

## POOL RULES

### Pool Rules:

1. Children under 6 must be accompanied by an adult at all times. Children under 8 must be supervised at the pool.
2. Water wings and other flotation devices are not permitted.
3. Children under 15 must pass the Deep Water Test before swimming in the deep end, unless accompanied by an adult 18+. (1 to 1 adult/child ration required)
4. Enter the shallow end near the filters and the deep end near the railings or with ladders only.
5. Diving is permitted off the diving boards only.
6. One person allowed on the diving board at a time. Dive from the end of the board only.
7. Do not swim over or under ropes, except when leave the diving area.
8. Do not distract the lifeguards.
9. Keep food and drinks on the grass. Absolutely no glass allowed in pool area.
10. NO ALCOHOL OR TOBACCO ON RECREATION GROUNDS.
11. NO FIGHTING. Minimum penalty is immediate one-week suspension.

These rules keep everyone safe! Please respect them and our guards so we can all have fun swimming at the pool. Lack of consideration for pool staff or rules will result in immediate dismissal from pool area.



## DEEP WATER TEST

Monday, Wednesday, Friday 2:45, and by request when staffing allows.

- Swim on Front 25 yards (across pool)
- Short rest on side (5-8 seconds maximum)
- Swim front crawl 10-12 yards (1/2 way across pool)
- Roll onto back
- Swim on back 10-12 yards (1/2 way across pool)
- Tread water for 1 minute
- Jump off diving board and swim to the ladder to exit pool

Criteria: Guards watch for horizontal body positioning, face in the water, a linear path, ease of movement and comfort in deep water. Final pass/no-pass decision is based on lifeguard discretion. If a guard feels that a child is too tired or weak after completing any step of the test, the child may be asked to remain in the shallow end and encouraged to try the test again in one week.

## WATERBURY POOL

### SUMMER 2024

Physical Address:  
25 Butler Street  
Waterbury, VT

Phone: 802-244-6340 (in-season)

Recreation Director: Katarina Lisaius

klisaius@waterburyvt.com  
Pool Director: Heather Lessor  
pool@waterburyvt.com

## HOURS OF OPERATION

OPENING DAY: MONDAY, JUNE 24, 2024

CLOSING DAY: SUNDAY, AUGUST 18, 2024

### HOURS:

Monday, Tuesday, Wednesday, Friday

General Swim: 10am - 7:00pm

Adult Lap Swim: 9am - 7:00pm

### Thursday

General Swim: 10am - 4:30pm

Adult Lap Swim: 9am - 4:30pm

### Saturday

Swim Lessons: 9am - 11am

\*There is always one lane reserved for adult lap swim during general swim hours.

### FEES:

Daily Fee: Single - \$5, Family - \$20

### RESIDENT SEASON MEMBERSHIP:

Single: \$97.75

Family: \$115

Senior/Student: \$86.25

Swim Team: \$46

### NON-RESIDENT SEASON MEMBERSHIP:

Single: \$143.75

Family: \$172.50

Senior/Student: \$86.25

Swim Team: \$46

Swim lesson registration are 50% off with a Family Pool Membership. Family Pool Memberships must be purchased prior to swim lesson sign-up. Discount does not apply to members not in the immediate family and is not transferrable to off-season lessons.

## SWIM LESSONS

The Town of Waterbury is a proud provider of Starfish Swimming Lessons, a nationally certified swim instruction curriculum! Starfish Swimming curriculum is designed for students ages 6 months to adult and benchmarks are established at each stage of the program that include swimming AND safety skills.

### AGE 6 MONTHS – 3 YEARS OLD:

StarBabies & Tots – The purpose of this course is to develop a high comfort level in the water with young children, and an accompanying adult.

### AGE 3 – 5 YEARS OLD:

Pre-K White/Red & Pre-K Yellow/Blue - Designed to meet the needs of children ages 3 – 5, the course will develop a high-comfort level in the water and a readiness to swim. For swimmers who are developmentally ready, it will teach functional swim skills.

### AGE 5 - 12 YEARS OLD:

Youth Red, Youth Yellow, Youth Blue, & Youth Green - Suited for participants who are comfortable in the water and have swim skills. Various levels will address submerging, floating, swim extended distances, and treading water.

You can read more about the swim lesson levels on our website.

### ADDITIONAL OPPORTUNITIES:

Starfish Stroke School - Best suite for participants who have passed the deep water test and wish to continue stroke development.

Waterbury Rapids - Independent swim team program.

## SWIM LESSONS SCHEDULE

### Session 1

Dates: June 24 - July 5

### Session 2

Dates: July 8 - July 19

### Session 3

Dates: July 22 - August 2

### Session 4

Dates: August 5 - August 16

### Saturday Sessions:

Dates: June 29 - August 17

Levels: Starbabies, PreK White/Red, PreK Yellow/Blue, Youth Yellow, Youth Red, Youth Blue, Youth Green, Stroke School



**Do you want to rent the pool for an event or birthday party?**

**Weekend off-hour rentals are available with at least 2 weeks notice.**

**For inquiries, Recreation Director Katarina Lisaius, [klisaius@waterburyvt.com](mailto:klisaius@waterburyvt.com)**