



MADISON
RACQUET & SWIM CLUB

Aquatic Programs Winter 2020 - 2021



November 30 - March 14

36 Scotland Road, Madison, CT 06443
203-245-9444 • aquatics@madisonracquet.com • www.madisonracquet.com

Winter Aquatics 2020 - 2021

Important Notice:

Due to the continued concerns regarding COVID-19 our pool, fitness center, restrooms and club house will open with similar restrictions and reservations as this past fall and summer.

Reservations are required for swimming and the fitness center up to 7 days in advance. Masks are required in the club house and on the pool deck but not in the water or while working out. When seated in a deck chair 12 feet from other non-family guests you are not required to wear a mask. Locker rooms and showers will not be available. We will not provide kick boards, noodles etc but you may bring your own.

Swim programs will be offered in the form of private swim lessons, water fitness and Swim Team. The pool will have much more availability to accommodate lap swimming with the new reservation requirement.

With safety as our utmost priority we will follow all recommended guidelines from the State of CT, Town of Madison and USA Swimming. We recommend you familiarize yourself with the guidelines prior to arriving at the club. Changes may be made at any time in accordance with these guidelines.

Go to www.madisonracquet.com to register online.

Pool Hours:

Monday - Friday:	6:00am - 8:30 pm
Saturday & Sunday	7:00 am - 5:00 pm

Locker rooms and showers are not available. Restrooms are available inside the Club House. Please bring your own non-glass, refillable water bottle, towel and swim equipment as needed.

Lane Reservations for lap and family swim block:

Please call the front desk or reserve online. Lap lanes begin on the hour for 45 minutes. Family swim blocks begin on the hour for 90 min total. Maximum 6 people per family swim block. The pool area will be cleaned every 45 min after the hour. **Seven day maximum advance booking, one booking per day.**

Lap Lane 45 min: Non-Members: \$15

Family Block 90 min: Non-Members: \$30

No charge for Active Swim Members

Fitness Center Reservations:

Please call the front desk.

Non-Members: \$10

No Charge for Year Round and Three Season Members

203-245-9444 or aquatics@madisonracquet.com

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Adult Water Fitness Classes

A fun and exciting class designed for active older adults, increasing muscle strength, flexibility and range of motion through water exercise. The focus of this class is on building core control. Participants do not need swimming skills. All levels and ages welcome. No class Christmas or New Year's.

Mon/Wed/Fri 10:00am - 10:45 am

Fees for Nov 30 - Mar 12 - **14 Week Session**

3 Days/week: Non-Members \$430

Drop-In: Non-Members \$12



Active Swim Members: 15% Discount on all Swim & Fitness Classes

Adult Masters Swim Clinic

This 50 minute clinic is for adults looking to improve their strokes in the water. Coach Todd will help experienced swimmers improve technique, endurance and speed in the water with a series of drills backed by coaching. No clinic Christmas and New Year's weekends.

Monday & Wednesday evening 7:30 pm

Saturday & Sunday morning 7:00 am

Fees for Nov 30 - Mar 14 - **14 Week Session**

2 Days/week: Non-Members \$305

4 Days/week: Non-Members \$565

Drop-In Fee: Non-Members \$12

Private & Semi-Private Swim Instruction

Individual lessons are available for children & adults of all swim abilities and with special needs who desire one-on-one attention. Semi-private lessons are available for two swimmers of the same level. Lessons are booked on a first-come-first-served basis and times fill quickly!

Email aquatics@madisonracquet.com to reserve.

Private swim lessons cannot be booked on the phone.

Active Swim Members: 10% Discount
on Private Swim Lessons

**30 min Private Lessons or
45 min Semi - Private Lessons**

*Swimmers must be at the same level and
learning the same skills for a
semi-private lesson*

Non-member: \$50 per lesson

MiniMarlins Pre-Competitive Swim Team

Swimmers advancing out of private lessons but not ready for competition will learn the rules of all four competitive strokes as well as competitive starts from starting blocks in addition to flip turns and open turns. We encourage this program prior to your first season on MadMarlins Swim Team! Maximum enrollment 18. No clinics Christmas and New Year's weekends.

Fees for Dec 5 - Mar 14 - **14 Week Session**

Saturday & Sunday 8:00 - 8:45 am

1 Day/week: Non-Members \$125

2 Days/week: Non-Members \$240