

Aquatic Programs Spring 2025



April 14 - June 8, 2025



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

Pool Information - Spring 2025

Pool Hours:

Monday - Friday: 6:00 am - 8:00 pm
Saturday & Sunday: 7:00 am - 5:00 pm

Hours are subject to change based on sunrise/sunset and supplemental lighting. The Dome will be coming down late May early June and may take up to a week. Membership pricing is based on the weekly closure. Pool schedule is subject to change and available on CourtReserve.

Open Swim:

Shared spaces for independent swim activities for up to 2 hours. This space is designed for activities that include water exercise, family swim, free play, water walking and basic water fun. This is **not a lap area** and is intended for **Open Swim** activities only (adults and children swim share this same space). The non-member price includes 1 hour of swim time.

MONDAY-FRIDAY

9-10AM, 10-11AM, 11-12PM, 12-1PM,
1-2PM, 3-4PM, 4-5PM

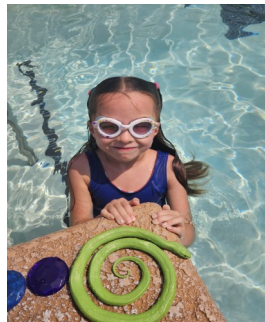
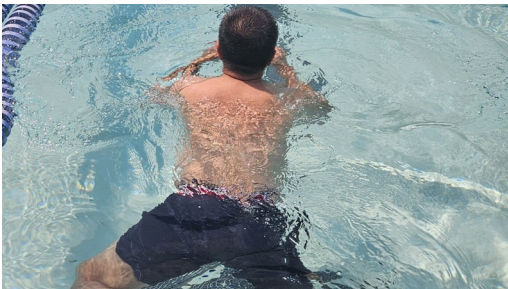
Member: No Charge

SATURDAY & SUNDAYS

9-10AM, 10-11AM, 11-12PM, 12-1PM,
1-2PM, 2-3PM, 3-4PM, 4-5PM

Non-Member Adult: \$25

Non-Member Child: \$15



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.

No lifeguard on duty Mondays-Fridays 6-9AM & 2-3PM. Adult Swimmers only during these times.

Member: No Charge
7 day advance booking available

Non-Member: \$25/person
5 day advance booking available

Book online at courtreserve.com or call the Front Desk at (203) 245-9444.

Cancellations require 2 hour notice or members & non-members will be charged.

Aquatic Programs - Spring 2025

ACTIVE SWIM MEMBERS RECEIVE A 20% DISCOUNT ON PROGRAMS

Adult Water Fitness Classes

No Class April 20 & May 26

This fun and social class is designed for active older adults, increasing muscle strength, flexibility and range of motion through water exercise. The focus of this class is on building core control. Participants do not need swimming skills. It is recommended to bring a noodle. All levels and ages welcome.

| | |
|---------------|------------|
| 7:30-8:30AM | Sun |
| 1:30-2:30PM | Sun |
| 8:00-9:00AM | Tues/Thurs |
| 11:00-12:00PM | Mon-Fri |
| 6:30-7:30PM | Mon |



Daily Drop In: Member: \$10 Non-Member: \$13

Save with a Package!

20 Classes

Member: \$178

Non-Member: \$221

Use for any class time. Package does not expire. Can carry over to any season.

Book online at courtreserve.com
or call the Front Desk at (203) 245-9444.

Must register before the day of class.

Adult Clinics - Spring 2025

ACTIVE SWIM MEMBERS RECEIVE A 20% DISCOUNT ON SWIM TEAM PROGRAMS

Adult Beginner Group Swim Lessons

This program is for novice or inexperienced adult swimmer who want to learn to swim. We will work on floating, breathing, becoming water confident, as well as water safety. You will learn the basic strokes and techniques.

Friday 8:00-9:00AM

Saturday/Sunday 7:00-8:00AM

Daily Drop-In: Non-Member: \$50 Member: \$40

Save with a Package!

10 Classes

Non-Member: \$450

Member: \$360

Adult Stroke Clinic for Intermediate/Advanced

This program is to fine tune and improve on your stroke for endurance, skill and overall body mechanics. This course is perfect for tri-athlete's, competitive swimmers or advanced lap swimmer look for a better stroke.

Tuesday/Thursday 8:00-9:00AM

Tuesday/Thursday 7:00-8:00PM

Daily Drop-In: Non-Member: \$32 Member: \$26

Save with a Package!

10 Classes

Non-Member: \$288

Member: \$234

Adult Stroke Clinic for Beginner

This program is designed to develop your stroke for endurance, skill and overall body mechanics. This course is perfect for beginner tri-athlete's, new competitive swimmers or swimmer return to the pool after an extended break or just starting to enjoy lap swimming.

Monday/Wednesday 8:00-9:00AM

Monday/Wednesday 7:00-8:00PM

Daily Drop-In: Non-Member: \$32 Member: \$26

Save with a Package!

10 Classes

Non-Member: \$288

Member: \$234

Book online at courreserve.com or call the Front Desk at (203) 245-9444.

Must register before the day of class.

Adult & Junior Swim Instruction

ACTIVE SWIM MEMBERS RECEIVE A 20% DISCOUNT ON PROGRAMS



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. **Dates available to book between April 14 – June 8. Register on [CourtReserve.com](https://www.courtreserve.com) to book your times under the Spring Private Swim Lessons tab.**

30-Minute Private

Member: \$46

Non-Member: \$58

30-Minute Semi-Private

Member: \$30/person

Non-Member: \$38/person

Save with a Multi-Pack!

5 Private Lessons

Member: \$212

Non-Member: \$265

5 Semi-Private Lessons

Member: \$131/person

Non-Member: \$165/person

Registration Opens:

Active Swim Members: **April 4** Non-Members: **April 9**

Email aquatics@madisonracquet.com Payment is due at the time of booking.

Cancellations require 24 hours notice or you will be charged.

Junior Group Swim Lessons - Spring 2025

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.

April 14 - June 8 (No classes April 20 & May 26)

****Classes may be altered during the Dome Down process in late May or early June.**

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.

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

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.

Registration Opens: Members: **April 4** Non-Members: **April 9**

20% Discount for Active Swim Members

Book online at courreserve.com 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, with a 5% cancellation fee.

Junior Swim Lessons - Spring 2025

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.

Spring Session: April 14 - June 8 (No classes April 20 & May 26)

****Classes may be altered during the Dome Down process in late May or early June.**

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|
| 7 weeks \$175 | 8 weeks \$200 | 8 weeks \$200 | 8 weeks \$200 | 8 weeks \$200 | 8 weeks \$200 | 7 weeks \$175 |
| <u>Aquababies/</u> <u>AquaTots</u> | <u>Aquababies/</u> <u>AquaTots</u> | <u>Aquababies/</u> <u>AquaTots</u> | <u>Aquababies/</u> <u>AquaTots</u> | <u>Aquababies/</u> <u>AquaTots</u> | <u>Aquababies/</u> <u>AquaTots</u> | <u>Aquababies/</u> <u>AquaTots</u> |
| 10:30-11:00am | 10:30-11:00am | 10:30-11:00am | 10:30-11:00am | 10:30-11:00am | 10:45-11:15am | 10:45-11:15am |
| <u>Tadpoles</u> | <u>Tadpoles</u> | <u>Tadpoles</u> | <u>Tadpoles</u> | <u>Tadpoles</u> | <u>Tadpoles</u> | <u>Tadpoles</u> |
| 10-10:30am 5-5:30pm | 10-10:30am 4-4:30pm 5-5:30pm | 10-10:30am 4:30-5pm 5-5:30pm | 10-10:30am 4-4:30pm 5-5:30pm | 10-10:30am 4-4:30pm 5-5:30pm | 9-9:30am 12-12:30pm | 10-10:30am 10-10:30am |
| <u>Lobster</u> | <u>Lobster</u> | <u>Lobster</u> | <u>Lobster</u> | <u>Lobster</u> | <u>Lobster</u> | <u>Lobster</u> |
| 9:30-10am 4:30-5pm | 9:30-10am 4:30-5pm | 9:30-10am 5:30-6pm | 9:30-10am 4:30-5pm | 9:30-10am 4:30-5pm | 9:30-10am | 10:45-11:15am |
| <u>Starfish</u> | <u>Starfish</u> | <u>Starfish</u> | <u>Starfish</u> | <u>Starfish</u> | | |
| 9:00-9:30am 4:30-5pm | 9:00-9:30am 5:30-6pm | 9:00-9:30am 4-4:30pm | 9:00-9:30am 5:30-6pm | 9:00-9:30am 4-4:30pm | | |
| <u>Goldfish</u> | <u>Goldfish</u> | <u>Goldfish</u> | <u>Goldfish</u> | <u>Flounder</u> | <u>Goldfish</u> | <u>Goldfish</u> |
| 5:30-6pm | 6-6:30pm | 6-6:30pm | 5:30-6pm | 5-5:30pm | 11:30-12pm | 9:30-10am |
| <u>Flounder</u> | <u>Flounder</u> | <u>Snapper</u> | <u>Flounder</u> | <u>Snapper</u> | <u>Flounder</u> | <u>Flounder</u> |
| 5-5:30PM | 6:30-7pm | 4:30-5PM | 6-6:30pm | 5:30-6pm | 10-10:30am | 9:30-10am |

Registration Opens: Members: **April 4**

Non-Members: **April 9**

20% Discount for Active Swim Members

Book online at courteserve.com 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, with a 5% cancellation fee.

MRSC Adaptive Group Swim Lessons

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.

7 Weeks April 27- June 8 \$280

****Classes maybe altered during the Dome Down process in late May or early June.**

This program is to support students with different learning abilities to become safer and stronger swimmers. Through a student center program we will work to integrate all swimmer into a group lesson program. It is designed for students with physical, emotional, and learning differences that might have made learning in a group setting unsuccessful in the past. With low ratios and family integration we look to help all students become happy and safe swimmers.

Parent Assisted: This class requires an adult the student trusts to be in the pool with staff. We will guide the class in skills and drills for their age and ability. Once the student is comfortable and the staff has evaluated their abilities the student will be promoted to the independent class.

Independent Class: MUST be evaluated to enter this level. This class is run with support staff and lead instructor. There is a low ratio of student to instructor so that all needs and abilities are met. This class will work on beginner to intermediate swimming and safety skills depending on the level of the student. The program is student driven and therefore designed based on the needs of the students enrolled.

Pre-School (3-5 years)

Youth (6-13 years)

| <u>11:15-12:00</u> | <u>12:00-12:45</u> | <u>12:45-1:30</u> |
|-------------------------------|--------------------------|--------------------------------------|
| Pre-School Independent | Youth Independent | Pre-School or Youth W/ Parent |

Registration Opens: Members: **April 4**

Non-Members: **April 9**

20% Discount for Active Swim Members

Book online at courreserve.com 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, with a 5% cancellation fee.

MAD Swim Team - Spring 2025

ACTIVE SWIM MEMBERS RECEIVE A 20% DISCOUNT ON SWIM TEAM PROGRAMS

Is your swimmer ready for the next level?

Pre-Team Swimmers advancing out of group lessons or private lessons will learn the rules of all four competitive strokes as well as competitive starts from starting blocks in addition to flip turns and open turns. Must be able to swim a full length of the pool of Backstroke and Freestyle.

Mon/Tues/Thurs 5:30-6:15PM

Sun 8:45-9:30AM

Daily Drop In: Member: \$24 Non-Member: \$30

Save with a Package!

20 Classes

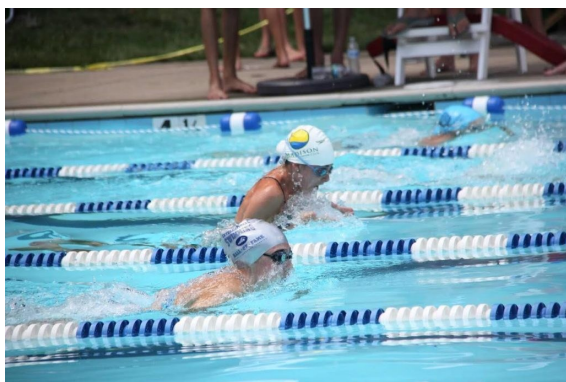
Member: \$408

Non-Member: \$510

Use for any class time. Package does not expire. Can carry over to any season.

Monthly Swim Team Training

Our mission is to inspire, empower, and motivate our athletes to perform at their highest level. We will compete at USA Swimming Sanctioned Meets as well as the Yankee League Meets. Team Fees does not include USA Swim Membership and meet entry fees.



March-May

9 & Under Novice

Mon/Wed/Fri 5:30-6:30pm

Non-Member: \$160/month

Member: \$128/month

10-13 Age Group II

Monday - Friday 5:30-7pm

Non-Member: \$215/month

Member: \$172/month

13+ Age Group I

Monday - Friday 6:30-8PM

Non-Member: \$250/month

Member: \$200/month

14 + Years Seniors

Monday - Friday 6:30-8:30PM

Non-Member: \$290/month

Member: \$232/month

A credit card must be on file for automatic monthly payments.

Billing is the 7th of every Month

Lifeguard Certification · Spring/Summer 2025

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 200 yds. continuously using front crawl and breast stroke with rotary breathing
- Able to tread water for 2 minutes legs only
- Able to retrieve a 10 pound object from a depth of 7-12

Full Certification Course \$395

MUST attend all Dates of the session you choose:

Session 1: April 14-18th 11-4PM

Session 2: May 23th 4-8PM and May 24-26th 8-4PM

Session 3: June 9-13th 11-4PM

Recertification Course \$195:

Session 1: May 31th & June 1st 2-7PM

Session 2: June 21 & June 22nd 2-7PM

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

sfuller@madisonracquet.com

A \$50 deposit is required at the time of booking. Cancellation requires 24 hours notice for refund, less a 5% cancellation fee.

Minimum of 5 people needed for this course to run.

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