

SBP MEMBERSHIPS

SBP Memberships are available; these entitle the user to reduced rates for swim lessons and day camp in addition to free daily swimming.

Family	\$ 80/season
Adult (18 & older)	\$ 36/season
Youth (2-17)	\$ 32/season
Seniors (65 & older)	\$ 15/season
Non-Residents	Add \$5

Make checks payable to **TOWN OF GRANBY**. Please remit to Recreation Dept. Membership badges will be issued upon receipt of payment. Please read the restrictions on the information sheet carefully. Badges are non-transferable and must be shown for admittance to the Pond. Replacement badge cost is \$5.00.

SWIMMING



Salmon Brook Park Swimming Facility is a man-made pond fed by a deep well and springs in the pond bottom. The Pond has a sandy beach & bottom with a gradual descent, ideal for young children and swim lessons. All **SBP** staff is trained

in BLS/CPR & First Aid, meets OSHA requirements and receives intensive in-house training. Water quality is tested periodically by the Farmington Valley Health District and the pond is treated for algae periodically as needed during the swim season. Food, beverages and smoking are not allowed on the beach or in the locker rooms. For the health and safety of all our patrons, babies and young children who normally wear diapers, must wear swim diapers in the pond.



RECREATIONAL SWIM

Opens Wednesday, **June 12th** for the Season

Daily Hours (M-F)
11:00AM – 6:30PM

All Weekends and weeks of **8/15 to Closing 8/27**

10:30AM – 6:00PM

FREE swim on 4th of July

DAILY SWIMMING

Members	FREE	
Resident Non-Members	Adults	\$2.50
	Youth 2-17	\$2.00
	Seniors 65	\$1.00
Non-Resident Non-Members	Adults	\$3.00
	Youth 2-17	\$2.50
	Seniors 65	\$1.50

Driver's License or school ID is required to verify residency.

www.granby-ct.gov/

SALMON BROOK PARK
GUEST PASS
GOOD FOR ONE (1) FREE VISIT

JUNE 25-26

Admit 1 person



6/23

Celebrate Summer Solstice 6:00-8:00
Raft Day After 6:00 only

7/4

FREE Admission Open to 7:30
Late Nites & Raft Days Rafts after 6:00

6/23, 6/30, 7/7,
7/14, 7/21, 7/28

8/14 & 8/26

Raft Days 1:00



Summer Solstice – Join us as we celebrate the longest (almost) day of the year. **FREE** admission after 6PM.

Raft Days – A time to bring your favorite flotation device.

Summer Blast-Off –Join the waterfront staff on the last day of school for fun, games, music and pizza on the beach; 1:00-4:00. \$5pp.

The Town of Granby reserves the right to close the Pond periodically due to weather conditions, pond conditions and/or availability of sufficient qualified staff. The Pond will close during thunder and lightning; no refunds or rain checks.



10/15 RULE

Children age 10 & under must be **accompanied and supervised** by someone 15 years old or older.
Limit four (4) children 10 & under with one (1) adult.

We do not allow bathing suits with foam.
No snorkels but goggles are acceptable.



SWIM LESSONS

SBP Member \$44
 Non-SBP Member \$52
 Non-Resident Fee – Add \$5 to each session

The American Red Cross Program of instruction is offered for all swimming levels. Newly revised (2009) program with a greater emphasis on drowning prevention and water safety; this program is geared to help people of all ages enjoy the water safely and act effectively in an emergency situation. See the description below or for a more defined description, ask the Staff.

The prerequisite for each level is the successful demonstration of skills learned in the preceding level. Beginners start at Level 1, which has no prerequisite. Please remember: *It is normal for a child to remain in any one (1) level for more than one (1) and even two (2) summers. Levels are not determined by age but by physical ability & skill achievement.*

Limited spaces are available for each level. Lesson times are determined by enrollment numbers and will be posted on the bulletin board at the Bathhouse by 12:00Noon the Friday before each session begins. All lessons take place in the morning. Absolutely no registrations will be accepted later than 4:00PM on Wednesday prior to the start of the next session.

Lessons are 30 minutes long for a 2-week period and are held rain or shine. Children have a limited attention span; lessons longer than 30 minutes are of no extra value to the learning process. We recommend that you work with your child(ren) daily on the skills taught during the lessons.

Except for the Parent/Child Aquatics, parents are requested to enjoy their children's progress from outside the beach area. The last day of each session, parents are invited onto the beach to observe and enjoy the successes!

SWIM LESSONS SESSIONS are as follows:

- Session I July 11 - 15
- Session II July 18 - 29
- Session III August 1 – August 12



REGISTRATION: All levels have a limited number of spaces that allows for the maximum benefit of the child as well as the attention span of children. Registrations may be made starting May 1st at the Recreation Dept.

TESTING: Testing for proper lesson placement, if necessary, is to be made directly with the instructors at SBP. If you are unsure of where your child should be placed, contact the Waterfront Director/WSI at the Bathhouse for an appointment for testing at least one (1) week prior to start of the session.

We believe that no resident should be denied recreational opportunities because of lack of financial resources.

Financial resources are available. All information is strictly confidential. Contact the Recreation Office for details.
 Please apply early.

PRIVATE SWIM LESSONS – for all ages

Private/Semi-private swim lessons are available for any level and offer a one-on-one instruction. Following registration, the instructor will contact you to schedule your 30-minute lessons based on your schedule and the instructor's availability.

Private Lesson Fee: \$25/half hour
 Semi-Private Lessons Fee: \$20/per person half hour



HOW TO DETERMINE YOUR CHILD'S SWIM

ABILITY:

Parent & Child Aquatics (6 months to about 3): Parents & children work together to increase a child's comfort level in the water and build a foundation of basic skills.

Preschool Aquatics (about ages 4-5): Throughout the 3 levels, pre-school children learn basic aquatic safety and survival skills. They increase their confidence & comfort level in and around water with age-appropriate skills.

Learn-to Swim (about ages 6 through adults): designed to help participants achieve maximum success based on a logical six-level progression to develop their water safety, survival & swim skills.

- Level I** – Intro to Water Skills
- Level II** – Fundamental Aquatic Skills
- Level III** – Stroke Development
- Level IV** – Stroke Improvement
- Level V** – Stroke Refinement
- Level VI** – Swimming & Skill Proficiency

In order to move to the next higher level, a swimmer must complete a set of exit skills. For a full description of each level and the necessary exit skills, contact the Recreation office. Please remember: It is normal for a child to remain in any level for 2 or more years. Don't overestimate your child's ability; it is better to rate your child's ability lower to start – we can always move him/her to a higher level.

Not sure if your child passed last year? Call us.

BENEFITS OF SWIMMING

IMMERSING YOURSELF IN WATER MAY BE THE BEST "DRUG" OUT THERE - CAPABLE OF LOWERING BLOOD PRESSURE, REDUCING STRESS & IMPROVING HEART HEALTH.

Did You Know...

Summer is prime time for swimmer's ear, an infection that occurs when water gets trapped in the ear canal. And you don't even have to be a swimmer to get it! Heavy sweating during hot, humid weather can also leave you with waterlogged ears.

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