily Fee:

Daily Fee:

Single: \$10

Single: \$15

Family: \$15

Family: \$20

Season Membership:

Season Membership:

Single: \$85

Single: \$125

Family: \$100

Family: \$150

Senior/Student: \$80

Senior/Student: \$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 membership 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 must be purchased first to get the discount of swim lessons. Swim team rate \$40 each.

SWIM LESSONS

We are pleased to offer American Red Cross Learn-to-Swim Lessons. All of our swim lesson sign ups are online, at waterburyvt.com under the Recreation page.

Aqua Tots: This parent and child level is designed to familiarize children aged 6 months to 3 years with water and teach swimming readiness, as well as familiarize parents with basic water safety.

PreK: This level is designed to familiarize children aged 4-5 with the aquatic environment, build positive attitudes and safe practices around water, and help them acquire rudimentary aquatic skills.

Level 1: This level will help orient participants to the aquatic environment and build positive attitudes and safe practices around the water while helping them develop basic aquatic skills.

Level 2: This level builds on the basic water safety and skills taught in level 1, encouraging and practicing independence in the water.

Level 3: This level continues to build on skills taught previously and helps participants achieve basic water competency.

Level 4: *Pool specific: Participants should pass the Deep Water Test before enrolling in level 4* This level focuses on improving stroke proficiency and endurance.

Level 5: This level focuses on refinement for all six swimming strokes.

Level 6: This level focuses on refinement and efficiency for all six swimming strokes, as well as building endurance over longer distances and introduction to personal water safety rescue techniques and fundamentals of diving.

Rates:

Members:

First Session: Free!

Additional Sessions: \$45

Non-Members:

Resident: \$65

Non-Resident: \$100

SWIM LESSONS

Session 1: June 25-July 6 *No July 4 lessons*

9:30-10:00 Waterbury Rec Lessons

10:15-10:50 1, 2, 3, 4

10:55-11:30 PreK, 1, 2, 3

11:35-12:10 AT, PreK, 2, 5/6

5:00-5:30 PreK, 2

5:30-6:00 AT, 1

6:00-6:30 3, 4

Session 2: July 9 - July 20

9:30-10:00 Waterbury Rec Lessons

10:15-10:50 PreK, 2, 3, 5/6

10:55-11:30 AT, PreK, 1, 2

11:35-12:10 PreK, 1, 3, 4

5:00-5:30 PreK, 3

5:30-6:00 AT, PreK

6:00-6:30 1, 5/6

Session 3: July 23 - August 3

9:30-10:00 Waterbury Rec Lessons

10:15-10:50 1, 2, 3, 4

10:55-11:30 2, 3, 4, 5/6

11:35-12:10 AT, PreK, 1, 2

5:00-5:30 AT, PreK

5:30-6:00 PreK, 1

6:00-6:30 2, 3

Session 4: August 6 - August 17

9:30-10:00 Waterbury Rec Lessons

10:15-10:50 2, 3, 4, 5/6

10:55-11:30 1, 2, 3, 4

11:35-12:10 AT, PreK, 1, 2

5:00-5:30 AT, PreK

5:30-6:00 1, 2

6:00-6:30 3, 4

New this year: Saturday morning lessons! Each Saturday for 8 weeks there will be PreK lessons 9:15-9:45