Shelton Parks & Recreation Department



**41** Church Street, Shelton, CT 06484-0668

🕿 203-925-8422, MCBD06736_0000[1] Fax: 203-929-3692

🕿 Info/Cancellation 203-331-4120

Shelton Community Center Pool

Ronald Herrick, Jr., Parks and Recreation Director

Jonathan Taylor, Pool Director

Like our Facebook page: Shelton Community Center Pool

*Check out our website: sheltonparksandrec.org*

**ADULT WATER AEROBIC PROGRAMS**

**Fall 2019**



[](http://thumbs.dreamstime.com/z/aqua-gym-fitness-exercise-water-dumbbell-17526655.jpg)

**Off the Deep End**

September Session of Off the Deep End will be moved to 6:45 PM

**Water Aerobics**

**Early Morning Aerobics**

New class added!!!

Registrations may be made for your immediate family plus ONE other family (non-resident forms must wait until the non-resident time).

No phone call notifications for the first day of any program.

Adjustments may need to be made to programs; we apologize for any inconvenience.



In case of inclement weather call the

**🕿 Information/Cancellation Line: 203-331-4120**

(Thunder and Lightning cancellations will not be listed)

Parks & Recreation Commission

John Papa, Chairman

Gary Cahill, Joseph DeFilippo,

Lorenzo Durante, Terrance Gumbs,

Michele Haywood, Stanley Kudej,

Deb McGlone, Jeff Van Scoy,

David Zamba, Robert Zuraw,

Sharna Kozak

**Registration Procedure**

**REGISTRATIONS** are taken at the Pool Office on the **registration date & time listed,** on a first come first serve basis. **Complete registration form on last page.**

Residents register the 1st half hour. Proof of residency required.

Non-residents register the last half hour if openings are available.

**No registrations are accepted early, without payment, or the 1st day of any program.**

**No substitutions from one class to another.** No phone call notifications for the first day of any program.

Minimum Enrollment for Water Zumba and Off the Deep End is 7, minimum for Water Aerobics is 9.

# Fee Payment

**Fees are paid by CHECK ONLY, payable to the ‘City of Shelton’.**

**Fees are not prorated by class. No refunds or transfers.**

Fees are in 3 or 4 categories: Pool Member, Resident, Non-resident & Senior for ages 62 and older.

Pool Member rate applies to the person taking the course. Member Card must be presented at registration.

Resident rate applies to those living in Shelton or pay Shelton taxes, proof required.

Senior rate - Proof of age must be shown at the time of registration.

# Class Make-Up Policy

When a cancellation must be made due to weather conditions or health & safety factors a make-up class will be added to the end of a session unless ½ of that day’s class has been taught. There are no make-ups for missed classes unless they are cancelled due to weather or health & safety factors.

Late openings or inclement weather do not necessarily mean a class is canceled. The Shelton Community Center openings and closings ARE NOT tied to the Shelton public school system.

**For cancellation & information please call 🕿 203-331-4120**.

**PROGRAM CANCELLATION OR ADJUSTMENT**

The Parks & Recreation Department reserves the right to cancel, combine or adjust the schedule of any class.

If a class is canceled due to lack of enrollment, registrants will be notified by phone & check shredded.

**CREDIT REQUESTS**

Anyone attempting to receive credit must make a written request for credit and include any supporting documents (Doctor’s note, etc) with SPECIFIC start and end dates as well as details of why you were unable to attend the class. Attendance will be verified before the request is submitted to the Parks and Recreation Director, as well as the Parks and Recreation Commission, who will determine if a credit will be given.

**PHOTOGRAPHS**

Participants may be photographed for the purpose of promotion or advertising in future brochures, in newspapers or in other Shelton Parks and Recreation Department media.

# POOL USE

**Payment is for use of the pool during scheduled program time ONLY!** Access to the pool is restricted to the class start & end times according to pool rules.

If you wish to enjoy the pool during any adult or open swim times, you may purchase an annual membership **or** pay a daily fee in the main office ***before***entering the pool. Thank you in advance for your cooperation.

# 

Aqua ZUMBA is an enjoyable, fun, low impact water exercise class set to Latin music.

A great way to tone up & feel fit. Each class is 1 hour in length.

|  |  |  |
| --- | --- | --- |
|  | **Friday at 8:30 am**  Instructor/Student Ratio1:16 | |
| **Registration**  **Times** | Residents: 7:45 am  Non-Res: 8:15 am | |
| **Registration Dates** | 8/23 | 11/15 |
| **Start Dates** | **9/13** | **12/13** |
| **End Dates** | 11/15 | 1/31 |
| No Class | 9/27, 10/11 | n/a |

|  |  |  |  |
| --- | --- | --- | --- |
| **Fee Scale for AquaZUMBA**  Checks Only Payable to ‘City of Shelton’  Session = 8 Classes | | | |
|  | **Pool**  **Member** | **Shelton**  **Resident** | **Non-Shelton**  **Resident** |
| Regular Rate | $70 | $80 | $90 |
| Senior Rate – 62 yrs + | $60 | $70 | $80 |

**\****Seniors**MUST show Proof of Age*

A 7 student minimum is required for each session.

If the minimum is not filled by 12 pm the day before class begins, the session will be cancelled.

Walk-ins are allowed for a $12 fee if the class roster has not been filled. Receipt must be presented before entry.

Class schedules can be changed by the Pool

Director only. If you have a question about class

dates and times please contact the Pool Director.

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 **Registration**

**REGISTER at POOL OFFICE**

*(Closed Monday-Friday 10:30 am – 12:00 noon)*

**Circle Day & Time:** **Friday at 8:30 am** Start Date: \_\_\_\_\_\_\_\_\_\_

**Name** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*(One name per form)*

**Street** A**ddress** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **City/State/Zip** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*(Proof of residency required)*

**🕿**  \_\_\_\_- \_\_\_\_ - \_\_\_\_\_\_\_ **Email** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(Please print legibly)**

**Birth Date** \_\_\_\_/\_\_\_\_/\_\_\_\_ *(Proof required)* **Pool Membership #** \_\_\_\_\_\_\_\_ Confirmed By\_\_\_\_\_\_\_\_

NO REGISTRATION accepted the 1st day of any session. No refunds, no transfers.

LATE REGISTRATIONS will be taken up to 12:00 noon the day before any program start date as space allows.

**Office Use Only:**

***Date*** \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ ***Time*** \_\_\_\_\_:\_\_\_\_\_ *am or pm* ***Taken by (full name)***\_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Check Payable to ‘City of Shelton’ # \_\_\_\_\_\_\_\_\_\_ Last name on Check\_\_\_\_\_\_\_\_\_\_\_\_\_ Amount $\_\_\_\_\_\_\_**

**Early Morning Aerobics**

A deep water class focused on medium to high intensity cardio and strength training. Floatation is provided and may be used if needed. Instructor encourages you to work at your own pace. Each class is 45 minutes in length.

|  |  |  |  |
| --- | --- | --- | --- |
| **Fee Scale for Water Aerobics**  A 7 student minimum is required for each session.  If the minimum is not filled by 12 pm the day before class begins, the session will be cancelled.   * Walk-ins are allowed for a $12 fee if the class roster has not been filled. * Receipt must be presented at pool office door before entry.   Checks Only Payable to ‘City of Shelton’  Session = 8 Classes | | | |
|  | **Pool**  **Member** | **Shelton**  **Resident** | **Non-Shelton**  **Resident** |
| Regular Rate | $70 | $80 | $90 |
| Senior Rate – 62 yrs + | $60 | $70 | $80 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Tuesday**  **7:30 am** | | **Friday**  **7:30 am** | |
| Instructor/Student Ratio | *1:16* | | *1:16* | |
| **Registration Times**  Shelton Residents:  Non-Residents: | 7:00 am  7:15 am | | 7:00 am  7:15 am | |
| **Registration Dates** | 8/13 | 10/15 | 8/9 | 10/18 |
| **Start Dates** | **8/27** | **11/5** | **8/30** | **11/8** |
| **End Dates** | 10/15 | 1/14 | 10/18 | 1/3 |
| **No Class on** | n/a | 11/26, 12/3, 12/24 | n/a | 11/29 |

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**Early Morning Aerobics Registration**

**REGISTER at Pool Office**

*(Closed Monday-Friday 10:30 am – 12:00 noon)*

**Tuesday at 7:30 am** **Friday at 7:30 am** Start Date: \_\_\_\_\_\_\_\_\_\_

**Name** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*(One name per form)*

**Street** A**ddress** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **City/State/Zip** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*(Proof of residency required)*

**🕿**  \_\_\_\_- \_\_\_\_ - \_\_\_\_\_\_\_ **Email** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(Please print legibly)**

**Birth Date** \_\_\_\_/\_\_\_\_/\_\_\_\_ *(Proof required)* **Pool Membership #** \_\_\_\_\_\_\_\_ Confirmed By\_\_\_\_\_\_\_\_

NO REGISTRATION accepted the 1st day of any session. No refunds, no transfers.

LATE REGISTRATIONS will be taken up to 12:00 noon the day before any program start date as space allows.

**Office Use Only:**

***Date*** \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ ***Time*** \_\_\_\_\_:\_\_\_\_\_ *am or pm* ***Taken by (full name)***\_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Check Payable to ‘City of Shelton’ # \_\_\_\_\_\_\_\_\_\_ Last name on Check\_\_\_\_\_\_\_\_\_\_\_\_\_ Amount $\_\_\_\_\_\_\_**

**WATER AEROBICS**



A low-impact water aerobic program for fun & exercise. Each class is 45 minutes in length.

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| --- | --- | --- | --- | --- | --- | --- |
| **Fee Scale for Water Aerobics**  A 9 student minimum is required.  If minimum is not filled by 12 pm the day before class begins, the session will be cancelled.  Walk-ins are allowed for a $12 fee if the class roster has not been filled.\*  Receipt must be presented before entry.  Checks Only Payable to ‘City of Shelton’  Session = 12 Classes | | | | | | |
|  | | **Pool**  **Member** | **Shelton**  **Resident** | | **Non-Shelton**  **Resident** | |
| Regular Rate | | $70 | $80 | | $90 | |
| Senior Rate – 62 yrs + | | $60 | $70 | | $80 | |
|  | **Mon & Wed**  **8:45 am** | | | | | | **Tues & Thurs**  **8:45 am**  **\*no walk ins allowed** | | |
| Instructor/Student Ratio | *1:16* | | | | | | *1:16* | | |
| **Registration Times**  Shelton Residents:  Non-Residents: | 8:15 am  8:30 am | | | | | | 8:15 am  8:30 am | | |
| **Registration Dates** | 8/19 | | | 10/9 | | 12/16 | 8/6 | 9/24 | 11/12 |
| **Start Dates** | **8/28** | | | **10/23** | | **12/30** | **8/15** | **10/3** | **11/21** |
| **End Dates** | 10/9 | | | 12/16 | | 2/26 | 9/24 | 11/12 | 1/21 |
| **No Class on** | ***9/2*** | | | ***11/11, 11/25, 11/26, 12/2*** | | ***1/1, 1/20, 2/3, 2/5, 2/ 12, 2/17*** | ***n/a*** | ***n/a*** | ***11/26, 11/28, 12/3, 12/24, 12/26, 1/2*** |

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**Water Aerobics Registration**

**REGISTER at Pool Office**

*(Closed Monday-Friday 10:30 am – 12:00 noon)*

**Circle Day & Time:**

**Water Aerobics**  Start Date: \_\_\_\_\_\_\_\_\_\_

Mon & Wed8:45 am Tues & Thurs 8:45 am

**Name** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*(One name per form)*

**Street** A**ddress** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **City/State/Zip** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*(Proof of residency required)*

**🕿**  \_\_\_\_- \_\_\_\_ - \_\_\_\_\_\_\_ **Email** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(Please print legibly)**

**Birth Date** \_\_\_\_/\_\_\_\_/\_\_\_\_ *(Proof required)* **Pool Membership #** \_\_\_\_\_\_\_\_

NO REGISTRATION accepted the 1st day of any session. No refunds, no transfers.

LATE REGISTRATIONS will be taken up to 12:00 noon the day before any program start date as space allows.

**Office Use Only:**

***Date*** \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ ***Time*** \_\_\_\_\_:\_\_\_\_\_ *am or pm* ***Taken by (full name)***\_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Check Payable to ‘City of Shelton’ # \_\_\_\_\_\_\_\_\_\_ Last name on Check\_\_\_\_\_\_\_\_\_\_\_\_\_ Amount $\_\_\_\_\_\_\_**

**Off the Deep End**

A deep water class focused on medium to high intensity cardio and strength training. Floatation is provided and may be used if needed. Instructor encourages you to work at your own pace. Each class is 45 minutes in length.

|  |  |  |  |
| --- | --- | --- | --- |
| Tuesday and Thursday  A 7 student minimum is required for each session.  If the minimum is not filled by 12 pm the day before class begins, the session will be cancelled.   * Walk-ins are allowed for a $12 fee if the class roster has not been filled. * Receipt must be presented at pool office door before entry.   6:45 pm (starting 9/2019)  Instructor/Student Ratio1:16 | | | |
| **Registration**  **Times** | Residents: 6:00 pm  Non-Res: 6:15 pm | | |
| **Registration Dates** | 7/18 | 9/5 | 10/24 |
| **Start Dates** | **7/30** | **9/17** | **11/5** |
| **End Dates** | 9/5 | 10/24 | 12/19 |
| No Class | n/a | n/a | 11/26, 11/28 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Fee Scale for Water Aerobics**  Checks Only Payable to ‘City of Shelton’  1 Session = 12 Classes (Approx. 6 weeks) | | | | |
|  | | **Pool**  **Member** | **Shelton**  **Resident** | **Non-Shelton**  **Resident** |
| **Both Days** | Regular Rate | $105 | $120 | $135 |
| Senior Rate – 62 yrs + | $90 | $105 | $120 |
|  | |  |  |  |
| **One Day** | Regular Rate | $55 | $65 | $70 |
| Senior Rate – 62 yrs + | $50 | $55 | $65 |

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**Off the Deep End Registration**

**REGISTER at Pool Office**

*(Closed Monday-Friday 10:30 am – 12:00 noon)*

**Circle Day & Time:** Start Date: \_\_\_\_\_\_\_\_\_\_

**Tuesday and Thursday Tuesday Only Thurs Only**

**Name** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*(One name per form)*

**Street** A**ddress** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **City/State/Zip** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*(Proof of residency required)*

**🕿**  \_\_\_\_- \_\_\_\_ - \_\_\_\_\_\_\_ **Email** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(Please print legibly)**

**Birth Date** \_\_\_\_/\_\_\_\_/\_\_\_\_ *(Proof required)* **Pool Membership #** \_\_\_\_\_\_\_\_ Confirmed By\_\_\_\_\_\_\_\_

NO REGISTRATION accepted the 1st day of any session. No refunds, no transfers.

LATE REGISTRATIONS will be taken up to 12:00 noon the day before any program start date as space allows.

**Office Use Only:**

***Date*** \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ ***Time*** \_\_\_\_\_:\_\_\_\_\_ *am or pm* ***Taken by (full name)***\_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Check Payable to ‘City of Shelton’ # \_\_\_\_\_\_\_\_\_\_ Last name on Check\_\_\_\_\_\_\_\_\_\_\_\_\_ Amount $\_\_\_\_\_\_\_**