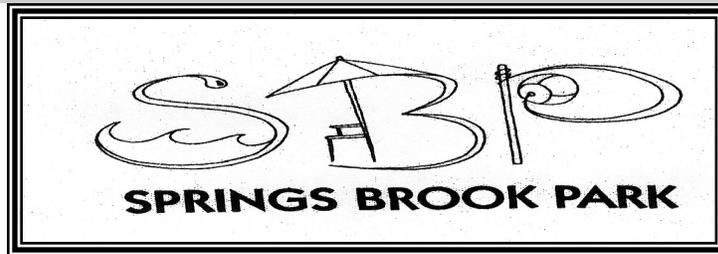


# SPRINGS BROOK PARK



Before you visit... check our website for current information

[www.bedfordrecreation.org](http://www.bedfordrecreation.org)

## 2015

Co-Directors: Nikki Taylor, Alli Lua  
Administrative Coordinator: Raeann Gembis

**SPRINGS BROOK PARK** is a man-made, filtered, swimming facility. The park is set back in a beautiful wooded setting. It is located at 181 Springs Road, just north of the four way intersection at Springs Road, Page Road and Pine Hill Road. SBP is staffed by lifeguards/swim instructors who are certified in water safety, lifeguard training, first aid and professional rescuer CPR.

**NEW IN 2015:** SBP will be open Monday - Friday only. SBP will be closed on the weekends. The dock will be available for lessons only.

### Springs Brook Park Amenities



sandy beaches  
playground  
bathhouse facilities  
concession stand  
basketball

grass and shaded picnic areas



lap swim lanes    mini-golf    wall ball    charcoal grills

Red Cross swim lessons

spray park  
volleyball  
water slide



**SMOKE-FREE AREA:** Springs Brook is a smoke-free swim area. Smoking is not permitted anywhere on park grounds, including the parking areas.

### ADMISSION RULES

1. Members must show identification at the gate.
2. Everyone must sign in at front gate.
3. Swim lesson students and parents must either have a membership or pay the gate fee.
4. Park Rules must be adhered to and are strictly enforced.
5. Children age 11 and younger must be accompanied by an adult at all times while in the Park, including during swim lessons.
6. **BAG CHECK:** all bags will be checked at the admission gate.

### **HOURS OF OPERATION 2015**

**Monday through Friday, June 8 - Aug. 21\* 10:30 AM - 7:30 PM gate closes**

**\*NEW: Springs Brook Park is no longer open on the weekends.**

**\*\*Closing date subject to staff availability.**

Please note that water is cleared 15 minutes prior to gate closing time.

# SPRINGS BROOK PARK

## PARK INFORMATION AND RULES

1. Babies must wear a snug suit over diapers or swim diapers.
2. Balls and flotation devices are not permitted in the water.
3. Coast guard approved life jackets/vests for boating may be worn, if fitted properly.
4. Lap lanes are for lap swimming only.
5. Whistle System -
  - 1 blast - getting a swimmer's attention
  - 2 blasts - getting another guard's attention
  - 3 blasts - Emergency - clear the water
6. Children must be supervised at all times.
7. Swimming is only permitted in areas supervised by lifeguards.
8. Water slide only open when supervised by lifeguards. Dock is only for swim lessons; the dock is not open to the general public this summer.
9. Slide and Concession hours posted at Bathhouse.
10. If thunder is heard, everyone will be asked to clear the water. Swimmers will be permitted back in the water 20 minutes after the last clap of thunder.
11. Cars are not permitted past the front gate. The only exception is for handicapped parking situations.
12. Alcoholic beverages are not permitted.
13. Smoking is not permitted on any park grounds, including parking areas.
14. Dogs/pets not permitted on the grounds.

### FOR MEMBERS ONLY!

If you purchase a full summer membership for the park **on or before June 30, 2015**, you will receive one-time use Day Passes for guests. Family Membership—6 passes, Individual Membership—2 passes. Passes available for pickup at the bathhouse once park opens.

## **PARK MEMBERSHIP/ADMISSION** **Reduced swim lesson fee with full season park membership!**

### • **SEASON MEMBERSHIP 2015**

Purchase at the Recreation Office or at the Park (until 4:00pm).  
Membership forms included in this booklet.

Membership guarantees admission during periods of restricted admittance due to overcrowding or lifeguard shortages.  
Memberships purchased on or before 6/30 receive One Day Use passes for guests— see box above for full details.

<b>PRICES:</b>	<b>RESIDENT</b>	<b>NON-RESIDENT</b>
Individual	\$85	\$110
Family*	\$250	\$350

\*Family Membership includes a primary member, his/her spouse and children 22 and under. There is an additional fee for extended family members/daycare children.

### • **TWO WEEK LESSON PASS OPTION**

Valid only during a 2-week period of swim lesson session (Mon—Fri) \$40 per person/\$120 per family

### • **SENIOR CITIZEN (age 65+)**

No fee, but must either be registered with the Recreation Dept. or show ID with date of birth at the Park.

### • **STUDENT MEMBERSHIP (Bedford Middle and High School Students) \$25**

### **DAILY ADMISSION (Cash Only)**

**Mon - Fri:** \$7/person age 1 and up. **Sat & Sun :** Closed  
Max. \$25/family rate

\*\*\* No charge for children under age 1\*\*\*

**AFTER 4:30 P.M.:** \$5/person ; **NO FEE AFTER 6:00 PM**

# SPRINGS BROOK PARK

## LESSON REGISTRATION GUIDELINES:

- > Register per “Registration Guidelines” until Park opens for the season.
- > Once the Park opens for the season, Swim Lesson Registrations will only be accepted at the Park.
- > Please note: Admission is not included in the swim lesson fee.
- > Swim Classes will be held rain or shine (except during thunderstorms).
- > All swim lessons students must be accompanied by an adult if age 11 or younger, even during swim lessons.

## SWIM LESSON FEES: Per Session\* (Day Sessions and Evening Lessons)

**SBP Members: \$50      Non-Members: \$75      \*Please note: Admission is not included in lesson fees.**

## Admission options for students and their families:

- > Season membership or pay the daily gate fee for student/s and accompanying family members.
- > Purchase two week lesson pass (valid M—F for two weeks of the lessons, \$40 per person or \$120 per family)

**DAY LESSONS SCHEDULE:** Classes held Monday thru Friday. Students must be age 4 or older when the class starts.

### **SESSION I (June 29 - July 10)**

12:30: Levels 0, 1, 2, 3, 4, 5

1:30: Levels 0, 1, 2, 3, 4, 5

### **SESSION II (July 13 – July 24)**

12:30: Levels 0, 1, 2, 3, 4, 6

1:30: Levels 0, 1, 2, 3, 4, 5

### **SESSION III (July 27 - Aug. 7)**

12:30: Levels 0, 1, 2, 3, 4, 5

1:30: Levels 0, 1, 2, 3, 4, 5, 6

**EVENING LESSONS SCHEDULE:** Mondays and Wednesdays, June 22 – July 29

**Option** 4:30 – 5:15pm, Levels: 0, 1, 2, 3, 4, 5

**Option** 5:20 – 6:05pm, Levels: 0, 1, 2, 3, 4, 6

\*\*park admission fee or membership not required unless you enter the park before 4:15pm. Check in at gate and inform gate attendant you are there for lessons.

## **REGISTERING FOR MULTIPLE SESSIONS OF SWIM LESSONS???**

If your child is registered for more than one session, please check with your child’s instructor during the second week of the lessons to ensure that you have your child correctly placed for the next session. Notify a Director of any changes.

## **PARENT-TOT CLASS:** For Ages 3 & 4 with parent

A class designed to assist parents with preparation of their children for introductory swimming skills and swim lessons. Course demonstrates beginning swim skills, safety skills, body positioning and support techniques, breathing and ideas for games to play to practice skills. Max. 8 pairs

**Option 1:** 5:20 – 6:00 pm, Mon. July 6, Wed. July 8 and Mon., July 13 (Rain date make-up: Wed., July 15)

**Option 2:** 1:35-2:15pm, Tues. July 14 thru Thurs. July 16 (Rain date make-up: Fri. July 17)

### **Cost: \$35 per pair parent/student**

Other siblings must be accompanied by another adult if in the Park or enrolled in lessons during this time. All of these lessons coincide with regular lessons so that you may enroll older children in classes while you participate with your pre-school child (however, an adult not participating in the Parent Tot class must be present for siblings in these other classes).

## **PRIVATE/SEMI-PRIVATE SWIM LESSONS**

For children (ages 3+) and adults. During non-swim lesson hours and instructors’ off-duty time. Sign up at the Park with a Director for private lessons. High demand, first come, first served. Availability not guaranteed. Checks payable to Town of Bedford.

**PRIVATE:** 1 student \$25/hour \$20/half hour

**SEMI-PRIVATE:** additional \$5 per student at above prices. Students must have similar skills to be taught at the same time.

- *Please note: Student and family members must either pay gate fee or have membership if entering the park before 6:00pm*

# SPRINGS BROOK PARK

## RED CROSS SWIM LESSON LEVELS (AGES 4+ WHEN THE CLASS STARTS)

- Students may be moved up or down in the levels after being tested.
- It is very common for students to remain in a level for more than one session.
- Classes are 40 - 50 min. long, depending on the class.
- Children ages 4 and 5 must start in Level 0 or Level 1 unless parents speak with a Director for exception.
- **Students must be able to complete all skills consistently in order to move to the next level.**

### **LEVEL 0:** (max 7 students)

Designed for children who are not comfortable in the water, who will not submerge face or head.  
Independent water entry/exit  
Bubble blowing/submerge face and head  
Bobbing  
Retrieving submerged objects with face in the water  
Front/Back glide (2 body lengths)  
Back Float  
Treading arm action  
Roll from back to front  
Simultaneous arm and leg action on back and front (2 body lengths)  
Comfort in water

### **Level 1: Introduction to Water Skills** (max 7 students)

Independent water entry/exit  
Bubble blowing  
Bobbing  
Retrieving submerged objects with face in the water  
Front/Back glide (2 body lengths)  
Back Float  
Treading arm action  
Roll from back to front  
Simultaneous arm and leg action on back and front (2 body lengths)

### **Level 2: Fundamental Aquatic Skills** (max 7 students)

Fully submerging (5 seconds)  
Bobbing (5 times)  
Front float (5 seconds)  
Jellyfish/tuck float (5 seconds)  
Recover from back or front float to a standing position  
Roll from back to front  
Change direction while swimming  
Treading using arm and leg action (15 seconds)  
Combined arm and leg action on front and back (5 body lengths)  
Finning action on front and back

### **Level 3: Stroke Development** (max 8 students)

Headfirst entry from sitting and kneeling position  
Bobbing while moving towards safety  
Rotary breathing (10 times)  
Survival float on front (30 seconds, deep water)  
Back float (30 seconds)  
Tread water (30 seconds)  
Front crawl (15 yards)  
Elementary backstroke (15 yards)  
Scissors kick (20 yards)

### **Level 4: Stroke Improvement** (max 8 students)

Swim underwater 3-5 body lengths  
Feet first surface dive  
Survival swimming (30 seconds)  
Treading water (2 minutes)  
Front Crawl (25 yards)  
Breaststroke (15 yards)  
Butterfly (15 yards)  
Elementary backstroke (25 yards)  
Back crawl (15 yards)  
Sidestroke (15 yards)

### **Level 5: Stroke Refinement** (max 10 students)

Tuck and pike surface dives  
Front flip while swimming  
Tread water 5 minutes  
Front crawl (50 yards)  
Breaststroke (25 yards)  
Butterfly (25 yards)  
Elementary backstroke (50 yards)  
Back crawl (25 yards)  
Sidestroke (25 yards)

### **Level 6: Swimming and Skill Proficiency** (max 10 students)

Front Crawl (100 Yards)  
Elementary Backstroke (100 Yards)  
Back Crawl (50 Yards)  
Breaststroke (50 Yards)  
Sidestroke (50 Yards)  
Butterfly (50 Yards)  
500 yard continuous swim  
Flip turns  
Open turns while swimming  
Fitness Swimmer skills  
Personal Water Safety  
Fundamentals of Diving

## SPECIAL EVENTS AND PROGRAMS

### • **SPLASH BLAST!**

*For JGMS Bedford Students Only*

**Friday, June 12, 6:30—8:30 pm (rain date Mon. June 15)**

JGMS students will have a private beach until the park closes, then all facilities for JGMS only!

Swimming, spray park, mini-golf, wall-ball, volleyball, basketball, beach, concession. Bring your friends and have a blast!

### • **LAST DAY OF SCHOOL SPECIAL**

An invitation to all Bedford Residents to check out the park on the last day of school! Bedford kids and adults get in absolutely free! (must show ID)

### ENTERTAINMENT SCHEDULE

*Will be posted on the Recreation website;  
www.bedfordrecreation.org by June 1 and at the park.*  
**Please bring a towel or blanket to sit for shows.**

### • **KAYAK AND SUP DEMO DAY**

Come try a kayak or SUP (Stand Up Paddleboard) and see how fun both kinds of "boats" can be on the water.

Thursday, June 25, 1:00-3:00 (age 10+, under 10 with a parent)

### • **JULY 4<sup>TH</sup> CELEBRATION**

Come celebrate the 4<sup>th</sup> of July with us!

The park is open only to Bedford Residents and their guests and SBP Members and their guests on July 4.

Admission: \$7/person, \$25 max./family.

⇒ **LUCKY BOB at 1:30:** What do you get when you cross a magician, comedian and juggler... why Lucky Bob of course!

⇒ **WATERMELON SERVED: 2:30-3:30**

⇒ **DJ MIKE PRIDE - Music and Games 3:30—6:30**

**Beat the crowds... before the Park opens:**

### **\*YOGA ON THE BEACH:**

Wednesdays mornings, 9:15-10:15

**\*LAP SWIMMING:** June 22—Aug 7, 9:30-10:30

See Spring/Summer Brochure for details.