

# Codman Pool



## 2009 Season

*The Codman Pool will be open from  
June 6 - August 30, 2009*

# 2009 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 old.
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 one (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 16<sup>th</sup> 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 members and guests 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 (781) 259-0221 Recreation Department**

# Codman Pool Swim Lessons

All lessons adhere to American Red Cross guidelines. Registrations 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 17
Session 2	July 20 - July 31
Session 3	August 3 - August 14

## LESSON SCHEDULE

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

## Class Descriptions



### Parent & Me (Age 3 by July 1, 2009)

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, 2009)

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 2009)

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, sidestroke, under water swim and fly kick.



## Codman Swim Team

The Codman Swim Team now has a website!!!

[www.codmanswimteam.com](http://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.



## Private Swim Lessons

The Codman Pool offers Private Swim Lessons. You must register & pay ahead of time. Once the pool opens, you can contact a WSI and set up the times and days of your lessons.

### Fees

Private Lesson ( <i>one on one</i> )	\$ 32
Semi Private ( <i>2-3 students</i> )	\$ 42

# Codman Pool Fees

	RESIDENT	NON-RESIDENT
<b>MEMBER PRICES</b>		
FAMILY MEMBERSHIP	\$190	\$400
FAMILY SWIM & TENNIS MEMBERSHIP	\$250	N / A
INDIVIDUAL MEMBERSHIP	\$100	\$200
SENIOR MEMBERSHIP (Age 60+)	\$60	\$100
GUEST PASS (Limit 1 per membership)	\$30	\$30
SWIM TEAM ( <i>Max is \$300 / family</i> )	\$100	\$100
SWIM LESSONS	\$75	\$75
<b>NON-MEMBER PRICES</b> ( <i>Lincoln Residents ONLY</i> )		
SWIM TEAM ONLY	\$150	N / A
SWIM LESSONS ONLY	\$100	N / A
<b>DAILY FEE</b> ( <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
UNGER AGE 3	FREE	N / A

# CODMAN POOL & TENNIS MEMBERSHIP

**FORMS MUST BE FILLED OUT COMPLETELY & SIGNED.  
A SEPARATE FORM IS REQUIRED FOR EACH FAMILY.**

Family Name: \_\_\_\_\_

Address: \_\_\_\_\_ Town/Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### Pool Membership

	<u>Resident</u>	<u>Non-Resident</u>
Family	\$190	Family \$400
Individual	\$100	Individual \$200
Senior	\$60	Senior \$100
Guest Pass	\$30	Guest Pass \$30
Swim & Tennis	\$250	Swim & Tennis N/A

### Tennis Membership

	<u>Resident</u>	<u>Non-Resident</u>
Family	\$80	Family \$160
Adult	\$55	Adult \$100
Child	\$25	Child N/A
Swim & Tennis	\$250	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 21.**

*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, BOX 6353, LINCOLN, MA 01773  
OR DELIVERED TO THE RECREATION OFFICE, HARTWELL A POD, BALLFIELD ROAD, LINCOLN, MA 01773

**For office use only:**

Date: \_\_\_\_\_ Amount: \_\_\_\_\_ Check # : \_\_\_\_\_