

# POOL & FITNESS Center

401 Centennial Avenue • Cranford, NJ 07016 • 908-709-7260  
www.facebook.com/cranford-pool-fitness-center • email: pool@cranfordnj.org

## Swim Pool Staff

**Stephen P. Robertazzi, CPRP, RA, CPO**  
Director, Recreation and Parks/  
Swim Pool Utility

## Swim Pool Advisory Board

**Stephen P. Robertazzi, CPRP, RA, CPO**  
Director, Recreation and Parks/  
Swim Pool Utility

**Luke Paine, Chairperson**

**Barbara Bilger**

**Chris Chapman**

**Kevin Comer**

**Jerry Dobbins**

**Christopher Kolibas**

**Rich Pizzutta**

**Juan Ruiz**

**Ellen Heaney Springer**

**Kathleen Miller Prunty**

Deputy Mayor / Liaison

## SUMMER MEMBERSHIP (May 23 – September 13, 2020)

Pools Open Memorial Day Weekend

## OUTDOOR POOL HOURS of OPERATION (Orange & Centennial)

(Hours are subject to change)

Memorial Day Weekend	May 23 – 25	10:00 am to 7:00 pm
Weekdays	May 26 – June 19	4:00 pm to 8:00 pm
Weekends	May 30 – June 21	10:00 am to 7:00 pm
Open House	May 31	12:00 pm to 6:00 pm
Daily	June 22 – September 6	10:00 am to 8:00 pm
Labor Day	September 7	12:00 pm to 6:00 pm
Post Labor Day	September 8 – 11	4:00 pm to 7:00 pm
Post Labor Day	September 12 – 13	12:00 pm to 6:00 pm

**Orange Avenue Pool** – Closes September 7 @ 6:00 pm

**Centennial Avenue Pool** – Closes September 13 @ 6:00 pm

Facility reopens for winter season on Monday, September 28 at 5:00 am

**DIVING BOARDS & SLIDES** open at 12:00 pm – when staffing permits.

Pools will be open until 9:00pm

Thursday & Friday nights from June 25 – August 7.

## Open House

May 31 – 12pm to 6pm

## Registration 2020

All registration is performed at the Centennial Avenue Pool complex or online at [www.cranfordnj.org/pool-fitness-center](http://www.cranfordnj.org/pool-fitness-center)

### Registration Begins:

Residents & Annual Members ..... March 9  
Non-Residents (Summer or Winter) ..... April 6  
Open Registration (current waiting list first)..... April 13

**DO NOT set up a new account as your ID's will no longer work with the new account!**

**Online Registration:** You can securely register your entire family at one time from the comfort of your home or workplace, 24 hours a day, 7 days a week. If re-registering and you do not know your password, **PLEASE** call the pool and we will send it to you.

If you have already created an account with Community Pass, you are able to use that login information. If you do have an account, upon completing registration you will receive an email containing your login information. Be sure to keep this email in a safe place so that you can continue to enjoy the convenience of online registration.

### In-Person Registration Hours

Monday & Wednesday..... 9:00 am to 4:00 pm  
Tuesday & Thursday..... 9:00 am to 8:30 pm  
Friday ..... 9:00 am to 2:00 pm  
Saturday ..... 10:00 am to 2:00 pm

### Call for night and weekend hours after July 1, 2020

**Proof of Residency:** A Union County I.D. Card, etc. is required. Birth Certificates of children are required unless they were verified as a member during the previous year. Please keep your I.D. cards from season to season. There is a \$10 lost card fee.

**Refund Policy:** A full refund will be given if requested in writing prior to the first day of membership. Once membership begins, refunds will only be issued in cases due to medical reasons and will require documentation. Refunds are issued by township check, so please allow 4 - 6 weeks.

**Guest Privileges:** Each member has the privilege of bringing a guest or guests to the facility for a guest fee. Members are responsible for educating your guest about the rules of our facility. **All guests must be with a member when entering the facility, even if using a guest pass.**

Beginning March 9, Guest Pass booklets available for members only!

5 Pass Books are \$40.00 – 10 Pass Books are \$80.00. **Only 2 booklets per membership.**

**Passes expire September 13, 2020**

No refunds are given on passes. There are a limited number of Pass Books issued. Purchase them early. They are available on a first come first serve basis.

## 2020 MEMBERSHIP FEES

### Summer Fees

### Annual Fees

	Resident	Non/Resident		Resident	Non/Resident
Individual	\$ 275	\$ 475	Individual	\$ 500	\$ 700
Family of 2	325	600	Family of 2	600	925
Family of 3	375	625	Family of 3	625	950
Family of 4 or more	400	675	Family of 4 or more	650	975
Add/Child Care Provider	200	300	Add/Child Care Provider	250	400
Senior Citizen (age 62)	100	250	Senior Citizen (age 62)	200	500
Weekday Guest Pass (After 5 pm \$5)	10				
Weekend Guest Pass (After 5 pm \$5)	15				

An individual who is 22 years of age or older or will become 22 years of age in the current year cannot be considered as a "child" in this membership.

A child who is 2 years of age or older, or will become 2 years of age in the current year is considered a "child".

An individual who is 22 years of age or older or will become 22 years of age before Labor Day cannot be considered as a "child" in this membership.

A child who is 2 years of age or older, or will become 2 years of age before Labor Day is considered a "child".

**Make checks payable to: Cranford Swim Pool Utility.**

**Visa, Master Card & Discover are accepted.**

Please keep your I.D. cards from season to season. There is a \$10.00 lost card fee.

*Facilities may close early on evenings of special events. Events will be posted and announced at each pool.*

### **FLOAT NIGHTS**

**Centennial Avenue Pool**

July 10, 24, & August 7

**Orange Avenue Pool**

June 26 & July 17, 31

### **MOVIE NIGHTS**

**Orange Avenue Pool**

August 14

**Centennial Avenue Pool**

August 21

### **ORGANIZED PARTIES OR RENTALS**

Please be advised, there are no organized parties or rentals during the summer season. You can still have you child's birthday party at the facility, but please realize space is limited and not reserved.

Guest fees will still apply.



# Pool Programs

## Summer Swim Team

The Cranford Gators Swim Team practices at the Centennial Avenue Pool. Swim meets are held Wednesday evenings and Saturday mornings at different facilities. Ages 8 to 18 compete in a summer league which begins in June and ends in the early part of August.

For more info contact the front desk at 908-709-7260

## Swim Pool Utility Swim Team

Day: Monday – Friday

Time: 1:30pm – 4:00pm

**Lap Swimming** – The pool will be devoted entirely to lap swimming unless otherwise noted.

Participants must be 18 years of age or older to utilize the pool for lap swimming. Children, even accompanied by an adult or in the arms of an adult, may not use the pool during lap swimming hours.

**Day:** May 26 - September 4 – Monday – Friday

**Time:** 5:00am – 9:00am

11:00am – 1:30pm

4:00pm – 6:30pm

May 23 – Aug. 30 – Saturday & Sunday, Holidays

12:00pm – 4:00pm

The indoor pool is available to members only during lap swimming hours.

## Aquatic Exercise Classes

### Aquatic Aerobics Classes

**Days:** May 26 – September 4

Monday, Tuesday, Thursday, Friday

**Time:** 9:00am – 9:45am

**Fee:** Daily Drop-in

\$5 Member

\$10 Non-member

**Summer Fees**

\$95 per Member

\$125 per Non-member

**Unlimited Classes**

\$40 per Month Member

\$50 per Month Non-member



### US Masters & Fitness Swimming

**Days:** May 26 – September 5

**Time:** Tues & Thur - 7:00am – 8:00am

Mon, Tues & Thur - 6:30pm – 7:30pm

Sat. - 8:00am - 9:00am

**Fee:** Daily Drop-in

\$5 Member

\$10 Non-member

**Summer Fees**

\$95 per Member

\$125 per Non-member

**Unlimited Classes**

\$40 per Month Member

\$50 per Month Non-member



## Starfish Swimming

The Cranford Pool and Fitness Center is pleased to be affiliated with Starfish Aquatics Institute. The Starfish Aquatics curriculum is used in our swim pool program. Starfish Aquatics Institute, a nationally recognized curriculum for swim instruction, emphasizes water safety and promotes skill development by recognizing the achievements a swimmer makes as they advance through the program.

### What is Starfish Swimming®?

Cranford Pool & Fitness Center is an independent authorized provider of Starfish Swimming. Starfish Swimming is a nationally recognized swim instruction curriculum developed by the Starfish Aquatics Institute (SAI). Learn more about SAI at [www.starfishaquatics.org](http://www.starfishaquatics.org).

The Starfish Swimming curriculum is designed for student's age's 6-months to adult. Benchmarks are established at each stage in the program that combine both swimming and safety skills. Students participate in experiential learning activities that allow them to explore the water in a creative and comfortable environment. Correct swimming techniques are taught from the very beginning, providing an easy transition to swim team.

Our curriculum includes StarBabies™ (ages 6-months to 36-months), Starfish Swim School® (ages 3 and up) and Starfish Stroke School™ programs. Our swim instructors will communicate your child's progression through the curriculum on a regular basis.

**Registration begins April 20, 2020**

**No Refunds on swim lessons. No make-up on swim lessons. You may only sign up for ONE session at a time.**

### What role do I play in my child's swimming development?

As a parent or caregiver, you play a vital role in your child's swimming development. You have already taken the first step, by registering your child for swim lessons. Now you must continue to communicate with your child's instructor and practice, practice, practice!

The bathtub is a great place to start practicing! Bubbles, breath holding, looking underwater, floating and kicking can all take place in the bathtub! A few trips to the pool between swim lessons are nice too! You shouldn't feel the need to push children to do every thing they are doing in swim lessons. Just give them the opportunity to get wet, splash around and explore the water on their own terms.

But remember: supervision is a must! While swimming lessons are one layer of protection, nothing beats supervision. Keep your eyes on your child whenever you are in, on, or near the water!

If you have any questions, please do not hesitate to ask. We're here for you.

## Star Babies & Star Tots Swim Courses

The purpose of these courses is to foster in very young children a high comfort level in the water while at the same time training parents and caregivers in water safety and drowning prevention. This course does not teach children to become accomplished swimmers or to survive in the water; it does provide a confidence building, fun and loving experience.

### Trust and Comfort

#### Safety Skill:

Understand constant and dedicated surveillance.

#### Swim Skill:

Parent and child are relaxed and confident and enjoy going in the water together.

## Centennial Avenue Swim Lessons

### StarBabies™ & StarTots™

- Ages:** 6 months – 3 years  
**Time:** 11:15am to 11:50am  
**Session 1:** June 29 – July 3  
**2:** July 6 – July 10  
**3:** July 13 – July 17  
**4:** July 20 – July 24  
**5:** July 27 – July 31  
**6:** Aug. 3 – Aug. 7  
**7:** Aug. 10 – Aug. 14  
**8:** Aug. 17 – Aug. 21

**Fee:** \$50 per Session

### Body Positions

#### Safety Skill:

Fit and properly put a lifejacket on the child.

#### Swim Skill:

Perform a relaxed front, back, vertical and side position for at least 5 seconds each.

### Submersion

#### Safety Skill:

Use flotation to help someone in the water and know how to call 911.

#### Swim Skill:

Enter from the wall, submerge, turn around, grab on to the wall and pull up (assisted).

### Sea Squirts

*Formerly our Pre/K program. This Starfish Swim School will be designed for our 3 – 5 year olds.*

- Ages:** 3 years – 5 years  
**Time:** 11:15am to 11:50am  
**Session 1:** June 29 – July 3  
**2:** July 6 – July 10  
**3:** July 13 – July 17  
**4:** July 20 – July 24  
**5:** July 27 – July 31  
**6:** Aug. 3 – Aug. 7  
**7:** Aug. 10 – Aug. 14  
**8:** Aug. 17 – Aug. 21

**Fee:** \$50 per Session

### Air Recovery and Rollover

#### Safety Skill:

Identify six methods of preventing recreational water illness

#### Swim Skill:

Enter from the wall submerge, come to the surface unassisted and get a breath in vertical or horizontal (on back) position.

### Forward Movement

#### Safety Skill:

Know about infant and child CPR.

#### Swim Skill:

Move through the water independently 10 feet with or without flotation.

### StarBabies™ & StarTots™

- Ages:** 6 months – 3 years  
**Days:** Mon, Tues, Thur, Fri  
**Time:** 7:00pm – 7:30pm  
**Session 1:** July 6 – July 16  
**2:** August 3 – August 13  
**Fee:** \$85 per Session

### Adult Swim Classes

- Days:** Tuesday & Thursday  
**Time:** 7:00pm to 8:00pm  
**Fee:** \$10 Member  
\$15 Non-member Drop In



## SAVE THE DATE

We will be participating in the **World's Largest Swim Lesson** again this year. Mark your calendars for **Thursday June 18**. More details to follow.

*The Starfish Swimming skills are proprietary information of SAI and cannot be copied or reproduced*

# Centennial Avenue Starfish Swim School – 6 Years and Up

Students work toward development of the five core swimming competencies. The stages are used to divide students into broad ability groups. Children progress at individual rates with the opportunity to learn the core swimming skills and progress to advanced strokes. Learning is self-paced but challenging.

## Session Dates for all Programs

- Session 1:** June 29 – July 3  
**2:** July 6 – July 10  
**3:** July 13 – July 17  
**4:** July 20 – July 24  
**5:** July 27 – July 31  
**6:** Aug. 3 – Aug. 7  
**7:** Aug. 10 – Aug. 14  
**8:** Aug. 17 – Aug. 21

**Fee:** \$50 per Session



## CLOWNFISH (Formerly Level 1)

**Ages:** 6 years and up  
**Times:** 9:45am – 10:20am or  
10:30am – 11:05am

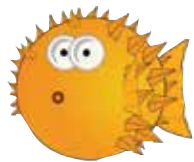
### Trust and Submersion – Body Position and Air Recovery

#### Safety Skill:

Always ask permission before getting in the water AND put on a lifejacket, float on back and kick 20 feet.

#### Swim Skill:

Assisted submersion, relax 5 seconds and then come up to breathe AND jump in, submerge, recover for air, roll on back for 5 seconds in swimwear and in regular clothes.



## PUFFERFISH (Formerly Level 2)

**Ages:** 6 years and up  
**Time:** 9:45am – 10:20am or  
10:30am – 11:05am

## Submersion

#### Safety Skill:

Reach or throw (Don't Go) and know how to call 911.

#### Swim Skill:

Jump in, submerge, recover for air, forward movement 10 feet, change direction and return to wall in swimwear and in regular clothes.



## SEA TURTLES (Formerly Level 3)

**Ages:** 6 years and up  
**Time:** 9:45am – 10:20am or  
10:30am – 11:05am

### Body Rotation – Integrated Movement

#### Safety Skill:

Tread water for 15 seconds AND survival float and tread water for 30 seconds.

#### Swim Skill:

Jump in, submerge, recover to side glide position and kick 10 feet AND start in side glide, swim freestyle 30 feet with 1-2-3 breathe pattern.

## Orange Avenue Starfish Stroke School™

Students refine freestyle and learn stroke technique for backstroke, butterfly, breaststroke and more!



## PELICANS (Formerly Level 4)

**Ages:** 6 years and up  
**Time:** 9:45am – 10:20am or  
10:30am – 11:05am

### Freestyle, Backstroke and Introduction to Butterfly

#### Safety Skill:

Always ask permission before getting in the water AND put on a lifejacket and kick 30 feet.

#### Swim Skill:

Swim freestyle 30 feet with body stretched out and consistent form AND swim 30 feet backstroke with straight arm recovery, body roll, good arm and body extension.



## STINGRAYS (Formerly Level 5)

**Ages:** 6 years and up  
**Time:** 9:45am – 10:20am or  
10:30am – 11:05am

## Butterfly

**Safety Skill:** Scenario assist and know when to call 911.

**Swim Skill:** Swim 4 strokes butterfly and only one breath. Then remainder of pool freestyle.



## BARRACUDAS (Formerly Level 6)

**Ages:** 6 years and up  
**Time:** 9:00am – 9:35am

### Breaststroke – Endurance

#### Safety Skill:

Discuss the Starfish safety concepts AND thread water or survival float for 2 minutes.

#### Swim Skill:

Swim 30 feet breaststroke with good timing and extension AND swim freestyle 50 yards; swim backstroke 50 yards; swim 25 yards butterfly; swim 25 yards breaststroke;

perform freestyle and backstroke flip turns and butterfly and breaststroke open turns.



## SWIMPREP

**Ages:** 6 years and up, having passed Barracudas  
**Time:** 9:00am – 9:35am

### For those who have completed Barracudas.

Focuses on functional swimming skills such as self-rescue and endurance. Designed for the student who wishes to increase confidence and competence in the water.

## Orange Avenue Swim Lessons

### StarBabies™ & StarTots™

**Ages:** 6 months – 3 years  
**Time:** 11:15am to 11:50am  
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**5:** July 27 – July 31  
**6:** Aug. 3 – Aug. 7  
**7:** Aug. 10 – Aug. 14  
**8:** Aug. 17 – Aug. 21

**Fee:** \$50 per Session

### Sea Squirts

*Formerly our Pre/K program. This Starfish Swim School will be designed for our 3 – 5 year olds.*

**Ages:** 3 years – 5 years  
**Time:** 11:15am to 11:50am  
**Session 1:** June 29 – July 3  
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**Fee:** \$50 per Session

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### Session Dates for all Programs

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**5:** July 27 – July 31  
**6:** Aug. 3 – Aug. 7  
**7:** Aug. 10 – Aug. 14  
**8:** Aug. 17 – Aug. 21

**Fee:** \$50 per Session





## CLOWNFISH

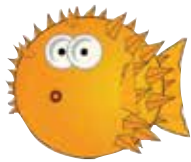
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**Ages:** 6 years and up  
**Times:** 9:45am – 10:20am or  
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### Trust and Submersion – Body Position and Air Recovery

**Safety Skill:** Always ask permission before getting in the water AND put on a lifejacket, float on back and kick 20 feet.

**Swim Skill:** Assisted submersion, relax 5 seconds and then come up to breathe AND jump in, submerge, recover for air, roll on back for 5 seconds in swimwear and in regular clothes.



## PUFFERFISH

(Formerly Level 2)

**Ages:** 6 years and up  
**Time:** 9:45am – 10:20am or  
10:30am – 11:05am

### Submersion

**Safety Skill:** Reach or throw (Don't Go) and know how to call 911.

**Swim Skill:** Jump in, submerge, recover for air, forward movement 10 feet, change direction and return to wall in swimwear and in regular clothes.



## SEA TURTLES (Formerly Level 3)

**Ages:** 6 years and up  
**Time:** 9:45am – 10:20am or  
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### Body Rotation – Integrated Movement

**Safety Skill:** Tread water for 15 seconds AND survival float and tread water for 30 seconds.

**Swim Skill:** Jump in, submerge, recover to side glide position and kick 10 feet AND start in side glide, swim freestyle 30 feet with 1-2-3 breathe pattern.



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**Time:** 9:45am – 10:20am or  
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### Freestyle, Backstroke and Introduction to Butterfly

**Safety Skill:** Always ask permission before getting in the water AND put on a lifejacket and kick 30 feet.

**Swim Skill:** Swim freestyle 30 feet with body stretched out and consistent form AND swim 30 feet backstroke with straight arm recovery, body roll, good arm and body extension.



## STINGRAYS (Formerly Level 5)

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**Time:** 9:45am – 10:20am or  
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### Butterfly

**Safety Skill:** Scenario assist and know when to call 911.

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## BARRACUDAS

(Formerly Level 6)

**Ages:** 6 years and up  
**Time:** 9:00am – 9:35am

### Breaststroke – Endurance

**Safety Skill:** Discuss the Starfish safety concepts AND tread water or survival float for 2 minutes.

**Swim Skill:** Swim 30 feet breaststroke with good timing and extension AND swim freestyle 50 yards; swim backstroke 50 yards; swim 25 yards butterfly; swim 25 yards breaststroke; perform freestyle and backstroke flip turns and butterfly and breaststroke open turns.



## SWIMPREP

**Ages:** 6 years and up, having passed Barracudas  
**Time:** 9:00am – 9:35am

### For those who have completed Barracudas.

Focuses on functional swimming skills such as self-rescue and endurance. Designed for the student who wishes to increase confidence and competence in the water.

## Orange Avenue Starfish Stroke School™

Students refine freestyle and learn stroke technique for backstroke, butterfly, breaststroke and more!

# Starfish Aquatic Institute Training Classes

The Cranford Pool and Fitness Center is pleased to be affiliated with Starfish Aquatics Institute. Starfish Aquatics Institute is a nationally recognized curriculum for swim instruction, emphasizes water safety and promotes skill development by recognizing the achievements a swimmer makes as they advance through the program.

The Cranford Pool & Fitness Center offers a variety of Starfish Aquatic Training classes. Payment is due on the first day of class or after successful completion of pre-test. If you do not pass the course, no refund will be given.

Attendance is required on all days and times of each course section.

## Cancellations & Refunds –

The fees include materials and certifications unless otherwise noted. (See individual course listings). All fees are due at the time of registration. Registrations are on a first-come/first serve basis with at least 2 weeks notice will receive a 50% refund. No refunds will be given within 1 week of the class start date.



## Safety Classes StarGuard Training

StarGuard is an integrated curriculum and includes emergency care skills necessary to protect life or prevent further injury until EMS arrives. The performance objectives of the American Safety & Health Institute CPR, First Aid, Bloodborne Pathogens, Emergency Oxygen and Automated External Defibrillation (AED) are built into the course. The integration results in a more confident, competent lifeguard.

The American Safety & Health Institute in partnership with Starfish Aquatics uses a systematic, thorough planning process to assure that program materials reflect the most current knowledge available. Ongoing research with a national peer review ensures up-to-date information and programs that have sound educational formats.

Candidates will be taught the skills and knowledge to prevent, recognize, and respond to emergencies and to provide care for injuries and sudden illnesses until advanced medical personnel arrive and take over. This course also includes training in aquatic-specific first aid and cardiopulmonary resuscitation (CPR) training and AED.

**PREREQUISITES:** Swim 350 yards, head up continuously, 50 yards, head up with rescue tube, 100 yards of front crawl, 100 yards of breaststroke and 100 yards of either front crawl or breaststroke; Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10 pound object, return to surface, and swim 20 yards back to starting point

with the object, and get out of the pool in 1 minute 40 seconds.

**Must be at least 16 years old.**

### PRETEST for July Class:

**Day:** Monday  
**Dates:** July 6, 2020  
**Time:** 5:00pm – 7:30pm

### CLASS DATES:

**Day:** Mondays, Tuesdays and Thursdays  
**Dates:** July 7, 9, 13, 14, 16, 20, 21, 23  
**Time:** 5:00pm – 9:30pm

### PRETEST for August Class:

**Day:** Monday  
**Dates:** August 3, 2020  
**Time:** 5:00pm – 7:30pm

### CLASS DATES:

**Day:** Mondays, Tuesdays and Thursdays  
**Dates:** August 4, 6, 10, 11, 13, 17, 18, 20  
**Time:** 5:00pm – 9:30pm  
**Fee:** \$250 Members  
\$300 Non-Members



## Star Course

This program is designed for children 11 years old (or who have completed the 5th grade) through 14 years of age. This will not certify anyone to be a lifeguard but will build a foundation of basic water safety knowledge, attitudes and skills for future lifeguards.

### CLASS DATES:

**Day:** Monday through Thursday  
**Dates:** Call Centennial Avenue Pool if interested.  
**Fee:** \$100.00 Members  
\$125.00 Non Members



## Additional Courses Offered - *call for information*

### Bloodborne Pathogens Training

This training module is designed for first responders, health care professionals, lifeguards, and other workers who are at risk for on-the-job exposure to blood and body fluids that can cause infection. This course helps to meet training requirements for the OSHA bloodborne pathogens standard.



### CPR/AED for Professional Rescuers and Health Care Providers

As an EMT, firefighter, athletic trainer or lifeguard, it is your duty to respond to cardiac or breathing emergencies until more advanced medical personnel can take over. From assessing needs and making decisions to providing care, this program provides the skills you need through discussion; video and hands-on training based on real-life rescue

scenarios. Course covers adults, children and infants and includes free online refreshers.

### Starfish Swim Instructor

This course is for individuals who desire to become a swim instructor. The Starfish Swimming Program allows you to reach people of all ages to swim for pleasure, fitness or competition and teach them correctly.

**Prerequisites:** Minimum of age 16. Must pass water skills screening to validate swimming ability at a level appropriate to demonstrate skills that correspond with the curriculum.

### StarGuard Review Course

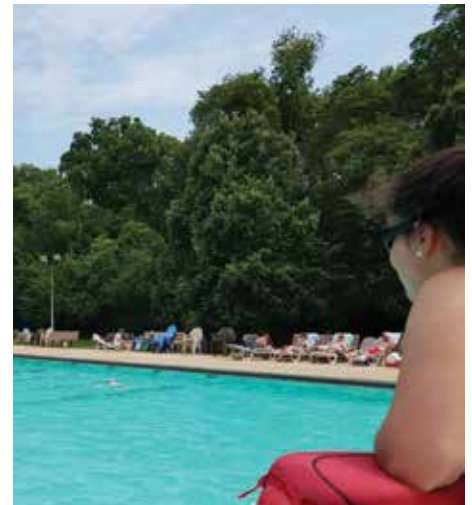
The Review course is designed to review the lifeguarding skills and core knowledge points required to recertify in lifeguarding.

**Prerequisite:** Current Red Cross Lifeguarding/First Aid/CPR/AED or current StarGuard/First Aid/CPR/AED certificate.

Note: If the Lifeguarding/First Aid/CPR/AED certificate is expired, participants must take the full Lifeguarding or Shallow Water Lifeguarding course.

### First Aid/CPR/AED for Workplaces, Schools and Individuals

- First Aid: Learn how to respond to common first aid emergencies, including burns; cuts; head, neck and back injuries and more. Pediatric option available.
- CPR/AED Learn how to respond to cardiac and breathing emergencies in adults, including the use of automated external defibrillators (AED). Adult and infant/child CPR options available.
- Review Renew your First Aid/CPR/AED certification in an abbreviated class session. Current certification is required.
- Challenge Prepare on your own and demonstrate skill competency in front of a ASHI instructor. Current certification is not required.



Starfish Swimming Program Staff



# KIDZ KLUB 2020



## Members Only

Week 1	June 22 to June 27
Week 2	June 29 to July 3
Week 3	July 6 to July 10
Week 4	July 13 to July 17
Week 5	July 20 to July 24
Week 6	July 27 to July 31
Week 7	August 3 to August 7
Week 8	August 10 to August 14
Week 9	August 17 to August 21
Week 10	August 24 to August 28

Weekly sessions include a variety of arts & crafts, games, sports, swimming, outdoor play and day trips, which are included in the weekly price. **Swim lessons are available for a discounted rate.**

Kidz Klub is designed for four age groups: 5/6 years old; 7/8 years old; and 9/10 years old; as well as 11/12 year olds siblings or "graduates" of Kidz Klub. You may attend all sessions, a few, or just one week or whatever fits your schedule.

**Camp Hours:** Weekdays 8:00am to 5:30pm. Earlier drop-off at 7:00am and later pick-up at 6:30pm is available for an additional fee: \$5.00 per hour.



## **Fees:**

1 - 3 weeks	\$220.00 each week
4 - 6 weeks	\$210.00 each week
7+ weeks	\$200.00 each week

A non-refundable registration fee of \$75.00 per child is required at the time of registration. Fee includes KK clothing & Rash Guard swim shirt. A 20% deposit is also required at the time of registration with the balance being due by June 11, 2020. A 10% discount is available for additional children calculated on the shortest enrollment.

**Space is limited – Register early! Pool Membership must be paid in full before registering for Kidz Klub.**

Enrollment begins March 17, 2020  
 Cranford Pool & Fitness Center  
 401 Centennial Avenue, Cranford, NJ 07016  
 Monday through Friday, 8:30am – 3:30pm  
 Additional hours by appointment

Registration packets will be available at the Cranford Pool & Fitness Center or online @ [www.cranfordnj.org/pool-fitness-center](http://www.cranfordnj.org/pool-fitness-center) by February 17, 2020

For additional information, please call Jennifer or Jenna at 908-709-7260 Ext.2307.

Parent orientation will be held on Thursday, June 11, 2020 6:00pm.



# CRANFORD Fitness Center

**YOU MUST BE AN ANNUAL MEMBER TO USE THE FITNESS CENTER.  
NO SUMMER MEMBERS ARE PERMITTED.**

## Membership includes;

- Instruction in use of equipment
- Assistance with self-directed training regimen
- Video-led routine for spin bikes

## Rules of the Fitness Center

1. All members are required to scan their membership cards when entering and leaving the fitness center.
2. **All members in the fitness center must be 18 years of age or older.** An individual between the ages of 14 & 18 years of age will be allowed to use the equipment when closely and continuously supervised by an adult who assumes all responsibility for him or her.
3. Equipment use is at your own risk. You are liable for your own insurance in case of any injury or accident.
4. Members and guests are responsible for their own property. Management will not **be responsible for any theft or loss of items.**
5. All members and guests must wear at least a shirt and shorts or some suitable athletic attire and closed soft-soled shoes - preferably sneakers.
6. Water bottles are permitted in the fitness center. NO eating or gum chewing.
7. Management reserves the right to alter hours of operation when necessary.
8. Please do not bring gym bags, pocketbooks or other articles into fitness center. You may bring a lock and use a locker on a daily basis to protect your valuables.

## Hours of Operation

Memorial Day Weekend	May 23 – 25	10:00 am to 7:00 pm
Weekdays	May 26 – September 4	5:00 am to 8:00 pm
Weekends	May 30 – June 21	10:00 am to 7:00 pm
Open House	May 31	12:00 pm to 6:00 pm
Weekends	June 27 – September 6	9:00 am to 8:00 pm
Labor Day	September 7	11:00 am to 7:00 pm
Post Labor Day	September 8 – 11	5:00 am to 7:00 pm
Post Labor Day	September 12 – 13	12:00 pm to 6:00 pm

Open until 9:00 pm on Thursday & Friday nights from June 25 through August 7



**WiFi Connected • Universal/Paramount Equipment • Personal Exercise Plan  
Free Weights/Treadmills/Stationary Bikes • Stairmasters/Elliptical Trainers**

# Membership Rules and Regulations

1. **Observe all posted rules.**
2. **NO prolonged underwater swimming or breath holding.**
3. **Proper footwear MUST be worn at all times within the facility.**
4. **No mermaid fins or other fin toys are permitted.**
5. Members must scan their membership card to gain attendance into the facility. **NO Exceptions!**
6. Members are responsible for the actions of their guests. Parents are responsible for the actions of their children. **No guests are permitted to enter facility without a member present.**
7. Children under the age of 12 are not allowed to enter the facility unless accompanied by an adult. The adult is expected to remain in the facility as long as the children are in the facility.
8. Boys/Girls over the age of 5 are not permitted in the ladies/men's room.
9. Hair shoulder length or longer **MUST** be pulled back.
10. **Glass or ceramic containers are not permitted anywhere in the facility.**
11. **Alcoholic beverages and controlled dangerous substances are prohibited throughout the facility and may result in loss of membership. Bags and coolers are subject to search.**
12. No pets allowed in the facility at any time.
13. Members and guests are liable for their own insurance in case of an accident or injury. Members and their guests use the facility at their own risk.
14. Members are responsible for the safe keeping of their valuables. Cranford Pool and Fitness Center employees, Advisory Board Members, Township Commissioner and the Township of Cranford will not be responsible for the loss of any items in or around the facility. Individuals are responsible for their own belongings.
15. No smoking is allowed in the facility. Violators will be subject to a \$250 to \$1,000 fine.
16. Gum chewing is prohibited throughout the entire pool and fitness complex.
17. Selling of food or merchandise, except by authorized pool personnel or agents, will not be tolerated. Behavior or activities creating conditions of danger or annoyance are prohibited in the pool complex. Loud playing radios are included in this category.
18. No food is allowed in the indoor pool area.
19. **No person will be allowed to enter the pool area unless a lifeguard is on duty.**
20. All patrons are required to shower before entering the pool and/or sauna.
21. Only bathing suits are permitted in the pool and sauna.
22. **Toys, rubber balls, inner tubes, flotation devices and snorkels are not permitted in the pool.**
23. Lifeguards and facility staff are responsible for enforcing all rules and regulations. Violations will be brought to the attention of the management staff who will take whatever action necessary to correct the situation.
24. Dress within the pool complex shall be consistent with standards of good taste. All bathers must wear appropriate attire.
25. Any person having a communicable disease, open blisters or cuts, sores or inflamed eyes, ears, nose or mouth infections, or any type of skin disease, **will be excluded from the pool area, fitness center and babysitting area.** A doctor's certificate of permission must be obtained by anyone who disagrees with the decision of management. Management continues to maintain the right of refusal.
26. Dressing or undressing may only take place in the locker room.
27. **Infants must wear rubber pants over their diapers while they are in the water. Wearing disposable diapers or swim diapers and rubber pants are only permitted in the intermediate and baby pool areas. NO ONE IN DIAPERS IS PERMITTED IN THE MAIN AREA.**
28. Band-Aids must be removed before entering the pool. They must be discarded into a garbage can.
29. No rough play in the pool (pushing, shoving, chicken fights, cannonballs and sit outs).
30. Use of the starting blocks is prohibited unless under the supervision of a swim coach or instructor.
31. No diving into the pool at any time except during an instructional class.
32. The interpretation and enforcement of this body of rules and regulations will be the responsibility of the pool manager and/or assistants at all times. Decisions and actions made necessary for circumstances not specifically covered herein will be at the discretion of the manager.
33. Parents are not allowed on the pool deck during swim lessons and/or swim practice.
34. Pool equipment such as kickboards, swim noodles, pull buoys, buoyance belts and hand buoys are available for use in the indoor pool area. Please return all equipment to its proper place when you are finished with it.
35. Flotation devices such as "swimmies" or life vests are not allowed. However, children are allowed to wear the bathing suits with the flotation device built into the suit.
36. The facility must be vacated by the designated closing hour. The pool will be cleared 15 minutes prior to facility closing. Please do not loiter and exit the facility as quickly as possible.
37. If it is determined there is thunder and/or lightning in the area, all pools and pool areas will be required to close immediately. All pools and the immediate areas will remain closed for 30 minutes past the last visible lightning strike or thunder.
38. Must be 18 years of age or older to swim in lap lanes and during indoor lap swimming times.
39. **Management reserves the right to alter hours of operation when necessary.**
40. **There are No exceptions to any rules and regulations that govern the facility.**

# Babysitting

Babysitting is available from 9:00am to 12:00pm Monday through Friday beginning June 22. This service is available so that you can participate in lap swimming; exercise classes; use the fitness center, etc.

A 2 hour time limit is allowed per child. **You must remain on the premises.** Please do not abuse this service!!!

**Fee:** \$ 5.00 per hour or any part of the hour, per child  
 \$100 for summer season for first child.  
 (\$25 for each additional child)



## Application Form – Summer 2020



Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Emergency Phone \_\_\_\_\_

Company \_\_\_\_\_ Phone \_\_\_\_\_

Name	Date of Birth	Sex	I.D. Number

**Make checks payable to: Cranford Swim Pool Utility**

**Mail to: Cranford Swim Pool Utility  
 401 Centennial Ave.  
 Cranford, NJ 07016**

Cash and Credit Card (Master Card, Visa or Discover) payments must be made at the office.  
**DO NOT mail cash payments.**

**Office Use Only**

Group Number: \_\_\_\_\_

New Member    Renewal    Conversion

Membership Type: \_\_\_\_\_

Registration Date: \_\_\_\_\_

Membership Fee: \_\_\_\_\_