

BRODIE BEACH 2018

On The Waterfront

Use of the waterfront area at Brodie from Memorial Day through Labor Day requires a beach pass sticker. The waterfront area includes the beach and all boat storage 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. Beach Passes must be adhered to vehicle 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

Absolutely

NO ALCOHOL

is allowed in the waterfront area, including the beach, picnic area and parking lot.

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Boat Storage

Storage space and moorings for watercraft are available for seasonal rental on a first-come, first-served basis beginning April 3 for residents, April 16 for non-residents.

Racks \$105

1-Canoe/2-Kayak Rack Rental

Moorings

\$500 Large Boat (any space)
\$260 Small Boat (Spaces 1-5)
\$210 Small Boat (Spaces 6-12)
Please call (860) 379-3389, to find out how to reserve a spot and for more information.

Watercraft or other 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.

Access to the waterfront is limited to park operating hours. **Gates are locked when the beach is closed - plan accordingly so your vehicle is not locked in.**

Vehicle access to the waterfront may be restricted by a locked gate when park staff is not on duty, inclement weather days, or evenings after the beach closes.

WATERFRONT IS INACCESSIBLE AFTER DUSK.

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.

Brodie Park Waterfront Rules and Policies

- ◇ 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 lifeguard 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.

Brodie Park Swim Lessons

\$50 per session

All lessons are provided by instructors who have been Swim Instructor trained in proper technique. They have been tested on necessary skills to provide appropriate instruction to young children. Lessons are 30 minutes long. When registering, indicate session and time. Beach stickers are required for participation.

Session 1: July 9 – July 19

Session 2: July 23– August 2

Session 3: August 6 – August 16

Saturday Session: June 23 – August 11

Weekday session—Monday–Thursday, 4 days a week for 2 weeks

Afternoons:

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+)

Evenings:

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

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 at

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 email ctellier@town.new-hartford.ct.us

Preschool Aquatics—Ages 4 & 5

Parent MUST remain present during class. 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.

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 Aquatics Program—Ages 6+

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 from Level 1:

- * 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

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Level 3: Stroke Development

Builds on the skills in Level 2 through additional guided practice in deeper waters. Additional skills learned from Level 2:

- * 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 from Level 3:

- * 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/back crawl, elementary backstroke, breaststroke, sidestroke & butterfly
- * Recreational water illnesses

Level 5: Stroke Refinement

Provides further coordination and refinement of strokes. Additional skills learned from Level 5:

- * 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

Works on 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.

On The Waterfront

BRODIE BEACH ACTIVITIES 2018

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 July 16 - 20 9am - 12pm \$130

Adult Paddleboarding Camp

Instructor: The 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. 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 Mike at (860) 480-0714 for more information.

Ages 15+ July 16 - 20 6pm - 8pm \$130



Swim Lessons

Session 1: July 9 – July 19

Session 2: July 23– August 2

Session 3: August 6 – August 16

Afternoon, Evening and Saturday lessons available.

See pages 4 - 7 for more information.