Shelton Parks & Recreation Department

**41** Church Street, Shelton, CT 06484-0668

🕿 203-925-8422, MCBD06736_0000[1] Fax: 203-929-3692

🕿 Info/Cancellation 203-331-4120

**Shelton Community Center Pool**

**Adult Water Aerobics Programs**

[](http://thumbs.dreamstime.com/z/aqua-gym-fitness-exercise-water-dumbbell-17526655.jpg)

**Off the Deep End**

**Water Aerobics**

**Early Morning Aerobics**

Ronald Herrick, Jr., Parks and Recreation Director, [r.herrick@cityofshelton.org](mailto:r.herrick@cityofshelton.org)

Jonathan Taylor, Pool Director, [j.taylor@cityofshelton.org](mailto:j.taylor@cityofshelton.org)

Like our Facebook page: Shelton Parks and Rec - Community Center

*Check out our NEW website: sheltonparksandrec.recdesk.com*

**Registration Procedure**

Each individual must have their own profile. This will specify contact information for participants enrolled in classes and allow them to view the class schedule at any time.

1. Registrations are taken through our website via credit card payment. **Those that wish to pay by cash or check must do so in-person at the Main Office.**
2. Registrations are accepted starting on the registration date & time on a first come, first serve basis. **Registrations will not be accepted early.** **Payment due at time of registration**
3. **Registrations will continue until the specified end date and time. No registrations will be taken after the designated end time.** Space and availability is determined by the Pool Director according to instructor availability and Pool space available.
4. There is now a waitlist feature.Being added to a waitlist does not guarantee that you will be contacted or that a space will be available.

Fee Payment

* Fees may be paid via credit card, cash, or check made payable to the “*City of Shelton”*. Registrations paid with cash or check must be done in-person at the Main Office.
* **Fees must be paid in full at time of registration. Registrations without payment will not be accepted.** No Refunds. Fees are not prorated by class.
* Fees are broken into 3 categories: Pool Member, Shelton Resident, Non-Resident. There is an additional senior rate for each category.
* The resident rate applies to the person **taking the course**. If you own property in Shelton and reside elsewhere proof of tax payment to the City of Shelton is required for resident rate. **Out-of-town tax payers will have to contact the Main office after making their online account to override the residency requirement.**

**PROGRAM CANCELLATION**

If there are not enough registrations by 12 pm on the last day of registration, the session will be canceled. Please monitor the email associated with your online account. Enrollments that are cancelled will be credited to your account. **You will not be contacted if your class will take place.**

Class Make-up Policy

* If we cancel a class due to weather conditions or health & safety reasonsparents will be notified via email or text message, and the make-up class will be added to the end of the session UNLESS ½ of the class or more has been taught.
* **No make-ups unless class is cancelled. No accommodations or substitutions for missed classes or conflicts with other activities.** N**o substitutions** between classes.
* We highly suggest that participants opt-in for text notifications to allow rapid notifications in the event of inclement weather, especially in the case of thunder and lightning cancellations.
* **Late opening or inclement weather does not necessarily mean class is cancelled.**
* **Call the Cancellation line recording 203-331-4120 for closure information.**

**CREDIT REQUESTS**

Anyone attempting to receive credit must make a written request for credit and include any supporting documents (Doctor’s note, etc) with SPECIFIC start and end dates as well as details of why you were unable to attend the class. Attendance will be verified before the request is submitted to the Parks and Recreation Director, as well as the Parks and Recreation Commission, who will determine if a credit will be given.

# POOL USE

* **Locker Rooms and Pool Gallery** cannot be accessed until 5 minutes prior to the start time of your class.
* **Payment is for use of the pool during scheduled program time ONLY!** Access to the pool is restricted to the class start & end times according to pool rules.
* If you wish to enjoy the pool during any adult or open swim times, you may purchase an annual membership **or** pay a daily fee in the main office ***before***entering the pool. Thank you in advance for your cooperation.

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| **Adult Water Aerobics Classes** | | | | | | | | | |
| **Class Name** | **Description** | **Instructor** | **Class Times** | **Class Length** | **Session Length** | **Pricing** | | | |
| **Early Morning Aerobics\*** | * Deep water class: medium to high intensity cardio and strength training. * Floatation assistance provided, use if needed. (not a lifesaving device) * Work at your own pace. | Jo-Ann  Triebwasser | Wednesday  7:30 am | 45 minutes | 8 classes |  | Regular | Senior | |
| Pool Member | $70 | $60 | |
| Friday  7:30 am | Resident | $80 | $70 | |
| Non-Resident | $90 | $80 | |
| **Off the Deep End** | * Deep water class: medium to high intensity cardio and strength training. * Floatation assistance provided, use if needed. (not a lifesaving device) * Work at your own pace. | Nancy  McMonagle | Tuesday  6:45 pm | 45 minutes | 8 classes |  | Regular | Senior |
| Pool Member | $70 | $60 |
| Thursday  6:45 pm | Resident | $80 | $70 |
| Non-Resident | $90 | $80 |
| **Water Aerobics** | * Low-impact for fun & exercise * Work at your own pace. | Danielle Mastrony | Monday  and  Wednesday  8:45 am | 45 minutes | 12 classes |  | Regular | Senior |
| Pool Member | $70 | $60 |
| Tuesday  and Thursday  8:45 am | Resident | $80 | $70 |
| Non-Resident | $90 | $80 |

**\*Both “Early Morning Aerobics” and “Off the Deep End” are offered as separate days. If you wish to enroll for both days you may do so, but they are treated as separate classes. Scheduling changes or makeups for one day may not affect the other.**