

SPLASH Into Recreation

Aquatics Edition

SUN SAFETY **TIPS**

1. **SEEK SHADE:**
UV rays are strongest and the most harmful midday.
2. **PROTECT HEAD TO TOE:** Wear a wide brimmed hat and protective clothing like a sun shirt.
3. **SUNGLASSES:**
Look for sunglasses that wrap around and block as close to 100% of UVA and UBA rays as possible.
4. **SUNSCREEN:** Use SPF of 30 or greater. Reapply every three hours or after prolonged exposure to water.
5. **DRINK WATER:**
Stay hydrated to avoid sun related illnesses.

Come cool down with us this summer!

As you know, COVID-19 has affected every aspect of our lives and the aquatics industry is no exception. Nationwide, the field is seeing a critical shortage of lifeguards and swim lessons instructors due to lack of certification classes between March of 2020 and 2021 due to Coronavirus.

Luckily, better days seem to be on the horizon! During the first weekend of May, we were able to certify 5 new lifeguards who will be joining our smaller, but never-the-less talented, staff this summer.

On May 17th, over 50 youth returned to the newly renovated Enfield Annex pool to begin training for the Spring/Summer Dolphins Swim Team season. This is the first season the team has seen in over a year.

Finally, on May 20th, the State of Connecticut lifted most COVID-19 restrictions making it possible for us to offer a regular season of Open Swim along with limited Progressive Swim Lessons classes at the ALAC outdoor pool. Aquatics in Enfield has begun to return to normal over the last month, and we are optimistic that more opportunities will be available into the 2021-2022 school year.

Myself along with the entire Recreation Division staff would like to welcome our residents back to the pool this summer. Warm, sunny, summer days are on the horizon and we can't wait to see you poolside. Come cool down with us this summer!

Warmly,
Alison Alberghini
Recreation Manager



**RESIDENT REGISTRATION FOR PROGRESSIVE SWIM LESSONS
BEGINS FRIDAY, JUNE 11, 2021 AT 8 AM.**

Progressive Swim Lessons...

Progressive Swim Lesson Levels

Progressive lessons are for children 5 years old and up. Children must pass current level to move on to the next level based on skills below.

Minnows:

Pool rules, warm-up swims, 5 bobs, jump into the shallow end and swim to the side safely, jump in with help from teacher, swim ½ lap of the pool, swim with a bubble/barbell and noodle, kick with pointed feet.

Tigerfish:

Jump in the deep end, swim 1 lap of the pool, swim 1 lap with a bubble/barbell and noodle, front float and back float, 10 bobs.

Stingrays:

Sit-dive, swim 2 laps of the pool, basic reaching assist, 15 bobs, kick on back with pointed feet.

Marlins:

Kneeling dive, tread water for 1 minute, survival float for 1 minute, kick 1 lap streamline position with straight legs on back and on front, 1 lap rhythmic breathing with a barbell with proper arms, roll back to front and front to back, coordinate arms and legs to do the backstroke, have the strength to swim backstroke.

Barracudas:

Standing dive, surface dive, tread water for 2 minutes, survival float for 2 minutes, backstroke/crawlstroke/sidestroke/breaststroke and butterfly 2 laps of the pool each.

Dragonfish:

Standing shallow dive, tread water for 3 minutes, survival float for 3 minutes, perform basic rescue tube skills, swim crawlstroke/backstroke/breaststroke and butterfly for 2 laps, coordinated breaststroke and butterfly.

General Information

Swim lessons are offered Monday through Friday for two week sessions. You may sign up for as many sessions as you would like; however, if you sign up in an incorrect level, you will need to contact the office before the session starts to request a class transfer. Transfers can only be made if spaces are available in the level you need to transfer to.

Session Dates

Session One: July 6 - 16
Session Two: July 19 - 30
Session Three: August 2 - 13

Lesson Fees (per session)

Resident	Non-Resident
\$50.00	\$62.50

Please see your receipt for information concerning weather related cancellations for outdoor swim lessons.

Preschool Swim Lessons

Preschool lessons will not be offered this summer due to social distancing recommendations and limited outdoor pool time. We hope to offer these lessons again in the fall.

Pre-Registration Testing Night

If you are interested in registering your child for progressive swim lessons this summer, but don't know what level you should sign them up for, join us on...

**Thursday, June 3, 5:30 - 7:00 PM
at the Enfield Annex Pool, 124 North Maple Street**

At this time, your child will be swim tested by our Red Cross Certified Lifeguards and told what level you should register your child for.

Pre-registration is required. [CLICK HERE](#) to register via *Sign-up Genius*.

REASONS TO SIGN UP FOR SWIM LESSONS

- 1. Swim lessons can reduce the risk of drowning.**
- 2. Swimming builds body strength.**
- 3. Swimming is a lifelong sport. You can do it at any age.**
- 4. Swim lessons is a great place to make new friends.**
- 5. Lessons help eliminate the fear of water.**

REGISTER TODAY!

...Progressive Lessons Offerings

Level	Session	Pool	Time	Activity Number
Minnows	1	ALAC	9:00 - 9:35 AM	3603.0629.401
Minnows	1	ALAC	9:40 - 10:15 AM	3603.0629.402
Minnows	1	ALAC	10:20 - 10:55 AM	3603.0629.403
Minnows	1	ALAC	11:00 - 11:35 AM	3603.0629.404
Minnows	2	ALAC	9:00 - 9:35 AM	3603.0629.405
Minnows	2	ALAC	9:40 - 10:15 AM	3603.0629.406
Minnows	2	ALAC	10:20 - 10:55 AM	3603.0629.407
Minnows	2	ALAC	11:00 - 11:35 AM	3603.0629.408
Minnows	3	ALAC	9:00 - 9:35 AM	3603.0629.409
Minnows	3	ALAC	9:40 - 10:15 AM	3603.0629.410
Minnows	3	ALAC	10:20 - 10:55 AM	3603.0629.411
Minnows	3	ALAC	11:00 - 11:35 AM	3603.0629.412
Tigerfish	1	ALAC	9:00 - 9:35 AM	3603.0629.413
Tigerfish	1	ALAC	9:40 - 10:15 AM	3603.0629.414
Tigerfish	1	ALAC	10:20 - 10:55 AM	3603.0629.415
Tigerfish	1	ALAC	11:00 - 11:35 AM	3603.0629.416
Tigerfish	2	ALAC	9:00 - 9:35 AM	3603.0629.417
Tigerfish	2	ALAC	10:20 - 10:55 AM	3603.0629.418
Tigerfish	2	ALAC	11:00 - 11:35 AM	3603.0629.419
Tigerfish	3	ALAC	9:00 - 9:35 AM	3603.0629.420
Tigerfish	3	ALAC	9:40 - 10:15 AM	3603.0629.421
Tigerfish	3	ALAC	10:20 - 10:55 AM	3603.0629.422
Stingrays	1	ALAC	9:00 - 9:35 AM	3603.0629.423
Stingrays	1	ALAC	10:20 - 10:55 AM	3603.0629.424
Stingrays	2	ALAC	9:00 - 9:35 AM	3603.0629.425
Stingrays	2	ALAC	10:20 - 10:55 AM	3603.0629.426
Stingrays	3	ALAC	9:00 - 9:35 AM	3603.0629.427
Stingrays	3	ALAC	9:40 - 10:15 AM	3603.0629.428
Stingrays	3	ALAC	11:00 - 11:35 AM	3603.0629.429
Marlins	1	ALAC	9:40 - 10:15 AM	3603.0629.430
Marlins	2	ALAC	9:40 - 10:15 AM	3603.0629.431
Marlins	2	ALAC	11:00 - 11:35 AM	3603.0629.432
Marlins	3	ALAC	10:20 - 10:55 AM	3603.0629.433
Barracudas	1	ALAC	11:00 - 11:35 AM	3603.0629.434
Barracudas	2	ALAC	9:40 - 10:15 AM	3603.0629.435
Dragonfish	3	ALAC	11:00 - 11:35 AM	3603.0629.436

**Progressive Swim Lessons require pre-registration.
Click [here](#) to register online through *Activenet*.**

***Not sure which level your child should be in? Join us on June 3 for Swim Test Night.
See page 2 for details.***

Open Swim & Dolphins Swim Team...

Open Swim at the ALAC Pool

The Enfield Recreation Division operates Open Swim at the ALAC Pool during the summer months. The outdoor pool is located behind the Angelo Lamagna Activity Center at 19 North Main Street. Enfield residents may purchase a picture ID summer pool pass at the Recreation Office or pay the daily fee at the gate. Season passes are valid June 28 – August 20 (*weather permitting*). See below for additional information on hours of operation and fees. The outdoor pool will be open on July 4th and 5th.

Daily Pool Schedule	
Angelo Lamagna Activity Center Pool Open Seven Days a Week June 28 - August 20 12:00 - 5:00 PM	
Open Swim Pool Fees	
Season Passes:	Daily Fees
<i>Residents Only</i> Youth (ages 17 & under): \$10.00 Adult (ages 18 & over): \$20.00 Family: \$30.00	Youth: Resident: \$0.50 Non-Resident: \$1.00 Adult: Resident: \$1.00 Non-Resident: \$1.50 <small>Note: No family rate is available at the gate. See pool passes for family pass details.</small>

Dolphins Swim Team

The Dolphins Swim Team is hosted by the Enfield Recreation Division for boys and girls ages 5-18 years old as of December 31, 2021. The team swims at the **The Enfield Municipal Annex Pool, 124 North Maple Street**. The coaching staff believes that it is important to teach the strokes correctly to the swimmers in a way that is developmentally appropriate while giving them ample opportunities to practice what they have learned. The focus is on improving strokes and times while having fun and being part of a team.

Dolphins is a great way to continue on the success of swimming lessons and keep swimmers in the pool. Swimmers will continue to progress while learning and improving their strokes. Our coaches believe that every swimmer on the team is important and we want swimmers to improve and achieve while learning and having fun. Coaches foster an environment that celebrates sportsmanship, improvement and team spirit. Swimming is a lifelong sport and many long-lasting friendships have begun at Dolphins. We are here for them to have fun, learn and improve. Come join the Dolphins family!

Questions? Visit www.enfield-ct.gov/recreation for complete information or contact us directly. We will be more than happy to answer any questions that you might have! **Email:** Dolphins@enfield.org / **Phone:** 860.253.6420



July is National Parks & Recreation Month!!!

To celebrate, we are hosting a **GIGANTIC Goggle Give-a-way!**



Visit us on Facebook starting July 1st for complete information as to how Enfield Recreation will give-a-way over 150 pairs of *Speedo* goggles to Enfield youth this July!

ALAC OUTDOOR POOL RULES

1. Anyone entering the pool area must pay the daily rate.
2. All swimmers must be showered before entering the pool. Locker rooms are available for use.
3. All swimmers must wear appropriate swim wear. No street clothes, cut-offs, exposed undergarments or excessive jewelry will be allowed.
4. Children who are not potty trained must wear a swim diaper in the pool. Diapering is not allowed on the pool deck.
5. All swimmers must take a swim test before entering the deep end of the pool. All swimmers under 12 years old must also take a swim test to determine if they can be in the pool without a parent.
6. Only flotation devices labeled "Coast Guard Approved" will be allowed in the pool. All outside flotation devices must be checked by the Head Guard before the patron can enter the pool.
7. No splashing, spitting, chicken fights, dunking or horse play is allowed in the pool or locker rooms.
8. Swimmers should keep their hands to themselves.
9. No one is allowed to be on another patrons back, neck or shoulders.
10. No profane language or gestures are allowed.
11. No running on the pool deck or in the locker rooms.
12. No food, drink or smoking is allowed in the pool area or locker rooms.
13. Diving is only allowed in certain areas of the deep end. Only feet or hand first diving is allowed. No flips/spins/somersaults.
14. No glass objects are allowed in the pool area or locker rooms.
15. No pets allowed.
16. Patrons with open wounds or communicable diseases will not be permitted to enter the pool.
17. Children 11 years old and younger must be accompanied by someone 16 years old or older.
18. No more than 3 children per adult. Adults must be right with the children they are responsible for.
19. All children must be supervised and are not allowed to wander unsupervised.
20. Any patron who does not follow the pool rules may be asked to leave the facility and may not be allowed back.



RECREATION DIVISION

ENFIELD, CONNECTICUT

**ENFIELD RECREATION DIVISION
WE'VE MOVED!!
Enfield Annex
124 North Maple Street**

Phone: 860.253.6420

Email: Recreationsupervisor@enfield.org

Website: www.enfield-ct.gov/recreation



Registration Information...

Contact Us:

At the Office:

Monday - Friday
8:00 AM - 4:00 PM

Enfield Annex
124 North Maple St.
Enfield, CT 06082

By Phone:

Voice: 860-253-6420
Fax: 860-253-5147

On the Web:

WWW.ENFIELD-CT.GOV

IMPORTANT DATES:

Resident Registration Begins:

June 11, 2021
8:00 AM

Non-Resident Registration Begins:

June 25, 2021
8:00 AM

Note: Registration will **not** be accepted before the initial registration date and phone registrations will **not** be accepted. All fees must be paid at the time of registration.

Convenient Ways To Register...

Online: Online registration will begin on **June 11th** at 8:00 AM. Log on to the Town's website at www.enfield-ct.gov/recreation and click on the blue "Online Program Registration" button on the Recreation homepage. Online registration is on a first come, first served basis and accepts standard credit cards only (*Discover* cards & debit cards are not accepted). Visit the website anytime to create an online account. **Please print a receipt when registering online. No further notification will be sent.**

Walk-in: Registrations will be accepted at the Recreation Office beginning at 8:00 AM on **June 11th**. Walk-in registrations will be processed on a first come, first served basis. Cash, check or money order will be accepted as forms of payment. Proof of residency is required.

Mail-in: Registrations will be processed on a random basis as time permits beginning **June 11th**. Incomplete registration forms will NOT be processed until all items are received. The Enfield Recreation Division is NOT responsible for lost or untimely mail delivery. Please follow the directions below for mail-in registrations.

- Complete the registration form.
- Include a **separate** check for each program payable to "Enfield Recreation" unless otherwise noted in the description.
- Include a self-addressed, stamped envelope or email address so we may send you a confirmation.
- Include a photocopy of proof of residency. Acceptable forms of ID are: valid driver's license, tax bill, utility bill or renter's/homeowner's agreement. For our complete residency policy, please visit our website or contact the Recreation Office. *Please note that checks are not considered proof of residency.*
- Mail the registration form, check(s) or money order(s), self-addressed stamped envelope and proof of residency to the Recreation Office located at 124 North Maple Street, Enfield, CT, 06082.

Please Note:

The parent or legal guardian must register their child. We will **not** accept notes allowing friends, grandparents, etc. to register a child. A parent's or legal guardian's signature is required for all children's programs.

Attention Parents

Instructors need a child's full attention for them to benefit from a class. Policy as to if parents are allowed to stay in the classroom/pool area are established on a program by program basis. Please inquire about each class **BEFORE** you register your child if you have a concern.

Residency Policy

The Recreation Division observes a residency policy. For complete policy information, see the Town website or call the Recreation Office.

Cancellations & Postponements

Cancellations and postponements will be announced on "WFSB" Channel 3 and on the Recreation Division's recording at 860.253.6420.

The division reserves the right to set a maximum for each program and to cancel any program due to low enrollment.

Withdrawal Policy

Due to limited space in our programs, refunds are not given unless for a medical reason upon receipt of a doctor's note. A program credit to be used for another recreation program may be given on a case by case basis.

If you would like to request a withdrawal from a program, you must fill out a withdrawal request form and submit it to the Recreation Office as soon as possible with any pertinent documentation attached. Your request will be processed in 7 - 10 business days.

A 10% processing fee will be charged on withdrawals/credits and transfers. Withdrawal request forms may be found on the Town's website and at the Recreation Office.