

Fall Brochure

Fall 2021



Parks &
Recreation

PLAINFIELD
CONNECTICUT

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Registration Information

Register online at Plainfieldrecreation.com or by calling the Recreation Office 860-564-1819

Plainfield Resident registration opens August 23rd, 2021

Non-Plainfield Resident registration opens September 6th, 2021

Scholarship and Financial Aid Information: If you are unable to register for a program due to financial limitations please contact the Recreation Office for further assistance. We have partnered with Northeast Opportunities for Wellness (NOW) to provide scholarships for select youth programs.



ALL PROGRAMS AND EVENTS IN THIS BROCHURE are subject to change or adaptation based on current health guidelines at the time of the event or program. In-person registration may be impacted by current health guidelines. Call or email for updates. The Plainfield Parks & Recreation Department staff has made every effort to prepare this brochure as accurately as possible. Nonetheless, errors may make it into print. Circumstances may require that adjustments be made to the program, fees, schedules, etc. We reserve the right to make such changes. We do apologize for any inconveniences these errors or adjustments may cause.

General Information

Our Staff

Mark Simmons - Recreation Director || msimmons@plainfieldct.org

Cathy Taylor - Recreation Assistant || ctaylor@plainfieldct.org

Kasi Kelly - Aquatics Coordinator || kkelly@plainfieldct.org

Linda Gahrman - Senior Activities Coordinator || lgahrman@plainfieldct.org

Joyce Hoffman - Social Services Coordinator || jhoffman@plainfieldct.org

Cathy Courchaine - Meals on Wheels Driver

Jim Keith - Senior Transportation Driver

Hours of Operation

Office - Monday-Friday, 8:30am- 4:30pm

(Closed on all Federal Holidays)

Contact Us

Telephone - (860) 564-1819

Email - recreation@plainfieldct.org

Mailing Address - 482 Norwich Road, Plainfield, CT 06374



Plainfieldrecreation.com



Like our page! "Plainfield Recreation"
<https://www.facebook.com/plainfieldrecreation/>



Follow us! @plainfield.rec.ct

INCLUSIVE STATEMENT (Programs for all Abilities): The Parks and Recreation Department is committed to providing quality leisure services for people of all abilities. We encourage and support people with disabilities to participate in programs offered by the Department. We will work with individuals to make reasonable accommodations to foster their participation in activities of interest. Please contact the Parks and Recreation Department for more information.

Parks and Recreation Facilities

Artisan & Home	125 Norwich Road, Plainfield, CT 06374
Lion's Park	8 Community Ave., Plainfield, CT 06374
Moosup Park	Lions Drv., Plainfield, CT 06354
Wauregan Park	Grove Street, Plainfield, CT 06387
Moosup Pond	Moosup Pond Rd., Plainfield, CT 06354
Shepard Hill Elementary School	234 Shepard Hill Rd., Plainfield, CT 06374
Moosup Elementary School	35 Church Street, Moosup, CT 06354
Plainfield Memorial School	95 Canterbury Road, Plainfield, CT 06374
Plainfield Central School	75 Canterbury Road, Plainfield, CT 06374
Plainfield High School Gym	105 Putnam Road, Central Village, CT 06332
Plainfield Town Hall	8 Community Ave., Plainfield, CT 06374
Plainfield Town Hall Pool	8 Community Ave., Plainfield CT 06374
Recreation Office and Senior Center	482 Norwich Road, Plainfield, CT 06374
Recreation Office and Senior Center Building Arts and Crafts Room	482 Norwich Road, Plainfield, CT 06374
Recreation Office and Senior Center Building Billiards Room	482 Norwich Road, Plainfield CT 06374
Recreation Office and Senior Center Building Fitness Room	482 Norwich Road, Plainfield, CT 06374
Recreation Office and Senior Center Building Historical Society Room	482 Norwich Road, Plainfield, CT 06374
Recreation Office and Senior Center Building Library	482 Norwich Road Plainfield, CT 06374
Recreation Office and Senior Center Building Senior Center Large Room	482 Norwich Road, Plainfield, CT 06374



FAQ

- **I'm interested in registering for one of your programs, how do I register?**

First, you must have an account with us on our registration website, plainfieldrecreation.com. If you do not have one, you can register online at www.plainfieldrecreation.com our staff can help you in-person at the Recreation Office, or you can call our office at (860)-564-1819 and we can help over the phone. Once you have an account, you'll be able to select and pay for programs listed on the "program" page. Please remember, per our department policy Plainfield resident registration opens two weeks prior to no-residents.

- **What is the difference between a resident and a non-resident?**

A resident is considered a household/individual who resides in the town of Plainfield or the villages of Moosup, Wauregan, and Central Village. Anywhere else is considered a non-resident.

- **I want my money back. What is your refund policy?**

Participants will receive a refund when a program is cancelled due to lack of participants, facility closure, or instructor cancellation. Refunds and/or prorating will be considered on a case-by-case basis for classes missed by a participant for medical reasons. Refunds for payments made by cash or check will be issued in the form of a check. Refunds for payments made by a credit card will be issued to the same credit card. A \$30 service fee will be charged for any checks returned from the bank. In lieu of refunds, credits can be placed on the household account for future use. Refunds take approximately 3-4 weeks to be processed. Refund requests may be made in person at the parks and recreation office, by email to msimmons@plainfieldct.org, or by phone (860) 564-1819.

- **There is a storm on the horizon– What is your cancellation policy?**

The Plainfield Recreation Department reserves the right to cancel a program due to insufficient registration, or any other cause, that prevents the presentation of an activity in an acceptable manner. If a session is cancelled due to inclement weather, instructor illness, etc., a make-up date may be scheduled to honor the original number of sessions. Visit plainfieldrecreation.com and our [Facebook page](#) for the most up-to-date cancellation information.

- **Do you offer any financial assistance?**

If you are unable to register for a program due to financial limitations please contact the Recreation Office for further assistance. We have partnered with Northeast Opportunities for Wellness (NOW) to provide scholarships for select youth programs.

- **What is the expected behavior of participants?**

Participants are expected to exhibit appropriate behavior at all times. Participants shall behave in a safe and responsible manner, show courtesy and respect to other participants, volunteers and staff, and treat equipment and facilities with care. We use a positive approach to behavior management. However, we reserve the right to take appropriate action based on an evaluation of each situation on its own merits

- **I could use a ride, how does the senior transportation program work?**

In order to be eligible, an individual should be homebound and over 60, and must be a resident of either Plainfield, Canterbury, or Sterling. Call our office at (860)-564-1819 to book an appointment or to ask any questions regarding the program.

What's Upcoming

Halloween Drive-Thru Trunk or Treat & Drive-in Movie at Lion's Park

Come celebrate Halloween a little early with us! On Friday, October 29 trunkers will line the Reservoir St. parking lot while treater will get to safely drive through to collect all of their yummy treats! Once the trick or treating is done head straight over to Lion's Park field for a drive-in screening of Hocus Pocus!

Friday October 29th
Trunk or Treat– 5pm-6pm
Movie– 6:15pm-8pm



ENTHUSIASTIC TRUNKERS ARE WANTED!
More details will be available by Oct. 1

Instructional Basketball Grades K-2

This is an instructional program that will teach basic and fundamental basketball skills. Children will learn skills through drills and scrimmages. Age specific basketballs and basketball hoops are used.

Every Saturday beginning January 8 - February 26

Kindergarten 8:30am - 9:30am
1st Grade 9:45am - 10:45am
2nd Grade 11:00-12:00pm

Registration for Youth Basketball will open on Monday, October 4.
\$60.00 registration fee per participant



Youth Basketball League Grades 3-8

This league is designed to teach children the fundamentals of basketball including skill development and sportsmanship. Children are placed on teams who are coached by volunteers. Teams are co-ed. The season begins in December and runs through February. Games and practices are held at various Plainfield schools Monday through Thursday with the occasional Saturday (if needed). There is one practice and one game per week.

Team Selection Night, along with a game and practice schedule will be released at a later date.

Registration for Youth Basketball will open on Monday, October 4.
\$80.00 registration fee per participant



Financial aid for both basketball programs is available through Northeast Opportunities for Wellness (NOW). Please contact the Recreation office for more information.

VOLUNTEER COACHES WANTED!

Please email recreation@plainfieldct.org

Youth Programs

Red Cross Babysitter Training - **NEW!**

The primary purpose of the American Red Cross Babysitter's Training course is to provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills; learn how to develop a babysitting business, keep themselves and others safe and help children behave; and learn about basic child care and basic first aid. This training is designed for youths ages 11 to 15.

Make Up Date: November 15th, 2021



Activity	Ages	Day	Date	Time	Location	Fees
Babysitter Training	11-15	Mon	10/18/2021 - 11/08/2021	5:00 PM - 7:00PM	Recreation and Senior Center Building Arts & Crafts Room	\$50.00 Res, \$60.00 Non-Res

Beaded Creations! - **NEW!**

Children ages 7-12 will learn a short history about a fun animal or food as we create a cool beaded piece of art to hang in their rooms, use as a key chain, decorative ornament, or toy.



Activity	Ages	Day	Date	Time	Location	Fees
Beaded Creations	7 - 12	Tu	09/28/2021 - 11/02/2021	5:30 PM - 6:15 PM	Recreation and Senior Center Building Arts & Crafts Room	\$50.00 Res, \$60.00 Non-Res

Beginners Cooking Class - **NEW!**

An introduction to simple and easy cooking using an electric griddle. This is a great first step for ages 7-12 wanting to cook independently. We will learn kitchen and knife safety, measurements and portions, along with breakfast, lunch, dinner, and dessert recipe. Please let us know if your child has any food allergies prior to first week of classes. Bring your own aprons. Everything else is provided!



Activity	Ages	Day	Date	Time	Location	Fees
Beginners Cooking Class	7 - 12	Tu	09/28/2021 - 11/02/2021	4:30 PM - 5:15 PM	Recreation and Senior Center Building Arts & Crafts Room	\$50.00 Res, \$60.00 Non-Res

Ooey Gooley Science! - **NEW!**

This class for ages 7-12 will be a guide into all things sticky, gooey, and bubbly. Children will get to experience the differences between liquids, solids, and gases in a fun exciting messy way you won't have to clean up at home. Experiments will be slim, oobleck, volcanoes, fizzy soda bombs, mega bubbles and moon sand.



Activity	Ages	Day	Date	Time	Location	Fees
Ooey Gooley Science	7 - 12	Th	09/30/2021 - 11/04/2021	4:30 PM - 5:15 PM	Recreation and Senior Center Building Arts & Crafts Room	\$50.00 Res, \$60.00 Non-Res

Youth Programs Cont.

STEM Engineering - NEW!

Children ages 7-12 will build structures such as towers, bridges, buildings, and boats out of the most ordinary and odd materials, to test strength, durability, practicality, and buoyancy each week.



Activity	Ages	Day	Date	Time	Location	Fees
STEM Engineering	7 - 12	Th	09/30/2021 - 11/04/2021	5:30 PM - 6:15 PM	Recreation and Senior Center Building Arts & Crafts Room	\$50.00 Res, \$60.00 Non-Res

**More youth programs will be released
by September 3**

**Check out our website:
plainfieldrecreation.com**

and

**our Facebook page for more
Information!**



Adult Fitness

Line Dancing

Advanced:

Calling all line dancing lovers!!! Looking to get back in the swing of things after a year and a half off? Our Advanced line dancing is back! This class is for those who have recent dance or line dancing experience. Choreography will be a bit faster with less time focused on instruction and more time DANCING!

Intermediate:

Step things up a bit in this fun intermediate class. In this class the pace is a bit faster and the steps a little more on point. We'll build off of what was taught in the beginner's class to put everything together for some new dances. Previous line dancing experience strongly recommend.

Beginners:

Have you always wanted to learn how to line dance? Now's your chance! No experience needed! In this class you'll learn how to coaster step, jazz box, vine, shuffle, and weave, in addition to learning basic line dancing terms all while making new friends. This is the perfect way to get your steps!

Makeup Dates: 12/19-12/30.

All activities take place at the Recreation and Senior Center Building Large Room



Activity	Ages	Day	Date	Time	Fees
Advanced	18 and up	Th	09/23/2021 - 12/09/2021	6:30 PM - 8:00 PM	\$100.00 Res, \$110.00 Non-Res
Intermediate (Session 1)	18 and up	Tu	09/21/2021 - 10/26/2021	6:30 PM - 8:00 PM	\$60.00 Res, \$70.00 Non-Res
Intermediate (Session 2)	18 and up	Tu	11/02/2021- 12/07/2021	6:30 PM - 8:00 PM	\$60.00 Res, \$70.00 Non-Res
Beginner (Session 1)	18 and up	Wed	09/22/2021- 10/27/2021	6:30 PM - 8:00 PM	\$60.00 Res, \$70.00 Non-Res
Beginner (Session 2)	18 and up	Wed	11/03/2021- 12/08/2021	6:30 PM - 8:00 PM	\$60.00 Res, \$70.00 Non-Res

Tabata Fitness

Tabata training includes a 20-second exercise followed by a 10-second rest, repeated eight times in a row. A variety of total body conditioning that will involve strength and cardio exercise. This class is designed to target all major muscles groups in a variety of ways. **Come prepared with the following:** good cross trainer shoes, yoga mat, towel, mask and a lot of water!



Make Up Date: November 30, 2021 & December 7, 2021

Activity	Ages	Day	Date	Time	Location	Fees
Tabata	18 and up	Tu	09/21/2021 - 11/23/2021	5:30 PM - 6:20 PM	Recreation and Senior Center Building Senior Center Large Room	\$80.00 Res, \$90.00 Non-Res

STRONG Nation™

This class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Each session you will burn calories while toning arms, legs, abs and glutes. As part of your high-intensity sweat session, you'll hit the floor for some core exercises as well. **Come prepared with the following:** good cross trainer shoes, yoga mat, towel, mask and a lot of water!



Make Up Date: December 9, 2021 & December 23, 2021

Activity	Ages	Day	Date	Time	Location	Fees
Strong	18 and up	Th	09/23/2021 - 12/02/2021	5:30 PM - 6:20 PM	Recreation and Senior Center Building Senior Center Large Room	\$80.00 Res, \$90.00 Non-Res

Yoga

Our yoga classes are all about relaxation! If you are looking for a moving meditation, a full body workout, more flexibility, or just an hour of peace, you will find it all with Yoga. All you need is your body in comfortable clothes and a Yoga mat. Classes are open to all levels and will be modified according to student needs and goals. **Come prepared with the following:** good cross trainer shoes, yoga mat, towel, mask and a lot of water!



Activity	Ages	Day	Date	Time	Location	Fees
Yoga	18 and up	Th	9/23/2021 - 12/23/21	9:00 AM - 10:00AM	Lion's Park Pavilion	\$72.00 Res, \$82.00 Non-Res
Yoga	18 and up	M	09/20/2021 - 12/20/2021	6:00 PM - 7:00 PM	Recreation and Senior Center Building Senior Center Large Room	\$96.00 Res, \$106.00 Non-Res
Yoga	18 and up	M	09/20/2021 - 12/20/2021	7:05 PM - 8:05 PM	Recreation and Senior Center Building Senior Center Large Room	\$96.00 Res, \$106.00 Non-Res

Senior Center Programs

Linda's Craft Corner

(Welcoming All Who Are 55+)

Hello to all, and Happy August! I hope you are all doing well.

Remember that I am now back to my "pre-covid" schedule of 2 classes per week, to be held on Wednesdays and Thursdays. We are also back in the Craft Room instead of the Dining Room. If anyone has an idea for a class, please let me know and I'll see if I can make it happen! Looking forward to seeing you soon!!!!!!

-Linda Gahrman, Plainfield Senior Center Activities Coordinator

Scrabble, Wednesday September 1st: Come and join me for this fun workout for the brain! Scrabble is a great way to hone your strategy skills and keep your mind sharp. Teams will be formed based on the number of participants present.



Card Making, Thursday September 2nd: This will be an "open forum" class where I will bring out a large selection of assorted stamps for you to use. Custom design your own card with the many words and phrases stamps I have available. I'll put out colored markers and pencils, paper punches, and various colored inks. Have a great time making your own unique creation. Limit 3 cards per person.

Trivia With Friends, Wednesday September 8th: Come exercise your brain and sharpen your memory by taking part in this fun group. This activity is always engaging and entertaining, as everyone in attendance offers stories and interesting facts pertaining to the trivia questions. You will have a great time, while also learning some interesting new things!

Clay Dishes, TWO PART CLASS, Thursdays September 9th and 16th: I've had a few requests for a repeat of this popular class. *In the first class on Sept. 9th, we will use air-dry clay to create a few dainty little trinket bowls. I will show you how to adorn the clay with intricate designs, making it look like you spent hours on a single piece! In the second class on Sept. 16th, we will paint our creations. These unique pieces make great gifts (think Christmas!)*

PLEASE BRING A ROLLING PIN TO CLASS.

The \$2.00 fee covers both classes. *Registering for the first class on Sep. 9th automatically enrolls you in the second class on Sep. 16th.*

Origami Parrot, Wednesday September 15th: This is a fairly easy model to make, and it comes out looking great! Place your parrot on a tree-branch perch for some extra interest! Make just one, or a whole pandemonium of them!

Activity	Ages	Day	Date	Time	Location	Fees
Scrabble	55 and up	W	09/01/2021	10:00 AM - 12:00 PM	Recreation and Senior Center Building Arts & Crafts Room	\$0.00 Res, \$0.00 Non-Res
Card Making	55 and up	Th	09/02/2021	10:00 AM - 12:00 PM	Recreation and Senior Center Building Arts & Crafts Room	\$0.00 Res, \$0.00 Non-Res
Trivia With Friends	55 and up	W	09/08/2021	10:00 AM - 12:00 PM	Recreation and Senior Center Building Arts & Crafts Room	\$0.00 Res, \$0.00 Non-Res
Clay Dishes, 2-PART CLASS	55 and up	Th	09/09/2021	10:00 AM - 12:00 PM	Recreation and Senior Center Building Arts & Crafts Room	\$2.00 Res, \$2.00 Non-Res
Origami Parrot	55 and up	W	09/15/2021	10:00 AM - 12:00 PM	Recreation and Senior Center Building Arts & Crafts Room	\$0.00 Res, \$0.00 Non-Res

Senior Center Programs (cont.)

Linda's Craft Corner (cont.)

Fall Nosegay, Wednesday September 22nd: I'll show you how to arrange a lovely little bunch of Fall-themed flowers in a cardboard vase that you will create and decorate with crafting paper, lace, and other goodies I have here in the Craft Room. Attach a golden string for a hanger, and you're ready to display your creation!

Jewelry Making Class, Earrings. Thursday September 23rd: I've had a number of requests for a repeat of this class. We will be making earrings using a French hook wire. These will be simple dangle-style pieces. You will place beads on a pre-cut wire, then I will use my jewelry tools to attach the beaded wire to the French hook. Remember that these creations make great gifts; get a jump-start on your Christmas shopping!



Make, Take, & Bake, Wednesday September 29th: This class was a big hit last time I had it! We will be making an 8 X 8 pan of Apple Crisp in this class. You will make it here, then take it home to bake it. This is a simple recipe you can make again using different fruit if you'd like. I will have the aluminum pans and all of the ingredients.

PLEASE BRING A CUTTING BOARD, PEELER, AND SHARP KNIFE TO CLASS.

Learning Through Documentaries, Thursday September 30th: This month's documentary is entitled **Cat Tales**. The description of this 1-hour program, put out by NOVA, reads: *"Worshipped as a goddess, condemned as satanic, and spun into a stunning array of breeds, cats have long fascinated humans. But did we ever really domesticate them? And what can science tell us about our most mysterious companions?"* The program will be followed by a period of interactive conversation.

Scrabble, Wednesday October 6th: Come and join me for this fun workout for the brain! Scrabble is a great way to hone your strategy skills and keep your mind sharp. Teams will be formed based on the number of participants present.

Card Making, Thursday October 7th: We will be making a set of 2 pre-designed card in this class. You will color the card and customize it with words of choice. I'll have colored markers and pencils, or you may bring your own.

Activity	Ages	Day	Date	Time	Location	Fees
Fall Nosegay	55 and up	W	09/22/2021	10:00 AM - 12:00 PM	Recreation and Senior Center Building Arts & Crafts Room	\$0.00 Res, \$0.00 Non-Res
Jewelry Making Class: Earrings	55 and up	Th	09/23/2021	10:00 AM - 12:00 PM	Recreation and Senior Center Building Arts & Crafts Room	\$2.00 Res, \$2.00 Non-Res
Make, Take, and Bake	55 and up	W	09/29/2021	10:00 AM - 12:00 PM	Recreation and Senior Center Building Arts & Crafts Room	\$3.00 Res, \$3.00 Non-Res
Learning Through Documentaries	55 and up	Th	09/30/2021	10:00 AM - 12:00 PM	Recreation and Senior Center Building Arts & Crafts Room	\$0.00 Res, \$0.00 Non-Res
Scrabble	55 and up	W	10/06/2021	10:00 AM - 12:00 PM	Recreation and Senior Center Building Arts & Crafts Room	\$0.00 Res, \$0.00 Non-Res
Card Making	55 and up	Th	10/07/2021	10:00 AM - 12:00 PM	Recreation and Senior Center Building Arts & Crafts Room	\$0.00 Res, \$0.00 Non-Res

Senior Center Programs (cont.)

Senior Art Club

Have you ever wanted to try drawing or painting? It's never too late to learn. This class will be led by Karen St. Jean, a volunteer art instructor. In this class participants will learn basic art techniques, meet new friends, and will have lots of fun.

Participants will need to bring their own materials such as pencils, brushes, paints, sketch pads, and canvas for this class.

This is a free class for senior citizens age 55 and up only.



Activity	Ages	Day	Date	Time	Location	Fees
Senior Art Club	55 and up	M	05/10/2021 - 12/27/2021	10:00 AM - 12:00 PM	Recreation and Senior Center Building Arts & Crafts Room	FREE

Senior Line Dancing - **RETURNING!!!**

Come on down to the Plainfield Senior Center to meet some new friends and learn some fun dance moves. This course is an introductory course to line dancing and will focus on the basics.

Participants can pay per class or for the entire fall session.



Activity	Ages	Day	Date	Time	Location	Fees
Fall Senior Line Dancing	55 and up	M	09/20/2021 - 12/06/2021	9:00 AM - 10:00 AM	Recreation and Senior Center Building Senior Center Large Room	\$3.00 per day \$33.00 for the entire session

Other Senior Happenings

****The following programs are drop-in. Pre-registration is not required****

Bingo

Every Tuesday, 12:00pm to 3:00pm. Nominal Fee

Knit For A Cause

Every Friday, starts at 10:00am. Self lead. Supplies are provided. Items are donated to "Knit for Kids". FREE

Chorus

Every Monday, 1:00pm to 2:30pm. FREE

Rummikub

Every Tuesday, 10:00am to 11:30am. FREE

Movie On The Big Screen

Third Thursday of each month starts at 1:00pm FREE

In need of a ride?

We have a Senior Transportation Service that can transport homebound seniors to and from local errands or doctors appointments for FREE! Please call the Recreation Office for additional information (860) 564-1819

Aquatic Programs

DUE TO COVID-19: We ask users of the pool who are not fully vaccinated to continue to wear masks while in the locker rooms and on the pool deck. We also ask all users to limit their interaction with pool staff and other patrons to ensure everyone's safety.

FALL POOL SWIM SCHEDULE

Dates	Family	Adult Only	Adult Lap
Effective 08/30/21	T&TH 10:30am - 12:00pm T&TH 6:00pm-8:00pm SAT 1:00pm - 3:00pm (starts 9/25/21)	M & W 10:00am-12:00pm MWF 7:00pm-8:30pm	M & W 5:30pm-7:00pm

Due to limited staffing, the swim schedule is subject to change.

Family Swim: All ages welcome. Children must be able to touch bottom of pool in shallow end to swim alone.

Adult Swim: Must be 18 and older

Adult Lap: Must be 18 and older. Swimmers swim length of the pool and must follow the etiquette for lap swimming

Town Pool Fees:

10 Visit Passes and Quarterly Memberships must be purchased at the 482 Norwich Rd. Recreation Office

	Walk-Ins (per visit)	10 Visit Passes	Quarterly Membership (3 Months)
Adult	\$5.00	\$50.00	N/A
Children	\$3.00	\$30.00	N/A
Children 2 & under	Free	N/A	N/A
Adult Resident	N/A	N/A	\$75.00
Adult Non-Res.	N/A	N/A	\$105.00
Child Resident	N/A	N/A	\$40.00
Child Non-Res.	N/A	N/A	\$70.00



Aquatic Programs (cont.)



American Red Cross Swim Lessons

Parent & Tot (age: 6 months-3): This course is to familiarize children with the water and prepare them to participate in the learn to swim courses. It is not designed to teach children to become good swimmers or to survive in the water. Children will have the opportunity to explore floating, blowing bubbles, and rolling from back to front in the water in a safe comfortable manner. Parent or other care giver must accompany each child into the water and participate in each class.

Preschool Level 1 (age: 3-5): Focuses on being safe around the water and having the children become comfortable and confident while being in the water.

Skills Taught: Basic water safety rules. Blowing bubbles and breath control. Submerging mouth, nose and eyes. Opening eyes underwater to retrieve an object. Floating on front and back. Swimming on front and back while using arm and leg motions. Jumping in and climbing out via the wall.

Safety Topics: To be safe in and around the water, wearing a lifejacket and how to recognize an emergency and call for help.

Preschool Level 2 (age: 3-5): Builds upon the basic skills acquired in Preschool Level 1. Works on building strength and endurance to achieve more independence while swimming. Students must be able to submerge fully comfortably.

Skills Taught: Back float and front float, gliding on front and back, rolling from front to back and back to front, and breath control. Introduction to treading water, elementary backstroke arms, and rotary breathing.

Safety Topics: To be safe in and around the water, wearing a lifejacket and how to recognize an emergency and call for help.

Preschool Level 3 (age: 3-5): Continues to build on the skill previously learned as well as an introduction to strokes and building endurance swimming independently. All skills at this level are mostly independent.

Skills Taught: Independent front and back float, swimming on back and front independently and changing direction while swimming. Treading water, elementary backstroke and introduction to front crawl.

Safety Topics: Danger of drains, “Look before you leap”, what to do when you get too tired.

Level 1-Introduction to Water Skills (age: 6-12): Focuses on being safe around the water and having the children become comfortable and confident while being in the water.

Skills Taught: Basic water safety rules. Exhaling underwater and bobbing. Submerging mouth, nose and eyes. Opening eyes underwater to retrieve an object. Floating on front and back. Swimming on front and back while using arm and leg motions. Jumping in and climbing out via the deck. Discuss and demonstrate how to use a lifejacket.

Safety Topics: To be safe in and around the water, how to recognize an emergency and call for help.

Level 2-Fundamental Aquatics Skills (age: 6-12): Works on building strength and endurance while swimming and introduces students to strokes. Students must be able to submerge fully comfortably.

Skills Taught: Strengthening the flutter kick on both back and front. Learning the elementary backstroke arms with the whip kick. Introduction to rotary breathing with front crawl arms. Treading water.

Safety Topics: To be safe in and around the water, recognizing lifeguards and practicing sun safety.

Aquatic Programs (cont.)

Level 3-Stroke Development (age: 6-12): Builds on the skills learned in level 2 while introducing new strokes.

Skills Taught: Elementary backstroke, front crawl, back crawl, introduction to the sidestroke with the scissor kick. Dolphin kick. Treading water.

Safety Topics: “Look before you leap”, perform a simple non-swimming assist and how to recognize, prevent, and respond in cold water emergencies.

Level 4-Stroke Improvement (age: 6-14): Develop confidence and endurance learned in level 3 while improving other aquatic skills.

Skills Taught: Swimming underwater, feet first surface dive, survival swimming, front crawl and backstroke open turns, and treading water using two different kicks. Front and back crawl, elementary backstroke, breaststroke, sidestroke and introduction to butterfly. Flutter and dolphin kicks on back.

Safety Topics: What to do when exhausted or caught in a dangerous situation. Recreational water illness-what they are and how to prevent them.

Level 5- Stroke Refinement (age: 6-14): Provides further coordination and refinement of strokes.

Skills Taught: Tuck and pike surface dives, submerge completely. Front flip turn and backstroke flip turn while swimming. Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly.

Safety Topics: Review above topics, how to call for help and the importance of knowing first aid and CPR.



Level 6-Fitness Swimming (age: 6-14): Refines the strokes so that students swim with ease, efficiency, and power.

Skills Taught: Endurance swimming in the following strokes: front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke. Refine open turns and flip turns for all strokes.

<u>Activity</u>	<u>Ages</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Location</u>	<u>Fees</u>
Pre-school Levels 1-3	3 - 5	Tu	09/21/2021 - 11/09/2021	9:45 AM - 10:15 AM	Plainfield Town Hall Pool	\$75.00 Res, \$85.00 Non-Res
Parent & Tot	3 and under	Th	09/23/2021 - 11/11/2021	9:45 AM - 10:15 AM	Plainfield Town Hall Pool	\$75.00 Res, \$85.00 Non-Res
Level 5 & 6	6 - 15	Sa	09/25/2021 - 11/13/2021	7:45 AM - 8:30 AM	Plainfield Town Hall Pool	\$75.00 Res, \$85.00 Non-Res
Level 4	6 - 14	Sa	09/25/2021 - 11/13/2021	8:30 AM - 9:00 AM	Plainfield Town Hall Pool	\$75.00 Res, \$85.00 Non-Res
Level 3	6 - 14	Sa	09/25/2021 - 11/13/2021	9:00 AM - 9:30 AM	Plainfield Town Hall Pool	\$75.00 Res, \$85.00 Non-Res
Level 2	6 - 14	Sa	09/25/2021 - 11/13/2021	9:30 AM - 10:00 AM	Plainfield Town Hall Pool	\$75.00 Res, \$85.00 Non-Res
Level 1 (age 6 -10)	6 - 10	Sa	09/25/2021 - 11/13/2021	10:00 AM - 10:30 AM	Plainfield Town Hall Pool	\$75.00 Res, \$85.00 Non-Res
Pre-School Level 1	3 - 5	Sa	09/25/2021 - 11/13/2021	10:30 AM - 11:00 AM	Plainfield Town Hall Pool	\$75.00 Res, \$85.00 Non-Res
Pre-School Level 2 & 3	3 - 5	Sa	09/25/2021 - 11/13/2021	11:00 AM - 11:30 AM	Plainfield Town Hall Pool	\$75.00 Res, \$85.00 Non-Res
Level 1 (age 11-14)	11 - 14	Sa	09/25/2021 - 11/13/2021	11:30 AM - 12:00 PM	Plainfield Town Hall Pool	\$75.00 Res, \$85.00 Non-Res
Parent & Tot	3 and under	Sa	09/25/2021 - 11/13/2021	12:00 PM - 12:30 PM	Plainfield Town Hall Pool	\$75.00 Res, \$85.00 Non-Res

Aquatic Programs (cont.)

Water Aerobics

Cardio-Aerobic: A medium paced class that can be modify for all levels pick-up the pace or slow it down depending on your level. Includes strength and flexibility exercises.

Light Cardio Aerobics: Class includes warm-up followed by a light cardio segment of standard calisthenics moves in shallow water. The toning portion uses a variety of equipment in both deep and shallow water. Stretching and cool down finish the hour leaving you feeling energized for the day!

<u>Activity</u>	<u>Ages</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Location</u>	<u>Fees</u>
Fall Cardio Aerobics	18 - 110	M & W & F	09/20/2021-12/10/2021	7:00 AM - 8:00 AM	Plainfield Town Hall Pool	\$180.00 Res, \$200.00 Non-Res
Fall Light Cardio Aerobics	18 - 110	M & W & F	09/20/2021 - 12/10/2021	8:30 AM - 9:30 AM	Plainfield Town Hall Pool	\$180.00 Res, \$200.00 Non-Res
Fall Cardio Aerobics	18 - 110	M & W	09/20/2021 - 12/08/2021	4:30 PM - 5:30 PM	Plainfield Town Hall Pool	\$120.00 Res, \$140.00 Non-Res
Fall Light Cardio Aerobics	18 - 110	Tu & Th	09/21/2021 - 12/09/2021	7:00 AM - 8:00 AM	Plainfield Town Hall Pool	\$120.00 Res, \$140.00 Non-Res
Fall Cardio Aerobics	18 - 110	Tu & Th	09/21/2021 - 12/09/2021	8:30 AM - 9:30 AM	Plainfield Town Hall Pool	\$120.00 Res, \$140.00 Non-Res
Fall Cardio Aerobics	18 - 110	Tu & Th	09/21/2021-12/09/2021	5:00 PM - 6:00 PM	Plainfield Town Hall Pool	\$120.00 Res, \$140.00 Non-Res

Join our team! We're hiring for the following positions:

- Lifeguards
- Program Instructors
- Water Safety Instructor (WSI)

Call our office or visit our website to inquire more about the positions!

Didn't see a program you wanted? We would love to hear your ideas for future programs!

Email us: recreation@plainfieldct.org

**WE'RE
HIRING!**