

AQUATICS

The Foote Road Recreation Center provides opportunities for swimming, a basketball court, a pavilion for picnicking, and a playground. The facility is located on Foote Road at the Intersection of Vineyard Road. The waterfront is tested weekly by the Bristol/Burlington Board of Health, and complies with all State of Connecticut Regulations governing Waterfronts. Foote Road Telephone Number: 860-673-9042.

SUMMER BEACH HOURS

Opening Day: Saturday, June 15
Daily Hours: Monday through
Saturday 11:30 am – 7:00 pm
Sundays: Closed



MEMBERSHIP & DAILY PASS FEES

Family Pass: \$75
Individual Pass: \$45
Resident Fee: \$2 per person daily
 (2 years and older)
Non-Resident Fee: \$4 per person daily
 Burlington Seniors: ½ Price

Swimming Lessons: \$45 per session

The Benefits of Swim Lessons

Swimming lessons are an essential part of a child's education; being able to swim properly increases confidence, making time in the water an enjoyable experience, as well as a healthy, total fitness activity. Our Learn-To-Swim program is structured for children to start young and advance through the American Red Cross Learn-To-Swim Levels and Skills. The following information describes the program.

AMERICAN RED CROSS LEARN-TO-SWIM LEVELS AND SKILLS	
LEVEL 1: INTRODUCTION TO WATER SKILLS (30 minutes)	For children who have never had swimming lessons before and do not swim independently. <i>Exit Skills:</i> <ul style="list-style-type: none"> • Enter unassisted, move 5 yards, bob 5 times to chin level and safely exit the water. • Float on front with entire face in the water with support for 3 seconds, roll to back, (with assistance) and float on back with support for 3 seconds.
LEVEL 2: FUNDAMENTAL AQUATIC SKILLS (30 minutes)	This is for children who have passed Level 1 or can do Level 1 exit skills. <i>Exit Skills:</i> <ul style="list-style-type: none"> • Step from side into chest deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, then move back to a back float for 5 seconds and return to a standing position. • Push off and swim using a combination of arm and leg actions for 15 feet on the front; push off and swim using combination of arm and leg actions for 15 feet on back.
LEVEL 3: STROKE DEVELOPMENT (40 minutes)	This class is for children who have passed Level 2 or can do Level 2 exit skills. <i>Exit Skills:</i> <ul style="list-style-type: none"> • Jump into chest deep water from the side, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to front or side). Maintain position by treading or floating for 30 seconds and swim back crawl for 15 yards.
LEVEL 4: STROKE DEVELOPMENT (40 minutes)	This class is for children who have passed Level 3 or can do the Level 3 exit skills. <i>Exit Skills:</i> <ul style="list-style-type: none"> • Perform a feet-first entry into chest deep water, swim front crawl for 25 yards, maintain position on back for one minute in deep water (floating or sculling), swim elementary backstroke for 15 yards. Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.
LEVEL 5: STROKE REFINEMENT (40 minutes)	This class is for children who have passed Level 4 or can do the Level 4 exit skills. <i>Exit Skills:</i> <ul style="list-style-type: none"> • Perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for minutes in deep water (floating or sculling), and swim elementary backstroke for 25 yards. • Swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.
LEVEL 6: SWIMMING AND SKILL PROFICIENCY (40 minutes)	This class is for children who have passed Level 5 or can do the Level 5 exit skills and are interested in continuing to improve their strokes. Plus there are also specialty Level 6 classes which include: <ul style="list-style-type: none"> • Fitness Swimmer – Swim Team Preparation • Fundamentals of Diving • Personal Water Safety