

On The Waterfront

Brodie Park, New Hartford, CT • Summer 2017

Use of the waterfront area at Brodie requires the purchase of a beach pass Memorial Day through Labor Day. This includes the beach, as well as the canoe/kayak & boat mooring areas. Walk-ins must provide pass number for verification. Passes may be purchased at Town Hall during regular business hours pre-season, and directly at the beach thereafter.

Lifeguards staff the beach on weekends starting Memorial Day weekend, and daily beginning the day the New Hartford Public Schools are released for summer break.

Please note that access to the waterfront is limited to park operating hours.
Gates are locked when the beach is closed. Waterfront is inaccessible after dusk.
Beach Passes must be adhered to the windshield, on the lower right (passenger) side.

Beach Pass Fees

Resident.....	\$80
Resident 2nd Car.....	\$50
Resident Senior (60+)	\$25
Non-Resident	\$315
Non-Resident 2nd Car.....	\$315
Non-Resident Senior (60+)	\$155

Guest Policy

The beach pass sticker issued is for the use of the identified applicant/household. Guests may accompany a passholder for a small fee.

Ages 12+: \$5 Under 12: \$2

Boats

Canoe/kayak rack storage space, as well as moorings, are available for seasonal rental on a first-come, first-served basis beginning March 31 for residents, April 14 for non-residents.

Racks

1-Canoe or 2-Kayak Rack Rental: . \$105

Moorings

Large Boat (Pontoon, party, etc.)...\$525
Small Boat (Spaces 1-5)\$260
Small Boat (Spaces 6-12)\$210

Please call the Recreation Office at Town Hall, (860) 379-3389, to find out how you can reserve a spot.

Watercraft not claimed by November 1 each year, as well as items left at the park in undesignated areas or without a proper rental agreement, will be confiscated and disposed of at the discretion of the town. The town is not responsible for any damage to stored items or items used to secure property—locks, chains, etc.



Waterfront Rules and Policies

See page 2.

Swim lessons are back!

See page 4.

Brodie Park Waterfront Rules and Policies

- Rules are maintained and enforced at the discretion of the lifeguarding staff and at the direction of the Town of New Hartford.
- Use of waterfront requires the purchase of a pass—this is a use pass, NOT a parking pass. Walk-ins must show the number of the pass attached to their vehicle, wherever it is parked.
- Residents, property owners and business owners located in New Hartford are eligible for resident pass pricing. These passes are not transferable and will require proof of residency or ownership.
- Applications for a beach pass require valid vehicle registration. The pass must be attached to the vehicle of the corresponding vehicle.
- Beach pass is for use by the family members in the household of the patron purchasing the pass. Guests are permitted for a nominal guest fee. The guest must be at all times near a beach pass holder.
- Normal beach hours are 10 am–8 pm or dusk (whichever is earlier). Gates will be locked when beach closes.
- Groups of 10 or more must register in advance with the waterfront director or the Recreation Office.
- Children 15 years and under must be accompanied by an adult.
- Swimming is not allowed without a lifeguard on duty.
- All children in lifejackets must remain where they can touch and be accompanied by a parent at arm's length.
- Parents/guardians are responsible for the safe play of their children.
- The number of people on or at the floating raft is limited to 10.
- Swimming is NOT allowed under the raft.
- Front dives and jumping only are allowed off the floating raft—no back dives.
- Swimming is permitted in designated area only.
- Swimming in the boat dock area (concrete pier) or out of the roped area is not allowed.
- No hanging or pulling on the buoys or buoy lines.
- No blocking the area in front of the lifeguard stand.
- Swimming aids and flotation devices allowed only if certified for safety (i.e. Coast Guard approved, etc.) and only in areas designated by the waterfront staff. No kickboards or noodles. Please check with Waterfront Director for further information.
- Snorkeling is not allowed. Scuba diving is permitted with proof of current certification only. Please consult with waterfront director prior to diving.

- Please be respectful of other beach users (i.e. radio use, no sand or rock kicking or throwing, no rough play, no vulgar language, etc.)
- Dogs are NOT allowed on beach.
- No bathing, soap, or shampoo allowed.
- No nudity allowed.
- No alcohol is allowed in the waterfront area.
- Glass bottles or containers are NOT allowed on the beach.
- Fishing is only allowed outside of the swimming area.
- Grills are provided for use. Please do not bring in your own charcoal grill.
- The waterfront may be closed during inclement weather.
- Violations of rules can/will result in sticker revocation.
- Patrons are expected to adhere to the safety instructions of the life-guard on duty, including but not limited to evacuating the water or waterfront area during times of inclement weather.
- The Town of New Hartford is not responsible for any injuries, theft or damage to personal property or vehicles while at Brodie Park.
- Any questions or concerns should be directed to the waterfront director on duty or call the Recreation Office / Town Hall at 860-379-3389.

Adult Paddleboarding & SUP Yoga

Instructor: Mike Cullinane, Litchfield County Paddler

This course introduces the sport of paddleboarding in a fun & safe manner. The instructor teaches the fundamentals & proper safety guidelines to build a foundation for future boarding experiences. No experience required. SUP Yoga classes, where stand-up paddleboarding meets yoga! Build strength & balance, practice breathing and concentration as you're led by certified yoga instructors on beautiful West Hill Lake. Must be comfortable in the water and able to swim. Fee includes use of paddleboard, paddle and flotation device. Waterfront access without a sticker is valid during class time only. Call (860) 480-0714 for more information about either class. Ages 15+. June 27–Sept. 5

<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Fee</i>
Tuesdays	6–8 pm	Brodie Beach	\$35/week

Swim lessons are back!

Beach stickers are required for participation in swim lessons • \$50 per session

All lessons are provided by instructors who are WSI Certified by the American Red Cross.

A Water Safety Instructor (WSI) certification ensures your swim instructor has been adequately certified by the American Red Cross in proper technique and they have been tested on necessary skills to provide appropriate instruction to young children.

Two weekday sessions:

Monday–Thursday, 4 days a week for 2 weeks

Session 1: July 10–July 20

Session 2: July 24–August 3

1:00	Level 1	Preschool (4–5)	Learn-to-Swim (6+)
1:30	Level 2	Preschool (4–5)	Learn-to-Swim (6+)
2:00	Level 3	Preschool (4–5)	Learn-to-Swim (6+)
2:30	Level 4		Learn-to-Swim (6+)
3:00	Level 5		Learn-to-Swim (6+)
3:30	Level 6		Learn-to-Swim (6+)
5:30	Level 1	Preschool (4–5)	Learn-to-Swim (6+)
6:00	Level 2	Preschool (4–5)	Learn-to-Swim (6+)
6:30	Level 3	Preschool (4–5)	Learn-to-Swim (6+)
7:00	Level 4		Learn-to-Swim (6+)

Saturday session—once a week for 8 weeks, June 24–August 12

10:00	Level 1	Preschool (4–5)	Learn-to-Swim (6+)
10:30	Level 2	Preschool (4–5)	Learn-to-Swim (6+)
11:00	Level 3	Preschool (4–5)	Learn-to-Swim (6+)
11:30	Level 4		Learn-to-Swim (6+)
12:00	Level 5		Learn-to-Swim (6+)
12:30	Level 6		Learn-to-Swim (6+)

See following pages for descriptions of lesson levels.

Register online by July 1: town.new-hartford.ct.us/recreation-department

After July 1, please speak with the waterfront staff directly, or contact the Recreation Office at (860) 379-3389 or ctellier@town.new-hartford.ct.us

Preschool Aquatics

Ages 4 & 5

Parent **MUST** remain present at the class / waterfront. This course gives young children a positive, developmentally appropriate aquatic learning experience that emphasizes water safety, survival and foundational swimming concepts. Skills are age-appropriate, helping participants achieve success on a regular basis while in a class environment with their peers.

Level 1: Helps participants feel comfortable in the water and enjoy the water safely.

Skills learned:

- Entering and exiting water safely
- Blowing bubbles through mouth and nose
- Submerging mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front glide and recover to a vertical position
- Back float and recover to a vertical position
- Back glide
- Roll from front to back and back to front
- Treading with arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back

- Staying safe around aquatic environments
- Recognizing the lifeguards
- Recognizing an emergency
- How to call for help
- Too much sun is no fun

Level 2: Builds on the skills learned in level 1 and gives participants success with fundamental skills, such as floating and basic locomotion.

Additional Skills Learned:

- Bobbing
- Tread water using arm and leg actions
- Finning arm action on back

Level 3: Build upon Level 2, improve participants' coordination of simultaneous arm/leg actions and alternating the arm/leg actions

Additional Skills Learned:

- Enter water by jumping in
- Fully submerge and hold breath
- Front, jellyfish and tuck floats
- Change direction of travel while swimming
- Look before you leap
- Think so you don't sink
- Reach or throw, don't go



Learn to Swim (ages 6+) starts on the next page

Learn to Swim

Based on a logical, six-level progression that helps swimmers 6+ years old develop their water safety, survival and swimming skills. It is designed to give participants a positive learning experience.

Level 1: Introduction to Water

Skills. Helps participants feel comfortable in the water.

Skills learned:

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back glides and back float
- Recover to vertical position from a front glide and back float or glide
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back
- Staying safe around aquatic environments
- Recognizing the lifeguards
- Don't just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun

Level 2: Fundamental Aquatic Skills

Gives participants success with fundamental skills.

Additional Skills Learned:

- Enter water by stepping or jumping from the side
- Fully submerge and hold breath
- Front, jellyfish and tuck floats
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Finning arm action on back
- Look before you leap
- Think so you don't sink
- Reach or throw, don't go

Level 3: Stroke Development

Builds on the skills in Level 2 through additional guided practice in deeper waters.

Additional Skills Learned:

- Headfirst entry from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front and back
- Push off in a streamlined position then begin flutter and dolphin kicks on front
- Front crawl and elementary backstroke
- Scissors kick
- Think twice before going near cold water or ice

Level 4: Stroke Improvement

Develops confidence in the skills learned and improves other aquatic skills.

Additional Skills Learned:

- Headfirst entry from the side in compact and stride positions
- Swim under water
- Feet-first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using two different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Recreational water illnesses

Level 5: Stroke Refinement Provides further coordination and refinement of strokes.

Additional Skills Learned:

- Shallow-angle dive from the side
- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives
- Front flip turn and backstroke flip turn while swimming
- Standard scull
- How to call for help and the importance of knowing first aid and CPR
- Wave, tide or ride, follow the guide

Level 6: Swimming and Skill Proficiency

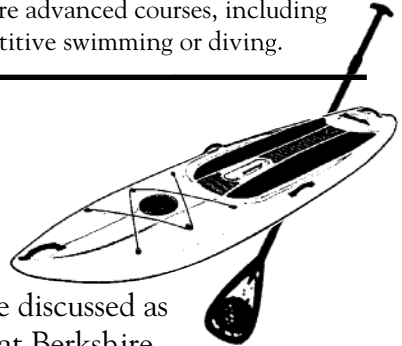
Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with “menu” options that focus on preparing participants for lifetime fitness and safety. It also prepares the student for more advanced courses, including competitive swimming or diving.

NEW! Paddleboarding Camp

Instructor: The Litchfield County Paddler

Learn about paddleboarding equipment, strokes, feet movement and stance. Safety awareness and dangers on the water will be discussed as well as what to do in an emergency. Meet at Berkshire Hall on Monday, and directly at Brodie Beach the remainder of the week. Ages 7–15.

Two sessions: July 17–21; August 14–18



Day	Time	Place	Fee
Mon.–Fri.	9 am–noon	(Berkshire Hall), then Brodie Beach	\$130

To register: town.new-hartford.ct.us/recreation-department or call 860-379-3389.

YOGA at the BEACH with Melanie Sedlack

Instructor: Melanie Sedlack

This summer take your yoga practice outdoors! Build strength, flexibility & balance with an all-levels vinyasa yoga series at Brodie Beach. Breathe, sweat & flow under the sun! Questions? Call Melanie Sedlack at (860) 806-9072. Sign up online at www.oneloveyogapaddlect.com.

Tuesday evenings – Sunset Flow 7–8:15 pm (or dusk)

Saturday mornings – Sunrise Flow 8–9:15 am

Ages 16+

Tuesdays and Saturdays, Jun 6–Sep 2 (No Yoga July 4, 8, 11, 15, 25, 29)

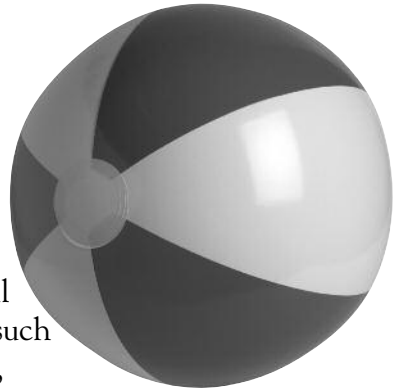
<i>Days</i>	<i>Time</i>	<i>Place</i>	<i>Fee</i>
Tues., Sat.	Tues. 7–8:15 pm Sat. 8–9:15 am	Brodie Beach	Drop-in – \$15 5 class pass – \$60 10 class pass – \$100 Unlimited pass – \$175

Beach Games

Instructor: Brodie Lifeguards

Join our Brodie Lifeguards for some old-fashioned beach fun! Each Thursday, we'll be hosting group games at the waterfront such as beach volleyball, spike ball, badminton, pickle, etc.

Jun 22–Aug 24



<i>Days</i>	<i>Time</i>	<i>Place</i>	<i>Fee</i>
Thursdays	6–8 pm	Brodie Beach	Free

To register: town.new-hartford.ct.us/recreation-department or call 860-379-3389