THE POOLS @ ROSEMARY - SUMMER 2024

Register online at www.needhamprograms.com



HOURS OF OPERATION

WEEKDAYS

Lap Swim/Water Walking
7:00am-10:00am

Family Swim
1:15pm-7:30pm*

WEEKENDS

Lap Swim/Water Walking
10:00am-12:00pm

Family Swim
10:00am-6:00pm*

**Rest periods every 75 minutes*

IMPORTANT DATES

June 15-16 | Soft Opening

June 22 | Grand Opening

August 11 | End of Season



SUMMER 2024 - POOL RATES

2024 SEASON PASSES	NEEDHAM RESIDENTS	NON-RESIDENTS
FAMILY *This season pass includes 2 adults (21+) and up to 6 children (0-20 years) living in the same household.**	**$475**	**$840**
INDIVIDUAL *This season pass includes 1 adult (21+)*	**$210**	**$446**
SENIOR *This season pass includes 1 senior (60+)*	**$105**	**$190**
2024 DAILY PASSES	**NEEDHAM RESIDENTS**	**NON-RESIDENTS**
	$10 (ages 3-59) **$5** (ages 60+) **$5** (after 5:30pm) Max. **$50 per family**	**$25** (ages 3-59) **$15** (ages 60+) **$10** (after 5:30pm) Max. **$150 per family**

THE POOLS
ROSEMARY RECREATION COMPLEX

**If you have additional family living in your household, please contact the Park & Recreation Director, Stacey Mulroy, at smulroy@needhamma.gov.*

AMERICAN RED CROSS SWIM LESSONS
DEFINITIONS

Adult & Child Water Fun (ages 12 months to 3 years)
- Orientation to water for toddlers and their favorite adult.
- Swimmers learn how to use floating objects for support and explore different water movements through games, song and active water play.



Little Sharks (ages 3-5 years)
- Swimmers learn, through fun games and songs, how to combine skills, how to kick with buoyant object and how to perform basic floats, glides and kicks.

Level 1 - Exploring the Water (ages 5+)
- Prerequisite – None
- Learn skills to feel more comfortable in the water and develop good swimming habits and safe practices around the water.
- Elementary aquatic skills are introduced – entering and exiting the water, submerging mouth, nose and eyes, blowing bubbles through the mouth and nose, bobbing in the water, front and back floating, beginning to learn front and back swimming using arms and legs, retrieving objects underwater.

Level 2 - Fundamental Aquatic Skills (ages 5+)
- Prerequisites – can do some skills unsupported, even if for only a few seconds, can comfortably submerge mouth, nose and eyes and blow bubbles
- Front and back glides and floats.
- Jellyfish and tuck floats.
- Treading water with arm and leg actions.
- Developing swimming with the front and back crawl.
- Entering the water by jumping or stepping from the side.





Level 3 - Stroke Development (ages 5+)
- Prerequisites – can swim on front and back unsupported for 15 feet with alternating arm action and continuous kicking; can float and glide unsupported and bob fully submerged 5 times.
- Submerge and retrieve objects.
- Treading water using the scissors kick.
- Coordinate the front crawl and back crawl.
- Survival float
- Flutter, scissor, dolphin and breaststroke kicks.
- Head-first entries from the side – kneeling and sitting positions.

Level 4 - Stroke Improvement (ages 5+)
- Prerequisites – can swim front crawl at least 15 yards, back crawl 15 yards and butterfly kick, breaststroke kick at least 15 yards; can do kneeling dive and tread water for at least 30 seconds.
- Develop confidence, coordination and strength in the strokes learned in Level 3.
- Coordination and control in all six strokes (front crawl, back crawl, breaststroke, butterfly, elementary backstroke and sidestroke).
- Swimming underwater.
- Feet first surface dive.
- Treading water using 2 different kicks.
- Open turns.
- Head first entries from the side.

Level 5 - Stroke Refinement (ages 5+)
- Prerequisites – can swim front crawl with rotary breathing and back crawl at least 25 yards, breaststroke, butterfly, elementary backstroke and sidestroke at least 15 yards; strokes should have all the elements and only need refinement; can do standing dive and tread water at least one minute.
- Refinement of all six strokes (front crawl, back crawl, breaststroke, butterfly, elementary backstroke and sidestroke).
- Flip turns on front and back.
- Tuck and pike surface dives.
- Swimming longer distances.

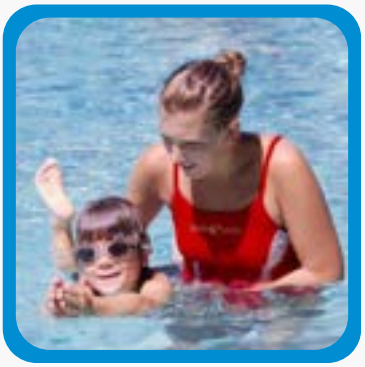
AMERICAN RED CROSS SWIM LESSONS
LEARN-TO-SWIM CLASS SCHEDULE

Adult/Child

- 8:30AM - 9:00AM
- 9:15AM - 9:45AM
- 10:00AM - 10:30AM
- 10:45AM - 11:15AM
- 11:30AM - 12:00PM
- 12:15PM - 12:45PM

Little Sharks

- 8:30AM - 9:00AM
- 9:15AM - 9:45AM
- 10:00AM - 10:30AM
- 10:45AM - 11:15AM
- 11:30AM - 12:00PM
- 12:15PM - 12:45PM



Level 1

- 8:30AM - 9:00AM
- 9:15AM - 9:45AM
- 10:00AM - 10:30AM
- 10:45AM - 11:15AM
- 11:30AM - 12:00PM
- 12:15PM - 12:45PM

Level 2

- 8:30AM - 9:00AM
- 9:15AM - 9:45AM
- 10:00AM - 10:30AM
- 10:45AM - 11:15AM
- 11:30AM - 12:00PM
- 12:15PM - 12:45PM

American Red Cross

Level 3

- 8:30AM - 9:00AM
- 9:15AM - 9:45AM
- 10:00AM - 10:30AM
- 10:45AM - 11:15AM
- 11:30AM - 12:00PM
- 12:15PM - 12:45PM

Level 4

- 8:30AM - 9:00AM
- 9:15AM - 9:45AM
- 10:00AM - 10:30AM
- 10:45AM - 11:15AM
- 11:30AM - 12:00PM
- 12:15PM - 12:45PM

Level 5

- 8:30AM - 9:00AM
- 9:15AM - 9:45AM
- 10:00AM - 10:30AM
- 10:45AM - 11:15AM
- 11:30AM - 12:00PM
- 12:15PM - 12:45PM

Lesson Information

Season Pass Fee - Session 1 - $90, Session 2 & 3 - $100
Non-season pass Fee - Session 1 - $180, Session 2 & 3 - $200
Due to staffing limitations, lessons are only available for Needham residents.

Session 1: July 1 - July 12 (no lessons July 4)
Session 2: July 15 - July 26
Session 3: July 29 - August 9

STROKE CLINICS

Ages 6-10

- 10:30AM - 11:30AM

Ages 11-18

- 11:30AM - 12:30PM

Stroke Clinic Dates

Session 1: July 1 - July 5 (no lesson July 4)
Session 2: July 8 -July 12
Session 3: July 15 - July 19
Session 4: July 22 - July 26
Session 5: July 29 - August 2
Session 6: August 5 - August 9

Stroke Clinic Fees

Fee with Season Pass
Week 1 - $90, Week 2-6 - $100
Fee without Season Pass
Week 1 - $135, Week 2-6 - $150

NEEDHAM SHARKS SWIM TEAM

Dates: Mondays - Thursdays, June 12 - August 10

No practice or meet held on July 3 and 4th

Please note: The first week is practices for returning athletes and will serve as tryouts for new athletes.

Swim Team Fees

Fee with Season Pass - $315

Fee without Season Pass - $415

Parent Meeting and Swimsuit Try-ons will be June 1st from 3:30-6:45pm at the Rosemary Recreation Complex

For more information: please visit
www.needhamsharks.com

Practice Times:

Age	Time
8 and under	5:15-6:00pm
9 & 10	5:15-6:00pm
11 & 12	6:00-6:45pm
13 & 14	6:45-7:45pm
15 - 18	6:45-7:45pm



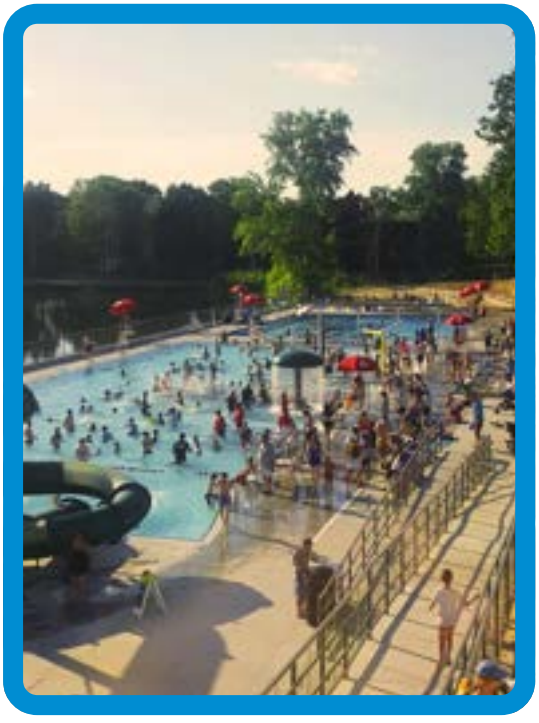
FAMILY FUN THURSDAYS



CELEBRATE THE SUMMER!

Family Fun Days return to the Pools at Rosemary this year! Come spend four (4) Thursdays this summer with us at the pools and enjoy a shakeup from the usual Rosemary fun. We'll be running games and activities on the beach, playing fun music over the speakers, and we are even hoping to bring in some local food trucks! Family Fun Days will be starting at 1:15PM. We can't wait to celebrate the summer with you.

Dates Coming Soon!



ADMISSIONS & REGISTRATIONS

THE POOLS
ROSEMARY
RECREATION
COMPLEX

Pool updates will be posted first on our Facebook page. Be sure to like us at www.facebook.com/NeedhamRecreation

- **There is no pre-registration. Pool use will be on a first come, first-served basis.**

- **Our pool capacity is 350 people.**
  - Why is this?
    - Massachusetts state code requires there is 1 lifeguard for every 25 swimmers. We have 12 lifeguards in rotation (not including the slides), which means we have a swimmer capacity of 300. We are increasing that number to 350, realizing that not every single person will be in the water at the same time.
  - Why don't the slide monitors count?
    - The slide monitors are only focusing on 1 swimmer at a time and are not allowed to guard other areas of the pool while monitoring the slide.



FREQUENTLY ASKED QUESTIONS

- **Will your hours change for the holiday of July 4th?**
  - **Yes.**
    - **Tuesday, July 4, 1:00pm - 6:00pm**
      - ***Opening late for the Parade!!***



- Can I stay in the pool area after lap swim/swim lessons?
  - No everyone must leave until we reopen later in the day.

- Are floaties or pool toys allowed?
  - Floatation devices and pool toys are not permitted for safety purposes.



- What happens if there is thunder or lightning?
  - When lighting strikes within 10 miles of the pool, the pool will be closed and will re-open 30 minutes after the last strike within 10 miles. The staff uses the WeatherBug app to confirm thunder or lightning in the area. You can download the app for free!

- Where do I register for swim lessons?
  - Swim lessons and memberships can be registered online at www.needhamprograms.com.

- Is the lap pool closed during swim team?
  - Yes, the lap pool will be closed for swim team practice and meets Monday-Thursday after 5pm during season. (If the team has an Away Meet, the lap pool will be open for everyone.)

- Can I bring food/drinks in?
  - Yes, but **NO glass or ceramic containers, cups, glasses, etc. are permitted at the pool.**



FREQUENTLY ASKED QUESTIONS

- Can I reserve space at the pool for a birthday party?
  - No, the pool can not be rented for private events.

- If I have a season pass can I bring guests?
  - Guests of season pass holders must pay the daily admission fee.

- Are there any COVID restrictions?
  - We follow all current federal, state, and local Covid-19 guidelines. But for the safety of everyone, please stay home if you are feeling sick.

- How old does my child need to be to go to the pool without an adult?
  - 14 years old and pass the swim test this summer.

- Does my child need to take a swim water test?
  - If your child plans to go in the lap pool or down the slide, they must complete a swim test and be given a wristband by a lifeguard.

- Is the pool heated?
  - Only by the sun! Our pool is not heated.

- Do you have locks available for the lockers?
  - No, we do not rent locks. Personal locks can be used on lockers during time of visit.

- Do you have a lost and found?
  - Yes, lost and found is located at the registration booth.

- Can I smoke while at the pool?
  - Smoking is not permitted in or around the facility. There is no smoking in our parking lots.



FREQUENTLY ASKED QUESTIONS

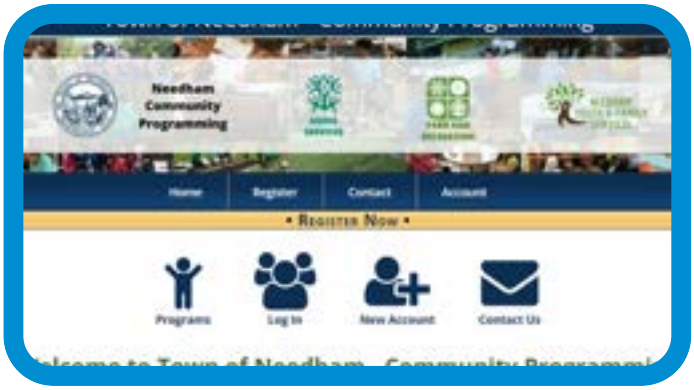
- Is there a discounted rate if we only take 1 week of swim lessons?
  - No, we do not offer prorated discounts.

- Are the pools handicap accessible?
  - Yes! Our family pool has a zero-depth entry, and we have a chair lift for access to both pools. In addition, last year, we were able to receive a grant to purchase this floating wheelchair! Check out this video to see how it works. www.youtube.com/shorts/mg7iQMT0gN4



- Are season passes refundable?
  - Season passes on non-refundable. All emergency requests must be approved by the department manager.

- Why is the system not finding my account?
  - The Town of Needham moved to a new registration software September 2021. If you have not created an account since this change of software, you must create a new account at www.needhamprograms.com.





- Are swim diapers required for children who aren't potty-trained?
  - Yes, and we have some available for purchase should you forget yours.


We can't wait to see you this Summer!
GUARD