



LINCOLN

RECREATION DEPARTMENT

CODMAN POOL

2010 SEASON

**THE CODMAN POOL WILL BE OPEN FROM
JUNE 12 - SEPTEMBER 6, 2010**

WWW.LINCOLNREC.COM



LINCOLN RECREATION DEPARTMENT



Contact Numbers

Phone (781) 259-0784
Fax (781) 259-1333

Website

www.LincolnRec.com

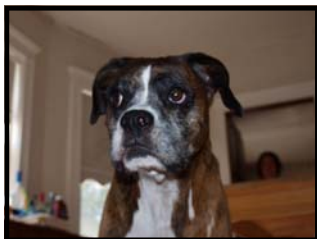
Staff Members

Dan Pereira, *Director*
dpereira@lincnet.org

Stacey Mulroy, *Assistant Director*
smulroy@lincnet.org

Laurie Dumont,
Office Administrator
ldumont@lincnet.org

Molly Mulroy,
Office Mascot



Mailing Address

16 Lincoln Road
Lincoln, MA 01773

*The Recreation Department is located on
Ballfield Road, in the Hartwell A Pod.*

Committee Members

Noah Eckhouse, *Chair*
Susan Collins
Chris Fasciano
Ted Julian
Ingrid Neri
Jane Tatlock

Events Sub-Committee

Jonathan Dwyer, *Chair*
Nancy Felsheim, *Events Administrator*
eventssubcommittee@gmail.com

ONLINE REGISTRATION IS AVAILABLE!

You can register for
programs online at our website:

www.LincolnRec.com



REGISTRATION INFORMATION

Registration is accepted on a first come, first serve basis once brochures are online.
We do not take registrations over the phone or via fax.

HOW TO REGISTER

- 1) Register and pay online at www.LincolnRec.com.
- 2) Mail in a completed Codman Pool & Tennis Membership form (Page 10) with a check made out to 'Town of Lincoln'. Please use the form on Page 11 to register for Swim Team and/or Swim Lessons. A separate form must be used for each participant.
- 3) Stop by the Recreation Office Monday through Friday between 8:30 am - 4:30pm. If staff are not in the office...
- 4) Drop your registration forms in the "drop slot", located at the Hartwell A Pod, Room 8.

WAITLIST

- If Swim Team and/or Swim Lessons you register for are FULL, you will be notified and placed on a waitlist.
- Non-Residents - if the membership you register for is FULL, you will be notified and placed on a waitlist.

If an opening becomes available, we will contact you.

REFUND POLICY

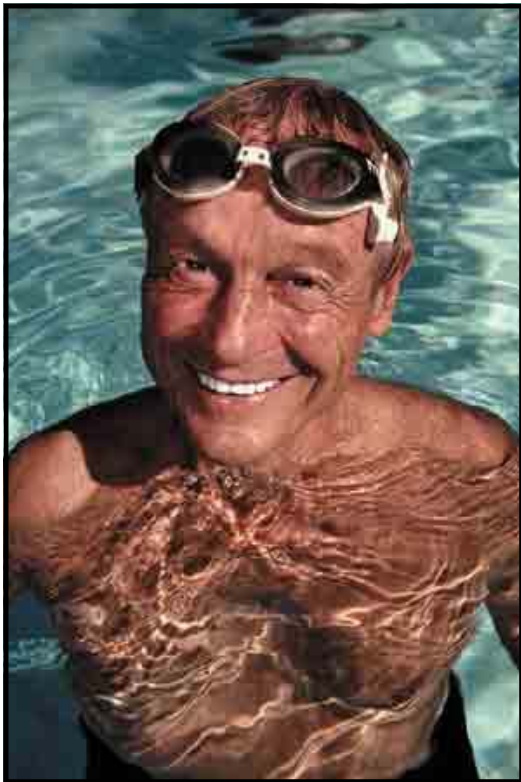
- Memberships - If you cancel for any reason, you must do so **two weeks before the opening of the pool**. All requests must be submitted in writing. [You will be refunded 80%](#).
- Swim Team - If you cancel for any reason, you must do so **before June 14, 2010**. All requests must be submitted in writing. [You will be refunded 80%](#).
- Swim Lessons - If you cancel for any reason, you must do so **two weeks before your class begins**. All requests must be submitted in writing. [You will be refunded 80%](#).
- No refunds will be given without the approval of the Recreation Director.

CODMAN POOL CLOSING POLICIES

- Pool closure and reopening decisions will be made solely by the Codman Pool Staff.
- *Weather Closures* - For safety purposes, the Codman Pool will immediately close at the first sign of thunder, lightening or severe weather, and will remain closed at least 30 minutes from the last sign of thunder, lightening or severe weather. During this time, patrons will not be allowed to remain within the pool enclosure, and are strongly encouraged to seek shelter.
- *Heath & Safety Closures* - In the event the pool water chemistry fails to comply with State Regulations, whether from excessive bather load, equipment malfunction, swimmer incident or other unforeseen event, the pool will be closed to bathers until such time as the water chemistry is brought back into compliance.
- REFUNDS WILL NOT BE GIVEN FOR THE ROUTINE CLOSURES LISTED ABOVE.

CODMAN POOL INFORMATION

- Registrations are accepted on a first come, first serve basis once brochures have been posted online and/or sent in the mail.
- Participants cannot attend any programs prior to completion of required forms and full payment without permission from the Recreation Director.
- Participants must adhere to the Rules & Regulations (Page 6) set forth by the Recreation Department.



- Please notify the Codman Pool (781) 259-0221 if your child will be absent from swim lessons.
- If you register online, you will receive an email confirmation. If you register by mail or in person, you will not receive confirmation. In the event of program cancellation or wait list, you will be notified.
- Some financial assistance is available. Requests must be submitted in writing and sent to the Lincoln Recreation Department.
- The Recreation Department strives to make programs accessible to all. If participants have any special needs, they should contact the Recreation Director in advance.

- The Recreation Department reserves the right to cancel programs which do not support themselves.





POOL HOURS



JUNE 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12 <i>Opening Day!</i> 12:30 - 8:00
13 10:00 - 6:00	14 2:30 - 8:00	15 <i>PTA Pool Party!</i> 5:30 - 7:30 2:30 - 8:00	16 12:30 - 8:00	17 <i>PTA Rain Date!</i> 5:30 - 7:30 2:30 - 8:00	18 2:30 - 8:00	19 12:30 - 8:00
20 10:00 - 6:00	21 2:30 - 8:00	22 2:30 - 8:00	23 12:30 - 8:00	24 2:30 - 8:00	25 2:30 - 8:00	26 12:30 - 8:00
27 10:00 - 6:00	28 12:30 - 8:00	29 12:30 - 8:00	30 12:30 - 8:00			

JULY 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 12:30 - 8:00	2 12:30 - 8:00	3 12:30 - 8:00
4 <i>4th of July!</i> 12:00 - 7:00	5 12:30 - 8:00	6 <i>Camp Begins!</i> 12:30 - 8:00	7 12:30 - 8:00	8 12:30 - 8:00	9 12:30 - 8:00	10 12:30 - 8:00
11 10:00 - 6:00	12 12:30 - 8:00	13 12:30 - 8:00	14 12:30 - 8:00	15 12:30 - 8:00	16 12:30 - 8:00	17 12:30 - 8:00
18 10:00 - 6:00	19 12:30 - 8:00	20 12:30 - 8:00	21 12:30 - 8:00	22 12:30 - 8:00	23 12:30 - 8:00	24 12:30 - 8:00
25 10:00 - 6:00	26 12:30 - 8:00	27 12:30 - 8:00	28 12:30 - 8:00	29 12:30 - 8:00	30 12:30 - 8:00	31 12:30 - 8:00



POOL HOURS



AUGUST 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:00 - 6:00	2 12:30 - 8:00	3 12:30 - 8:00	4 12:30 - 8:00	5 12:30 - 8:00	6 12:30 - 8:00	7 <i>Swim Team Championships!</i> 12:30 - 8:00
8 10:00 - 6:00	9 12:30 - 8:00	10 12:30 - 8:00	11 12:30 - 8:00	12 12:30 - 8:00	13 <i>Camp Ends!</i> 12:30 - 8:00	14 10:00 - 6:00
15 10:00 - 6:00	16 12:30 - 6:00	17 12:30 - 6:00	18 12:30 - 6:00	19 2:00 - 7:30	20 2:00 - 7:30	21 10:00 - 6:00
22 10:00 - 6:00	23 12:30 - 6:00	24 12:30 - 6:00	25 12:30 - 6:00	26 2:00 - 7:30	27 2:00 - 7:30	28 10:00 - 6:00
29 10:00 - 6:00	30 12:30 - 6:00	31 12:30 - 6:00				

SEPTEMBER 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 12:30 - 6:00	2 2:00 - 7:30	3 2:00 - 7:30	4 10:00 - 6:00
5 10:00 - 6:00	6 <i>Closing Day!</i> 10:00 - 6:00	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

2010 CODMAN POOL RULES & REGULATIONS

1. **Children must be 11 YEARS OLD and pass the swim test to be left alone at the pool. Otherwise, children must be with a responsible person at least 16 years of age.**
2. Swim tests can be given by any lifeguard. The test consists of swimming 2 lengths of the pool in a designated time, a head submersion, and treading water for 1 minute. Swimmers must pass the swim test every summer in order to swim outside the designated shallow area. Swimmers must take the swim test every summer until their 16th birthday.
3. The pool will be closed to the public during Day Camp swim lessons, swim team practices, and swim team meets. Sections of the pool may be closed during Town swim lessons.
4. After 6:00 pm the pool is reserved for families and adult swimming. All children under the age of 16 must be accompanied by an adult over the age of 21.
5. A bathing suit is required of all swimmers. Babies can use the main pool only if they are wearing swim diapers.
6. No children over the age of 5 should use the Tot Pool. Parents/guardians are responsible for watching their children while using the Tot Pool.
7. **Food and beverages are not allowed on the pool deck or in the bathhouse. NO GLASS OR CERAMIC CONTAINERS ARE ALLOWED WITHIN THE GATED AREA!**
8. Smoking is **not** allowed anywhere on the school grounds including the areas in and around the pool.
9. No animals or vehicles are allowed within the pool fence.
10. Swimmer's aids, fins, snorkels, floatation devices, and inflatable toys are not allowed unless approved by the pool director.
11. Diving is allowed only in the designated diving well.
12. The office phone is for staff and emergency use only.
13. All swimmers must shower before entering the pool.
14. No turf shoes with cleats or spikes allowed within the fenced area.
15. No running, pushing, riding on shoulders, or unnecessary splashing in or around the pool.
16. All patrons shall conduct themselves in a manner befitting responsible members of the community. Reckless and thoughtless actions will not be tolerated.
17. No person with a communicable disease will be permitted to swim in the pool.
18. Patrons who fail to obey these rules may be asked to leave and may have their membership privileges revoked for the summer or in extreme cases, permanently.
19. The Pool Director and Lifeguards have the authority to enforce these rules and to take any necessary action to guarantee the safety of all.

Codman Pool Swim Lessons

All lessons adhere to American Red Cross guidelines. Registration is accepted on a first come, first serve basis. Lessons meet Monday - Friday. *Classes cannot be rescheduled for weather!*

LESSON DATES

Session 1	July 6 - July 16
Session 2	July 19 - July 30
Session 3	August 2 - August 13

LESSON SCHEDULE

1:45 - 2:15 pm	Guppy and Parent & Child
2:15 - 2:45 pm	Levels IV,V,VI
2:45 - 3:15 pm	Levels I, II, III



Class Descriptions

Parent & Child (Age 3 by July 1, 2010)

Children in this class have no previous swim lesson experience and hesitate to put their face in the water. Parent/guardian must be in the water with child at all times.

Guppy (Age 3 by July 1, 2010)

Participants have limited fear of the water & are willing to put their face in the water. Parent/guardian must be willing to get in the water if needed.

Learn to Swim Level I: Water Exploration (Entering K, Fall 2010)

Participants are introduced to the water and taught floating and kicking on their front and back. This level is for those who have little or no fear of the water.

LTS Level II: Primary Skills (Beginner)

Participants should be comfortable in the water. Ability to fully submerge face, float and kick on stomach and back is needed.

LTS Level III: Stroke Readiness (Advanced Beginner)

Participants should be able to hold their breath and submerge face, bob ten times and alternate their arms while kicking on their stomach and back.

LTS Level IV: Stroke Development (Intermediate)

Participants are able to jump into deep water, dive from kneeling position, perform elementary backstroke kick and breathe to side during front crawl.

LTS Level V: Stroke Refinement (Swimmer)

Participants are able to perform the elementary backstroke, front and back crawl, kicks for the breaststroke and sidestroke, along with a standing dive.



LTS Level VI: Skill Proficiency (Advanced Swimmer)

Participant should be comfortable diving and able to perform the breaststroke, side-stroke, under water swim and fly kick.

Codman Swim Team



Codman Swim Team now has a website!!!

www.codmanswimteam.com

All information about the Codman Swim Team will now be online. You can download registration forms, the handbook, the volunteer forms and much more.

If you have any questions, or would prefer information mailed to you, please contact the Recreation Department at 781.259.0784.

The Basics

- Codman Swim Team is for children ages 5 - 18. (Must be 5 by July 1, 2010 and able to swim 1/2 length of pool.)
- Practice starts June 22 through August 6. Optional practices are: **7:15 - 8:00 am, 8:00 - 8:45 am, and/or 8:45 - 9:30 am.**
- Swim meets are mostly held on Saturday mornings. Contact the Recreation Office or the Pool for a schedule. Championships are scheduled for August 7.

Parent/Swimmer Information Night

- The parent/swimmer information night is **MANDATORY** and will be held on June 16 at 6:00 pm at the pool. Only swimmers new to the team need to attend. They should be prepared to get in the water.
- After a brief introduction, we will hold break-out sessions for specific training for parents on the various volunteer positions that we need to fill at each swim meet.
- The volunteer activity of our parents is a critical factor in the successful running of both our home and away meets.

Community Service Coaches

- This opportunity is for our older swimmers to gain coaching experience. Swimmers ages 14 & up, who are interested in developing coaching skills, will provide coaching assistance for the younger swimmers.
- Interested swimmers should contact the Recreation Office or visit www.LincolnRec.com for an employee application form. A minimum of 2 days per week is required. Applications due by June 4.



Codman Pool Fees

	RESIDENT	NON-RESIDENT
MEMBER PRICES		
FAMILY MEMBERSHIP	\$200	\$425
FAMILY SWIM & TENNIS MEMBERSHIP	\$265	N / A
INDIVIDUAL MEMBERSHIP	\$100	\$225
SENIOR MEMBERSHIP (Age 60+)	\$60	\$100
GUEST PASS (Limit 1 per membership)	\$30	\$30
SWIM TEAM (<i>Max is \$375 / family</i>)	\$125	\$125
SWIM LESSONS	Session 1 - \$90 Session 2&3 - \$100	\$100
NON-MEMBER PRICES (<i>Lincoln Residents ONLY</i>)		
SWIM TEAM ONLY	\$175	N / A
SWIM LESSONS ONLY	Session 1 - \$115 Session 2&3 - \$125	N / A
DAILY FEE (<i>Members, Lincoln Residents, and their guests</i>)		
AGES 4 & UP (<i>Max. is \$20 per family, per visit</i>)	\$5 per visit	N / A
AGES 3 & UNDER	FREE	N / A

CODMAN POOL & TENNIS MEMBERSHIP

FORMS MUST BE FILLED OUT COMPLETELY & SIGNED

Family Name: _____ DOB: _____ Grade: _____

Address: _____ Town/Zip: _____

Home Phone: _____ Cell Phone: _____

Email: _____

Pool Membership

	<u>Resident</u>	<u>Non-Resident</u>
Family	\$200	Family \$425
Individual	\$100	Individual \$225
Senior	\$60	Senior \$100
Guest Pass	\$30	Guest Pass \$30
Swim & Tennis	\$265	Swim & Tennis N/A

Tennis Membership

	<u>Resident</u>	<u>Non-Resident</u>
Family	\$85	Family \$170
Adult	\$60	Adult \$120
Child	\$25	Child N/A
Swim & Tennis	\$265	Swim & Tennis N/A

Membership: Please list the names and ages of all persons included in the membership:

1. _____ DOB: _____ 5. _____ DOB: _____

2. _____ DOB: _____ 6. _____ DOB: _____

3. _____ DOB: _____ 7. _____ DOB: _____

4. _____ DOB: _____ 8. _____ DOB: _____

**NOTE: IF YOU WOULD LIKE TO SIGN UP FOR SWIM TEAM OR SWIM LESSONS,
PLEASE USE THE REGISTRATION FORM ON PAGE 11.**

I, the undersigned, as a legal adult or parent/legal guardian of a minor, do hereby consent to my/my child's participation in voluntary athletic or recreation programs of the Town of Lincoln. I also agree to forever release the Town of Lincoln, the Lincoln Recreation Committee, and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in voluntary athletic or recreation programs of the Town of Lincoln from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to myself/my child or property damage resulting from my/my child's participation in the Town of Lincoln's voluntary athletic or recreation programs. I also promise, to indemnify, defend, and hold harmless the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to myself/my child or property damage resulting from my/my child's participation in the Town of Lincoln's voluntary athletic or recreation programs. I further affirm that I have read this Consent and Release Form and that that I understand the contents of this Form. I understand that my/my child's participation in these programs is voluntary and that I/my child are free to choose not to participate in said programs. By signing this Form, I affirm that I have decided to allow myself/my child to participate in the Town of Lincoln's athletic or recreation programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage I/my child may suffer in voluntary Town of Lincoln athletic or recreation programs.

I hereby give permission to the Lincoln Recreation Department to provide routine health care, administer prescribed medications, and seek emergency medical treatment including ordering x-rays or routine tests. I agree to the release of any records necessary for treatment, referral, billing, or insurance purposes. I give permission to the Lincoln Recreation Department to arrange necessary related transportation for me/my child. In the event I cannot be reached in an emergency, I hereby give permission to the physician selected by the Lincoln Recreation Department to secure and administer treatment, including hospitalization, for the person named above. This completed form may be photocopied.

Parent or Guardian Signature: _____ Date: _____

REGISTRATION FORMS CAN BE MAILED TO: THE LINCOLN RECREATION DEPARTMENT, 16 LINCOLN RD, LINCOLN, MA 01773
OR DELIVERED TO THE RECREATION OFFICE, HARTWELL A POD, BALLFIELD ROAD, LINCOLN, MA 01773

LINCOLN RECREATION DEPARTMENT

SWIM TEAM & SWIM LESSONS REGISTRATION FORM

**FORMS MUST BE FILLED OUT COMPLETELY.
A SEPARATE FORM IS REQUIRED FOR EACH PARTICIPANT.**

Participant Name: _____ DOB: _____ Grade: _____

Parent/Guardian (If under 18): _____

Address: _____ Town/Zip: _____

Day Phone: _____ Eve Phone: _____

Email: _____ Cell Phone: _____

Emergency Contact: _____ Phone: _____

Medical/Special Concerns: _____

Swim Team: _____ Fee: _____

Swim Lessons Level: _____ Session: _____ Fee: _____

Swim Lessons Level: _____ Session: _____ Fee: _____

I, the undersigned, as a legal adult or parent/legal guardian of a minor, do hereby consent to my/my child's participation in voluntary athletic or recreation programs of the Town of Lincoln. I also agree to forever release the Town of Lincoln, the Lincoln Recreation Committee, and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in voluntary athletic or recreation programs of the Town of Lincoln from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to myself/my child or property damage resulting from my/my child's participation in the Town of Lincoln's voluntary athletic or recreation programs. I also promise, to indemnify, defend, and hold harmless the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to myself/my child or property damage resulting from my/my child's participation in the Town of Lincoln's voluntary athletic or recreation programs. I further affirm that I have read this Consent and Release Form and that that I understand the contents of this Form. I understand that my/my child's participation in these programs is voluntary and that I/my child are free to choose not to participate in said programs. By signing this Form, I affirm that I have decided to allow myself/my child to participate in the Town of Lincoln's athletic or recreation programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage I/my child may suffer in voluntary Town of Lincoln athletic or recreation programs.

I hereby give permission to the Lincoln Recreation Department to provide routine health care, administer prescribed medications, and seek emergency medical treatment including ordering x-rays or routine tests. I agree to the release of any records necessary for treatment, referral, billing, or insurance purposes. I give permission to the Lincoln Recreation Department to arrange necessary related transportation for me/my child. In the event I cannot be reached in an emergency, I hereby give permission to the physician selected by the Lincoln Recreation Department to secure and administer treatment, including hospitalization, for the person named above. This form may be photocopied.

Participant Signature: _____ Date: _____

(If participant is under 18, parent/guardian's signature is required)

REGISTRATION FORMS CAN BE MAILED TO: THE LINCOLN RECREATION DEPARTMENT, 16 LINCOLN RD, LINCOLN, MA 01773
OR DELIVERED TO THE RECREATION OFFICE, HARTWELL A POD, BALLFIELD ROAD, LINCOLN, MA 01773