



LEBANON
RECREATION
COMMISSION



LEBANON
TOWN POOL

WELCOME TO THE POOL



LEBANON TOWN POOL

872 Trumbull Highway (Corner of RT 87 & RT 207)

Town Pool is behind the Lebanon Community Center

POOL PASS FEES:

- Pool pass cards can be obtained at the pool or Town Hall
- Opening June 19th Closing TBD (can change at any time)
- \$60.00 per family for the season (Limited to 7 per family)
- \$2.00 per person for a day pass

OPEN RECREATIONAL SWIM:

- Monday, Wednesday, and Friday 1:00 pm to 5:30 pm
- Tuesday and Thursday: 1:00 pm to 4:45 pm
- Saturday: 1:00 pm to 4:30 pm
- Closed Sunday

PRIVATE LESSONS

- Upon request \$50.00 per hour, per person. \$95.00 for 2

***NOT JUST FOR KIDS-
New This Summer!***



Pool Exercise: June 20 to Aug. 24th, Tues & Thurs. evenings: 6:15 pm - 6:55 pm (No class on July 4th)
This is perfect for all fitness levels and all ages. Whether you are getting back in shape or cross-training water fitness is gentle on your joints. We value our sense of community at the Lebanon Town Pool and know your fitness goals will thrive in a warm caring and encouraging environment. **Fee: \$100.00**

Adult Swim Club: July 3rd to August 25th, Mon, Wed, & Fri: 5:45 pm - 6:45 pm Fee: \$125.00
Tune up your swim strokes to become an efficient lap or triathlon swimmer. We will provide the tools to get you meet your goals. **Water Walkers: A lane will be available from 4:30 pm to 6:45 pm. Fee: Included with Pool Passes or a \$6.00 drop-in fee.**

For more information: Lebanon Recreation Department at (860) 642-4085 or email Stremblay@lebanonct.gov.



LEBANON
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Swimming LESSONS



Weekday Lessons: Monday - Thursday, Weeknight Lessons and Saturday Lessons
Fee: \$90.00 for residents, \$100.00 for non-residents

- **Session 1:** June 26 – July: 7 (No class July 4th)
- **Session 2:** July 10 – July 20
- **Session 3:** July 24– August 3
- **Session 4:** August 7 – August 17
- **Saturday:** June 24 – Aug 12

Sessions:

9:15 am - 9:45 am: Level 4, 5, & 6

Knowledge of Strokes

9:50 am - 10:20 am: Level P/S & 1 (2-4 year-olds) Water
Acclimation & Water Discovery

10:25 am - 10:55 am: Level 2, 3, & 4
Movement & Stamina

11:00 am - 11:30 am: Level 2 & 3

Water Movement, Water Stamina & Water Fun ****ALSO**
Parent & Child: 6-months to 3-year-olds with parent in
the water

11:35 am - 12:05 pm Level 3 & 4
New skills introduced

Saturday Only 12:10 pm - 12:40 pm Level P/S & 1
(2-4 year-olds) Water Acclimation & Water Discovery

- Swim Diapers must be worn during all swim activities unless potty trained completely.
- We swim in the rain. Staff will cancel if conditions are warranted. Make-ups would be Friday of that week or Aug. 19 for Sat. class.

NEW

Weeknights Swim Lessons
Pre-School & Youth
Tuesday & Thursday Evenings
June 27 to July 27

Youth: Level 3 & 4 5:00 pm – 5:30 pm
Water movement and stamina
for stroke development

Pre-School: Level 1 (2-4 year-olds)
5:35 pm – 6:05 pm
Water Acclimation & Water Discovery

NEW

KIDS SWIM CLUB

For ages 9 and up.

This program is for the basic and advanced
competitive swimmers
Space is limited so sign up early.

4 Days a Week: June 26 to Aug 10
Monday through Thursday
8:00 am – 9:00 am
Fee: \$50.00 per week or \$300 for season

5 Days a Week: June 26 to Aug 12
(No club July 4th)
Monday through Thursday & Saturday
8:00 am – 9:00 am
Fee: \$60.00 per week or \$325 for season



Lebanon CT Pool Rules

In accordance with the State of Connecticut Law 19-13-B33 (b) (17) must be follow:

- All persons shall bathe with warm water and soap or by using foot bathe before entering the pool
- Any persons known or suspected of having a Communicable Disease shall not use the pool.
- Spitting or blowing the nose in the pool is prohibited.
- Running, boisterous or rough play (Except supervised water sports) is prohibited.

Other rules that need to be followed

- Please apply sunscreen 15 minutes before entering the pool.
- No sitting or standing on the stairs.
- Flotation devices will be provided by staff and no other flotation devices will be permitted. No flotation in the deep end of the pool. An adult must supervise a child wearing a flotation device
- that does not swim. Infants must wear swim diapers.
- All swimmers will be tested by the lifeguards and will be permitted into the deep area
- according to skill
- Long hair must be tied back.
- No diving or other entries are allowed anywhere in the pool. Front jumps only.
- No glass products or food in the pool area.
- Children under ___ must be accompanied by an adult.
- The pool will be closed by lifeguards due to weather conditions or incidents.



In the event that any of these regulations are not followed, the lifeguards at the Lebanon Town Pool reserve the authority to refuse admittance or ask anyone to leave for any reason if it is in the best interest of the facility and the safety of our patrons. Thank you for your cooperation. **SAFETY FIRST**



LEBANON
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NEW

Lifeguarding Classes



LIFEGUARDING:

Red Cross Lifeguard Certification includes First Aid/CPR/AED. The American Red Cross lifeguard training and certification program is the first step to getting hired as a certified Red Cross lifeguard. Our detailed training includes both testing of hands-on skills as well as a written test. Upon successful completion of the Lifeguarding course, you will receive a Lifeguarding/First Aid/CPR/AED certification, which is valid for two years from the date of successful completion and is accepted nationwide.

Dates: Friday & Sunday mornings June 30th to August 4th, 10:00 am to 12:00 noon. Final water test and written examination on August 4th (*Can miss 2 classes without penalty*) Must be available to volunteer 10 hours on the deck. The multi-hour courses are typically scheduled for a long weekend if eLearning is used or on multiple days if it is entirely onsite.

Bring snacks and warm clothing, bathing suit, and towels

Age: Students must be at least 15 years old by the last day of class.

Qualifications: Students must pass a pre-course swimming skills test prior to taking lifeguarding courses. This includes a 300-yard swim using front crawl or breaststroke, a 2-minute tread using legs only, and the ability to retrieve a 10-lb dive weight from 7 ft deep, surface and swim 20 yds with the weight, using legs only and exit the pool without using a ladder within 100 seconds.

Fee: \$300.00 Checks payable on the first day of class. (No refunds)

JUNIOR LIFEGUARDING:

Are you interested in lifeguarding – but not quite old enough yet? This course is designed to give 11 to 14-year-olds a sneak peek into what it takes to become a great lifeguard. We cover all the basics and get you ready to enter the lifeguarding program.

Dates: Friday & Sunday mornings June 30th to August 4th, 10:00 am to 12:00 noon. Final water test and written examination on August 4th (*Can miss 2 classes without penalty*) Must be available to volunteer 10 hours on the deck

Bring snacks and warm clothing, bathing suit, and towels

Age: Students must be at the minimum age of 11 until the age of 15.

Qualifications: Must pass all of the following: swim the front crawl for 25 yards continuously, swim the breaststroke for 25 yards, tread water for 1 minute using arms and legs, swim on the back for 25 yards using the elementary backstroke, submerge and swim a distance of 10 feet under water.

Fee: \$300.00 Checks payable on the first day of class. (No refunds)

For more information: Lebanon Recreation Department at (860) 642-4085 or email Stremblay@lebanonct.gov.

Lebanon Recreation Weekly, Evening, Saturday Swim Program

2023 Registration Form

Check One:

☐ Weekly
 ☐ Evening
 ☐ Saturday
☐ Monday-Thursday
 ☐ Tuesday & Thursday

☐ Cash ☐ Check

First Name:			Last Name:		
Address:					
City:		State	Zip	Parent Name	
M/F	Last Level		Age	Home Phone:	
Email:					
Session Date: 1-2-3-4-*Evening or Saturday			Time:	Level	Test

In the event of an emergency requiring medical attention, after every reasonable effort has been made to contact me, I hereby grant permission and consent to a physician or other hospital personnel to do whatever is deemed necessary to treat my child. The attending physician is given permission to proceed with any medical or minor surgical treatment, x rays and immunizations for my child. I, for myself and for my heirs and legal representatives, agree to defend, indemnify and hold harmless the Town of Lebanon, their employees and their agents, from any and all suits, claims and demands by anyone arising from my use of Town of Lebanon facilities and equipment, including claims of negligence on the part of the Town of Lebanon, their employees and their agents. I hereby agree to release, discharge and hold harmless the Town of Lebanon, its employees and volunteers for any liabilities even if due to negligence on the part of the mentioned parties, which may occur while participating in this program. I have read this waiver and fully understand its terms. I further understand that by signing this agreement I give up substantial legal rights. I have not been induced to sign by any promise or representation and I sign it voluntarily and of my own free will.

Participant or Parent/Guardian Signature *Phone* *Date*

SESSION 1: JUNE 26-JULY 7 (No Class JULY 4) **SESSION 2: JULY 10-JULY 20**
SESSION 3: JULY 24-AUGUST 3 **SESSION 4: AUG. 7-AUG17**
 (MAKE UP ARE ON FRIDAYS OF THAT WEEK)
SATURDAY JUNE 24-AUG. 12 Make up Aug, 19th
EVENING JUNE 27 –July 27

SPACE IS LIMITED There is no make-up due to ratios in classes. Classes are canceled by the staff and makeup will be on August 1st.

Weekdays Monday through Thursday	
Saturday Classes	
9:15 to 9:45	Level 4,5,& 6
9:50 to 10:20	Level 1P/S 2-4 Year olds
10:25 to 10:55	Level 2,3,4
11:00 to 11:30	Level 2 & 3 (4 years old and up) **Also (Parent Child)
6months to 3 years old w/ parent in the water	
11:35 to 12:05	Level P/S 4/3
12:10 to 12:40	Level P/S 1 (Saturday Only)
Tuesday & Thursday 5pm-5:30 L3 & 4 (5 years of age and up)	
5:35-6:05pm P/S 2-4 year olds	
Fee: \$90.00 Resident & \$100 Non resident	
Third Child \$50.00	
Session 1,2,3,4, Sat, EV	

SPONSORED BY LEBANON RECREATION COMMISSION

Lebanon Recreation Department at (860) 642-4085 or email Stremblay@lebanonct.gov.

Lebanon Recreation Weekly, Evening, Friday & Sunday Adult Swim Program 2023 Registration Form

Check One:

☐ Weekly ☐ Evening ☐ Friday/Sunday Jr Lifeguard
☐ M, W, F Swim Club ☐ Tuesday & Thursday Exercise ☐ Friday/Sunday Lifeguard

☐ Cash ☐ Check

First Name:			Last Name:		
Address:					
City:	State	Zip	Parent Name		Cell
M/F	Last Level		Age	Home Phone:	
Email:					
Session Date:		Time:		Level	Test

In the event of an emergency requiring medical attention, after every reasonable effort has been made to contact me, I hereby grant permission and consent to a physician or other hospital personnel to do whatever is deemed necessary to treat my child. The attending physician is given permission to proceed with any medical or minor surgical treatment, x rays and immunizations for my child. I, for myself and for my heirs and legal representatives, agree to defend, indemnify and hold harmless the Town of Lebanon, their employees and their agents, from any and all suits, claims and demands by anyone arising from my use of Town of Lebanon facilities and equipment, including claims of negligence on the part of the Town of Lebanon, their employees and their agents. I hereby agree to release, discharge and hold harmless the Town of Lebanon, its employees and volunteers for any liabilities even if due to negligence on the part of the mentioned parties, which may occur while participating in this program. I have read this waiver and fully understand its terms. I further understand that by signing this agreement I give up substantial legal rights. I have not been induced to sign by any promise or representation and I sign it voluntarily and of my own free will.

<i>Participant or Parent/Guardian Signature</i>	<i>Phone</i>	<i>Date</i>
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SPACE IS LIMITED There is no make-up due to ratios in classes. Classes are canceled by the staff and a makeup will be determined at a later date

Adult Classes
<p><i>Pool Exercise</i> June 20 to Aug 24 Tuesday & Thursday 6:15pm -6:55pm \$100.00</p>
<p><i>Adult Swim Class</i> July 3 to Aug 25th 6:15 -6:45pm</p>
<p>Jr. Lifeguarding June 30-Aug. 4th Fri & Sun 10:00-12:00 \$300.00</p>
<p>Lifeguarding June 30-Aug. 4th Fri & Sun 10:00-12:00 \$300.00</p>

Lebanon Recreation Weekly, Evening, Saturday Swim Program

2023 Registration Form

Check One:

☐ Weekly
 ☐ Evening
 ☐ Saturday
☐ Monday-Thursday
 ☐ Tuesday & Thursday

☐ Cash ☐ Check

First Name:			Last Name:		
Address:					
City:	State	Zip	Parent Name		Cell
M/F	Last Level	Age	Home Phone:		
Email:					
Session Date: 1-2-3-4-*Evening or Saturday		Time:	Level	Test	

In the event of an emergency requiring medical attention, after every reasonable effort has been made to contact me, I hereby grant permission and consent to a physician or other hospital personnel to do whatever is deemed necessary to treat my child. The attending physician is given permission to proceed with any medical or minor surgical treatment, x rays and immunizations for my child. I, for myself and for my heirs and legal representatives, agree to defend, indemnify and hold harmless the Town of Lebanon, their employees and their agents, from any and all suits, claims and demands by anyone arising from my use of Town of Lebanon facilities and equipment, including claims of negligence on the part of the Town of Lebanon, their employees and their agents. I hereby agree to release, discharge and hold harmless the Town of Lebanon, its employees and volunteers for any liabilities even if due to negligence on the part of the mentioned parties, which may occur while participating in this program. I have read this waiver and fully understand its terms. I further understand that by signing this agreement I give up substantial legal rights. I have not been induced to sign by any promise or representation and I sign it voluntarily and of my own free will.

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SESSION 1: JUNE 26-JULY 7 (No Class JULY 4)		
SESSION 2: JULY 10-JULY 20		
SESSION 3: JULY 24-AUGUST 3		
SESSION 4: AUG. 7-AUG17		
(MAKE UP ARE ON FRIDAYS OF THAT WEEK)		
SATURDAY JUNE 24-AUG. 12 Make up Aug, 19th		
EVENING JUNE 27 –July 27		

SPACE IS LIMITED There is no make-up due to ratios in classes. Classes are canceled by the staff and makeup will be on August 1st.

Weekdays Monday through Thursday	
Saturday Classes	
9:15 to 9:45	Level 4,5,& 6
9:50 to 10:20	Level 1P/S 2-4 Year olds
10:25 to 10:55	Level 2,3,4
11:00 to 11:30	Level 2 & 3 (4 years old and up) **Also (Parent Child)
6months to 3 years old w/ parent in the water	
11:35 to 12:05	Level P/S 4/3
12:10 to 12:40	Level P/S 1 (Saturday Only)
Tuesday & Thursday 5pm-5:30 L3 & 4 (5 years of age and up)	
5:35-6:05pm P/S 2-4 year olds	
Fee: \$90.00 Resident &100 Non resident	
Third Child \$50.00	
Session 1,2,3,4, Sat, EV	

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Lebanon Recreation Department at (860) 642-4085 or email Stremblay@lebanonct.gov.

Lebanon Recreation Weekly, Evening, Saturday Youth Swim Program 2023 Registration Form

Check One:

☐ Weekly ☐ Evening ☐ Saturday
☐ Monday-Thursday ☐ Tuesday & Thursday

☐ Cash ☐ Check

First Name:			Last Name:		
Address:					
City:	State	Zip	Parent Name		Cell
M/F	Last Level		Age	Home Phone:	
Email:					
Session Date: 1-2-3-4-*Evening or Saturday			Time:	Level	Test

In the event of an emergency requiring medical attention, after every reasonable effort has been made to contact me, I hereby grant permission and consent to a physician or other hospital personnel to do whatever is deemed necessary to treat my child. The attending physician is given permission to proceed with any medical or minor surgical treatment, x rays and immunizations for my child. I, for myself and for my heirs and legal representatives, agree to defend, indemnify and hold harmless the Town of Lebanon, their employees and their agents, from any and all suits, claims and demands by anyone arising from my use of Town of Lebanon facilities and equipment, including claims of negligence on the part of the Town of Lebanon, their employees and their agents. I hereby agree to release, discharge and hold harmless the Town of Lebanon, its employees and volunteers for any liabilities even if due to negligence on the part of the mentioned parties, which may occur while participating in this program. I have read this waiver and fully understand its terms. I further understand that by signing this agreement I give up substantial legal rights. I have not been induced to sign by any promise or representation and I sign it voluntarily and of my own free will.

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(MAKE UP ARE ON FRIDAYS OF THAT WEEK)
SATURDAY JUNE 24-AUG. 12 Make up Aug, 19th
EVENING JUNE 27 –July 27

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Third Child \$50.00	
Session 1,2,3,4, Sat, EV	