

# Junior and Adult Aquatic Programs Winter 2024



January 2 - April 20, 2024



**mrsc@madisonracquet.com • 203-245-9444 • www.madisonracquet.com**  
**36 Scotland Road • PO Box 508 • Madison, CT • 06443**

# Pool Information - Winter 2023-2024

## Pool Hours:

Monday - Friday: 6:30 am - 8:30 pm

Saturday & Sunday: 7:00 am - 5:00 pm

*Hours are subject to change based on sunrise/sunset and supplemental lighting. The AquaDome will be coming down mid-May with maintenance anticipated taking 1-2 weeks. Membership pricing is based on the closure. Pool schedule is subject to change and available on our website.*

## Open Swim:

Shared common swimming spaces for independent swim activities for up to 2 hours and 15 minutes. This space designed for activities that include water exercise, family swim, free play, water walking and basic water fun.

### MONDAYS-FRIDAYS

4:30-6:30 pm

### SATURDAYS

12:30-2:45pm and 2:45-5:00 pm

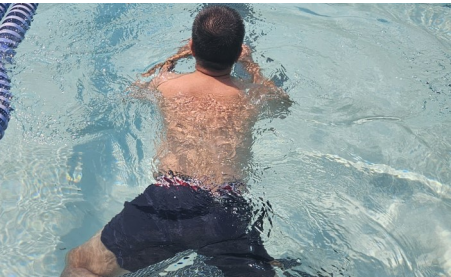
### SUNDAYS

10:15-12:30 pm, 12:30-2:45 pm and 2:45-5:00 pm

Member: No Charge

Non-Member: Adult \$20

Non-Member: Child \$10



## Lap Lane Reservations:

Lap Lane Reservations are for up to 2 people/ lane for one hour, with a maximum of one Lane Reservation per day.

Member: No Charge

Non-Member: \$20/person

7 day advance booking available

5 day advance booking available

Book online at <https://www.madisonracquet.com/member-portal/>  
or call the Front Desk at (203) 245-9444.

Cancellations require 24 hour notice or members & non-members will be charged.

## Fitness Center

No Charge for Year-Round Members

Non-Member: \$10

# Reserve Now - Winter 2023-2024

## Pool Party Reservations



1.5 hours for up to 25 children. Includes 3 lanes of pool, partial/full pool deck, lockers, showers, life guard, tables & chairs.

### Half of Pool Rental

Saturday & Sundays 3:15-4:45pm

Members: \$220 Non-Members: \$275

### For Other Rental Types

Please email [aquatics@madisonracquet.com](mailto:aquatics@madisonracquet.com)

Pool rental inquiries for parties and events should be directed to [aquatics@madisonracquet.com](mailto:aquatics@madisonracquet.com).

The signed contract and payment are required before the rental is scheduled. Cancellations require at least 2 weeks advance notice, less a 5% cancellation fee.

## Adult & Junior Swim Instruction



Private and Semi-Private lessons are available for children and adults of all ages and swim abilities and children with special needs who desire one-on-one attention. Semi-private lessons are offered for two children of the same level.

### 30-Minute Private

Member: \$44

Non-Member: \$55

### 30-Minute Semi-Private

Member: \$28/person

Non-Member: \$35/person

### Save with a Multi-Pack!

#### 5 Private Lessons

Member: \$200

Non-Member: \$250

#### 5 Semi-Private Lessons

Member: \$124/person

Non-Member: \$155/person

### Registration Opens:

**Year-Round Swim Members:** December 4 **Non-Members:** December 11

Email [aquatics@madisonracquet.com](mailto:aquatics@madisonracquet.com) Payment is due at the time of booking.

Cancellations require 24 hours notice or you will be charged.

# Preschool Swim Lessons - Winter 2023-2024

We want your child to become confident in the water. Because we know that each child will progress at their own rate, it is our objective to provide each child with a safe and positive learning environment. Your child will advance to the next level when ready as determined by the end of the session evaluation.

20% Discount for Active Swim Members

## Session 1: Starting January 2 - February 23

**Mondays: 7 weeks    Tuesdays, Wednesdays, Thursdays or Fridays: 8 weeks**

## Session 2: Starting February 26 - April 19 (No class March 29)

**Mondays, Tuesdays, Wednesdays, or Thursdays: 8 weeks    Fridays: 7 weeks**

8 weeks – Members: \$150.40    Non-Members: \$188

7 weeks – Members: \$131.60    Non-Members: \$164.50

### Pre-School (3-5 years)

**Tadpole** - A swim class with an instructor for beginner swimmers. This class introduces basic swim skills, and uses of flotation aids to develop independence in the water.

**Lobster** - Young swimmers who have learned to kick, paddle and float without support are challenged to swim independently and demonstrate stroke readiness while emphasizing water safety.

**Starfish** - Young swimmers who can swim independently and demonstrate stroke readiness while emphasizing water safety. Will learn formal strokes, breathing and build endurance.



Monday	Tuesday	Wednesday	Thursday	Friday
<u>Tadpoles</u>	<u>Tadpoles</u>	<u>Tadpoles</u>	<u>Tadpoles</u>	<u>Tadpoles</u>
4-4:30pm	4-4:30pm	4-4:30pm	4-4:30pm	4-4:30pm
5-5:30pm	5-5:30pm	5-5:30pm	5-5:30pm	5-5:30pm
<u>Lobster</u>	<u>Lobster</u>	<u>Lobster</u>	<u>Lobster</u>	<u>Lobster</u>
4:30-5pm	4:30-5pm	4:30-5pm	4:30-5pm	4:30-5pm
<u>Starfish</u>	<u>Starfish</u>			
5:30-6pm	5:30-6pm			



### Parent and Child

**AquaBabies (6-12 months)** – A wonderful introduction to a swim class for infants and parents. This class is designed to adapt children to the water through songs and games. Parents are introduced to the basics of our swim lesson program and water safety. **Mon 10-10:30am**

**AquaTots (13-36 months)** – While swimming with parents, toddlers are encouraged to explore the water and learn basic swimming skills and water safety through water play, songs and use of flotation aids **Mon 10:30-11:00am**

**Registration Opens:**                      Members: December 4                      Non-Members: December 11  
Book online at <https://www.madisonracquet.com/member-portal/> or call the Front Desk at (203) 245-9444.

Payment is due at the time of booking.

Cancellations require at least 1 week advance notice for a refund, less a 5% cancellation fee.



# School Age Swim Lessons - Winter 2023-2024

We want your child to become confident in the water. Because we know that each child will progress at their own rate, it is our objective to provide each child with a safe and positive learning environment. Your child will advance to the next level when ready as determined by the end of the session evaluation.

20% Discount for Active Swim Members

## Session 1: Starting January 2 - February 23

**Mondays: 7 weeks    Tuesdays, Wednesdays, Thursdays or Fridays: 8 weeks**

## Session 2: Starting February 26 - April 19 (No class March 29)

**Mondays, Tuesdays, Wednesdays, or Thursdays: 8 weeks    Fridays: 7 weeks**

8 weeks – Members: \$150.40    Non-Members: \$188

7 weeks – Members: \$131.60    Non-Members: \$164.50

## Youth (6 & Up)

**Goldfish** - A swim class for swimmers who are six years or older and have little swimming experience. Children become comfortable in the water while learning basic swim skills, water safety and use of flotation aids.

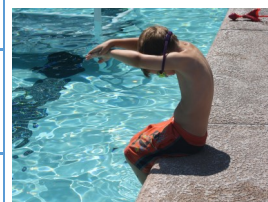
**Flounder** - Independent swimmers who are ready to learn whole strokes. Students are introduced to front crawl, rhythmic breathing, backstroke, diving and to swimming the full length of the pool.

**Snapper** - Swimmers who have the endurance to swim lengths of the pool with a front crawl and backstroke.. Children are introduced to rotary breathing, perfecting stroke technique and to swimming continuous length of the pool.

**Bluefish** - Swimmers who have the endurance to swim 4 continuous lengths of the pool with a front crawl and backstroke.. Children are introduced to butterfly and advanced stroke techniques.



Monday	Tuesday	Wednesday	Thursday	Friday
<u><b>Goldfish</b></u> 4:30-5:00PM		<u><b>Goldfish</b></u> 5:30-6:00PM		<u><b>Goldfish</b></u> 5:30-6:00PM
<u><b>Flounder</b></u> 5:00-5:30PM	<u><b>Flounder</b></u> 5:00-5:30PM	<u><b>Flounder</b></u> 6:00-6:30PM	<u><b>Flounder</b></u> 5:30-6:00PM	<u><b>Flounder</b></u> 6:00-6:30pm
<u><b>Snapper</b></u> 5:30-6:00PM	<u><b>Snapper</b></u> 5:30-6:00PM		<u><b>Snapper</b></u> 6:00-6:30pm	
<u><b>Bluefish</b></u> 6:00-6:30pm	<u><b>Bluefish</b></u> 6:00-6:30pm	<u><b>Bluefish</b></u> 6:00-6:30pm		



## Registration Opens:

Members: December 4

Non-Members: December 11

Book online at <https://www.madisonracquet.com/member-portal/> or call the Front Desk at (203) 245-9444.

Payment is due at the time of booking.

Cancellations require at least 1 week advance notice for a refund, less a 5% cancellation fee.

# Saturday Group Swim Lessons - Winter 2023-2024

We want your child to become confident in the water. Because we know that each child will progress at their own rate, it is our objective to provide each child with a safe and positive learning environment. Your child will advance to the next level when ready as determined by the end of the session evaluation.

20% Discount for Active Swim Members

## Session 1: Starting January 6 - February 24 – 8 weeks

Members: \$150.40 Non-Members: \$188

## Session 2: Starting March 2 - April 20 (No class March 30) –7 weeks

Members: \$131.60 Non-Members: \$164.50

### Pre-School (3-5 years)

**Tadpole** - A swim class with an instructor for beginner swimmers. This class introduces basic swim skills, and uses of flotation aids to develop independence in the water.

**Lobster** - Young swimmers who have learned to kick, paddle and float without support are challenged to swim independently and demonstrate stroke readiness while emphasizing water safety.

**Starfish** - Young swimmers who can swim independently and demonstrate stroke readiness while emphasizing water safety. Will learn formal strokes, breathing and build endurance.

### Youth (6 & Up)

**Goldfish** - A swim class for swimmers who are six years or older and have little swimming experience. Children become comfortable in the water while learning basic swim skills, water safety and use of flotation aids.

**Flounder** - Independent swimmers who are ready to learn whole strokes. Students are introduced to front crawl, rhythmic breathing, backstroke, diving and water safety skills.

**Snapper** - Swimmers who have the endurance to swim half lengths of the pool with a front crawl and backstroke.. Children are introduced to rotary breathing, perfecting stroke technique and to swimming the full length of the pool.

**Bluefish** - Swimmers who have the endurance to swim 4 continuous lengths of the pool with a front crawl and backstroke.. Children are introduced to butterfly and advanced stroke techniques .



<u>9:00-9:30</u>	<u>9:30-10:00</u>	<u>10:15-10:45</u>	<u>10:45-11:15</u>	<u>11:30-12:00</u>	<u>12:00-12:30</u>
Bluefish	Snapper	Founder	Goldfish	Lobster	Starfish
Tadpole	Lobster	AquaBabies	AquaTots	Tadpole	Tadpole



### Parent and Child

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### Registration Opens:

Members: December 4

Non-Members: December 11

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Payment is due at the time of booking.

Cancellations require at least 1 week advance notice for a refund, less a 5% cancellation fee.

# Lifeguard Certification · December 2023

## **American Red Cross Lifeguarding Class** ***Great Job Possibilities!***

In this course you will learn about teamwork, rescue and surveillance skills, First Aid, and CPR/AED for the Professional Rescuer along with other important skills necessary to work as a professional lifeguard.

Successful completion results in a 2-year American Red Cross Certification in Lifeguarding which includes First Aid/CPR/AED for the Professional Rescuer.



### **Prerequisites:**

- At least 15 years old as of last day of class
- Able to swim at least 300 yds. continuously using front crawl and breast stroke with rotary breathing
- Able to tread water for 3 minutes
- Able to retrieve a 10 pound object from a depth of 7-12

### **Full Certification Course \$395**

MUST attend all Dates:

**December 26,27, 28, 29, and 30th 10-4PM**

### **Recertification Course \$195:**

**December 30th 10-4PM**

Questions regarding the class can be emailed to the instructor Suzanne Fuller:

[sfuller@madisonracquet.com](mailto:sfuller@madisonracquet.com)

Sign up online at <https://www.madisonracquet.com/member-portal/> or call MRSC (203) 245-9444

A \$50 deposit is required at the time of booking. Cancellation requires 24 hours notice for refund, less a 5% cancellation fee. Minimum of 3 people needed for course to run.

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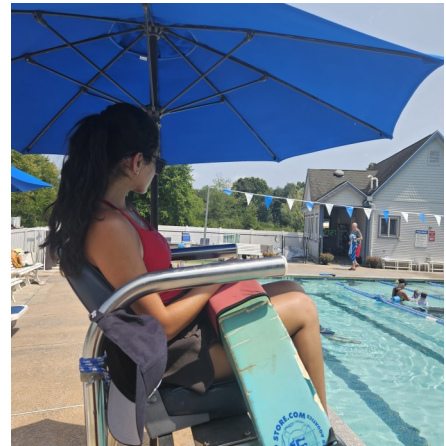
36 Scotland Road . PO Box 508 . 06443

# Lifeguard Certification · February 2024

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### **Full Certification Course \$395**

MUST attend all Dates:

**February 17, 18, 19, 20th 9-4PM**

### **Recertification Course \$195:**

**February 20th 9-4PM**

Questions regarding the class can be emailed to the instructor Suzanne Fuller:

[sfuller@madisonracquet.com](mailto:sfuller@madisonracquet.com)

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