

THE POOLS @ ROSEMARY - SUMMER 2022

Registration begins on Wednesday, March 30 at 9:00 am

Registration online at www.needhamprograms.com



SUMMER 2022

This year we will be bringing back even more to the Pools @ Rosemary. Family Swims, Lap Swimming, Swim Lessons, Swim Team, Stroke Clinics, Family Fun Nights & More!

We are so happy to not have any COVID related restrictions! However, like everyone else, we have some concerns about our ability to have enough staff throughout the summer. If we have lower staff numbers, we will reduce our capacity limits or reduce the number of hours per day we open. We will be keeping a close eye on our staffing numbers and will adjust as needed. If you know anyone that would like to work at the Pools, send them our way!

SUMMER DATES

June 17 - 19 | Soft Opening

June 24 | Grand Opening!

June 25 - August 12 | Summer Season



SUMMER 2022 - POOL HOURS & RATES

2022 POOL HOURS	WEEKDAYS	WEEKENDS
LAP SWIM / WATER WALKING	7:00AM - 10:00AM	10:00AM - 12:00PM*
FAMILY SWIM	Slot 1: 1:15PM - 4:15PM Slot 2: 4:30PM - 7:30PM	10:00AM - 6:00PM

*Diving Board not available at during this time frame.

2022 MEMBERSHIP RATES	NEEDHAM RESIDENTS	NON-RESIDENTS
FAMILY <i>This membership includes 2 adults (21+) and up to 6 children (0-20years) living in the same household.</i>	\$450	\$800
INDIVIDUAL <i>This membership includes 1 adult (21+)</i>	\$200	\$425
SENIOR <i>This membership includes 1 senior (60+)</i>	\$100	\$180
2022 DAILY RATES	NEEDHAM RESIDENTS	NON-RESIDENTS
MONDAY - FRIDAY <i>These rates will apply to one 3 hour time slot.</i>	\$10 (ages 3-59) \$5 (ages 60+) Max. \$40 per family	\$20 (ages 3-59) \$10 (ages 60+) Max. \$80 per family
SATURDAY & SUNDAY <i>These rates will apply the entire 6 hour day.</i>	\$20 (ages 3-59) \$10 (ages 60+) Max. \$80 per family	\$30 (ages 3-59) \$15 (ages 60+) Max. \$120 per family

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)

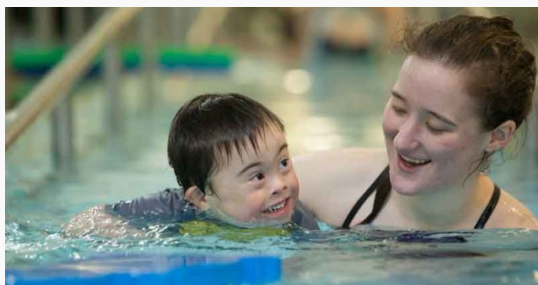
- Swimmers learn, through fun games and songs, how to combine skills, how to kick with buoyant object and how to perform basic floats, glides and kicks.

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

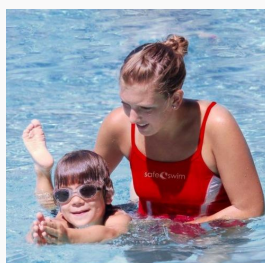
LEARN-TO-SWIM CLASS SCHEDULE

Adult/Child

8:30AM - 9:00AM	9:15AM - 9:45AM
10:00AM - 10:30AM	Not Available
Not Available	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	Not Available



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

Level 3

Not Available	9:15AM - 9:45AM
10:00AM - 10:30AM	10:45AM - 11:15AM
11:30AM - 12:00PM	12:15PM - 12:45PM

Level 4

Not Available	Not Available
Not Available	10:45AM - 11:15AM
11:30AM - 12:00PM	12:15PM - 12:45PM



Level 5

Not Available	Not Available
Not Available	10:45AM - 11:15AM
11:30AM - 12:00PM	12:15PM - 12:45PM

Lesson Information

Member Fee - \$100 per session

Non-Member Fee - \$200 per session

Due to staffing limitations, lessons are only available for Needham residents.

Session 1: July 5 - July 15, 2022

Session 2: July 18 - 29, 2022

Session 3: August 1 - August 12, 2022

STROKE CLINICS

Ages 6-10

10:30AM - 11:30AM

Ages 11-18

11:30AM - 12:30PM

Stroke Clinic Dates

Session 1: July 5 - July 8

Session 2: July 11 - July 15

Session 3: July 18 - July 22

Session 4: July 25 - July 29

Session 5: August 1 - August 5

Session 6: August 8 - August 12

Stroke Clinic Fees

Members

\$100 Per Session

Non-Members

\$150 Per Session

Due to staffing limitations, lessons are only available for Needham residents.

Page 4

NEEDHAM SHARKS

SUMMER SWIM TEAM

TEAM REQUIREMENTS:

- OPEN TO ALL AGES 6-18
- ALL ATHLETES ARE REQUIRED TO BE NEEDHAM RESIDENTS
- SEASON WILL RUN 6/21-8/13
- MUST BE ABLE TO COMMIT TO MINIMUM OF 6 WEEKS OF SEASON



Your team
suit is
included!

REGISTRATION:

- REGISTER ATHLETES THROUGH NEEDHAM PARK AND RECREATION
- TRYOUTS REQUIRED FOR NEW ATHLETES (NOT REQUIRED FOR RETURNING ATHLETES)
- COST: \$300 FOR MEMBERS, \$400 FOR NON-MEMBERS
- 3 WEEKS OF STROKE CLINICS INCLUDED

PRACTICE TIMES:

MONDAY-THURSDAY

- 8 & U: 5:15-6:00 PM
- 9-10: 5:15-6:00 PM
- 11-12: 6:00-6:45 PM
- 13 & OLDER: 6:45-7:45 PM

MEET TIMES:

TUESDAYS & THURSDAYS

- STARTING WEEK OF 7/5
- DATES & LOCATIONS TO BE DETERMINED



FAMILY FUN FA-WEDNESDAYS

Summer 2022



CELEBRATE THE SUMMER!

Family Fun Days return to the Pools at Rosemary this year! Come spend your Wednesday afternoons and evenings with us at the pools and enjoy a shakeup from the usual Rosemary fun. We'll be running games and activities on the beach, brining in food trucks and carts, and playing fun music over the speakers. Family Fun Days will be starting at 1:15PM. Dates will be announced soon! We can't wait to celebrate the summer with you!

