

POOL & SWIM

Pool Opens June 13th
(weather permitting)



Pool Building

188 State Route 146
Altamont, NY 12009

Phone Number

518-456-4446
(Only in season)



Hours of Operation

Public Swim:

Monday-Friday, Noon-7pm
Saturday-Sunday, 11:30am-7pm

Adult Fitness Swim:

Monday-Thursday, 11:00am-Noon
Saturday-Sunday, 10:00am-11:30am



Fees (Cash or Check)



Resident Fees:

Children (under 5) - Free
Children (5 to 14yrs) - \$4.00
Adults (15 to 59 yrs) - \$6.00
Seniors (60+) - Free

Non-Resident Guest Fees:

Children (under 5) - \$4.00
Children (5 to 14yrs) - \$6.00
Adults (15 to 59 yrs) - \$8.00
Seniors (60+) - \$4.00

Adult Fitness Swim:

Adults (16+) - \$1.00

Season Pass:

Individual - \$80.00
Family - \$140.00



Established in 1965, the pool welcomed its first season of swimmers quickly becoming a beloved community gathering place. In 2015, a fire destroyed the original pool building, prompting an unexpected but resourceful shift. That summer, the Cabana stepped in as a temporary guard shack and pool house, ensuring the pool could remain open and continue serving the community despite the setback.

Our pool area continues to host countless memories and has something for everyone in the family to enjoy!

Season Pass Information

Season passes offer Town of Guilderland residents a convenient way for you and your family household to enjoy the pool with ease.

- Passes will be available for purchase at the Parks and Recreation office beginning June 1st, as well as at the pool entrance once the season begins.
- ****Proof of residency**** is required to obtain a pass.

The pass must be presented to the pool booth attendant upon entry.

Adult Fitness Swim

Provides a calm and focused environment where adults (ages 16+) can concentrate on their strokes and improve their fitness levels. Whether you're a seasoned swimmer or just looking to add variety to your exercise routine, this dedicated time ensures a lane is available so you can swim at your own pace without interruption.

CABANA RENTALS



This charming cabana is nestled right within the pool area, offering both comfort and convenience for guests. It features a cozy enclosed room—perfect for storing belongings, taking a break from the sun, or enjoying a quiet moment—as well as a spacious screened-in porch that invites you to relax in the fresh air without the bother of insects. Together, these spaces create an ideal spot for lounging, gathering with friends, or simply unwinding between swims.

Important Notes

- *This facility can only be reserved by Guilderland Residents and must be scheduled 2 weeks in advance.*
- *There are no alcoholic beverages allowed in the pool area at any time.*
- *Rentals **DO NOT** include pool admission fees, which are charged separately. Non-swimmers are also subject to an admission fee to access the pool area. (Maximum 12)*

Rental Times (choose one)

12:00-3:00 pm
3:30-6:30 pm

Rental Fees

Monday - Sunday
\$32 per 3 hour time slot

Pool Rules & Lifeguard Certification

FACILITY RULES



- Listen to and obey the instructions of the lifeguards at all times.
- All persons entering the pool area must pay the appropriate fee.
- Appropriate swim attire is required to enter the pool. No street clothes including cotton t-shirts, yoga pants etc....
- No diving into the shallow end of the pool.
- Only Coast Guard approved life jackets may be worn in the pool.
- Children under age 12 must be accompanied by someone age 15 or older.
- Children under the age of 5, non-swimmers, or children in a life jacket must be accompanied by a supervising adult within arm's reach in the pool.
- The pool will be closed for 30 minutes in cases of bad weather (thunder, lightning, tornado warnings, etc.).
- Pool toys, inflatables, snorkels and face masks are not permitted.
- Smoking, vaping, controlled substances, alcohol, weapons and glass are strictly prohibited in and around the facility.
- No running on the pool deck.
- No pushing, shoving, horseplay, or inappropriate behavior allowed.
- Expectorating, spouting water, blowing of the nose, or discharging bodily waste in the pool is strictly prohibited.
- Any patron known or suspected of having a communicable skin disease, open wounds, inflamed eyes, nasal discharge or diarrhea will not be permitted in the pool.
- Please report any injuries or equipment problems to lifeguards immediately.

PROHIBITED

Cotton Clothes



Goggles with Nose Piece



Glass bottles



LIFEGUARD CERTIFICATION COURSE

Tawasentha Pool will offer an American Red Cross Blended Learning Certification Course

This certification course will follow a blended learning structure - an online course portion must be completed prior to the in-class portion.

Online portion (7-8 hours) available
Saturday, May 30th to Saturday, June 6th

Must Attend ALL In-Class Sessions:

- Sunday, June 7th – 12pm - 6pm (Includes Pre-Course Swimming Evaluation)
- Monday, June 8th – 4:30pm - 8:00pm
- Tuesday, June 9th – 4:30pm - 8:00pm
- Wednesday, June 10th – 4:30pm - 8:00pm
- Thursday, June 11th – 4:30pm - 8:00pm
- Friday, June 12th – 4:30pm - 8:00pm



Town Resident Cost: \$300
Non-Resident Cost: \$350

Code: 800

Registration is Required
www.guilderlandrec.com



To enroll, you must be at least 15 years old and you must be able to pass a prerequisite skills evaluation by doing the following:

Swim 300 yards (12 laps) continuously demonstrating breath control and rhythmic breathing. You may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. (Swim goggles can be used.)

Tread water for 2 minutes using only the legs.

Complete a timed event within 1 minute and 40 seconds:

- Starting in the water, swim 20 yards. (No goggles)
- Dive to a depth of 7 to 10 feet to retrieve a 10 pound brick.
- Return to the surface and swim 20 yards on your back to return to the starting spot with both hands on diving brick, while keeping your face out of the water or near the surface to breathe.
- Exit water using stairs or steps.

The prerequisite skills evaluation will occur on the first day of the course. Please bring a swimsuit and towel for every class.

To successfully complete the course, you must be at every session and participate in all skills, activities and scenarios, and demonstrate competency in all required skills and scenarios. You must also pass the two final written exams with a minimum grade of 80 percent.

The practice sessions will require some strenuous activity. You are encouraged to check with your healthcare professional before participating in the course. If you have a medical condition or disability that might prevent you from participating in the activities, or have questions about being able to fully participate in the Lifeguarding course, please contact the Recreation office before the course begins.

Upon successful completion of the course, you will receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years.

Swim Programs



LEARN TO SWIM PROGRAM (Exclusive of Day Camp)

Level 1 - Introduction to Water Skills: For students who do not feel comfortable playing in shallow water and/or do not like to put their faces in the water. Skills learned: walking in chest deep water, supported front and back float, arm action with support, kicking on front and back using a kick-board, blowing bubbles, submerge face, safety skills.

Level 2 - Fundamental Aquatic Skills: For students who are able to demonstrate the skills from Level 1 and are ready to learn the basics of water locomotion. Skills learned: submerge entire head, retrieve objects, explore deep water with support, unsupported back and front glide, bobbing, jump in from edge, front and back flutter kick, begin learning to swim on both front and back using arms and legs simultaneously, safety skills.

Level 3 - Stroke Development: For students who are able to demonstrate skills from Level 2 and ready to further develop the front and back crawl. Skills learned: bobbing from deep to shallow water, treading water, kneeling/sitting dive, front crawl with rhythmic breathing, back crawl, changing directions, safety skills.

Level 4 - Stroke Improvement: For students who are able to demonstrate the skills from Level 3 to increase their endurance with those strokes and ready to learn other basic swim strokes. Skills learned: improve rotary breathing, standing front dive, improve front and back crawl, open turns at the wall, breaststroke, sidestroke kick, elementary backstroke, butterfly stroke, scissors kick, survival, safety skills.

Level 5 - Stroke Refinement: For students who are able to demonstrate the skills from Level 4 and to improve coordination and endurance in the basic swim strokes. Skills learned: bi-lateral breathing, shallow dive from the side, flip turns, improve previously learned strokes, learn side stroke, safety skills.

Ages: 5 to 13 years
Location: Pool Building

Days: Monday - Friday
Cost: \$20 per session

Session 1: June 29 - July 10*

Time: 9:50 - 10:20am
Code: 313

Time: 10:25 - 10:55am
Code: 314

Session 2: July 13 - July 24

Time: 9:50 - 10:20am
Code: 323

Time: 10:25 - 10:55am
Code: 324

Session 3: July 27 - August 7

Time: 9:50 - 10:20am
Code: 333

Time: 10:25 - 10:55am
Code: 334

Session 4: August 10 - August 14 (one week only)

Time: 9:25 - 10:10am
Code: 343

Time: 10:15 - 11:00am
Code: 344

***NO LESSONS ON JULY 3RD IN OBSERVANCE OF THE HOLIDAY**

TOT SWIM

(Parent and Child Aquatics)

One adult must accompany each child in the water in proper swim wear.



This American Red Cross Program is designed for young children and their parents. The purpose of the course is to familiarize children ages 2 – 4 with the water and teach swimming readiness skills. In addition, the course also teaches techniques parents can use to help orient their children to the water.

Taught in a group setting with certified lifeguards, this program is a great way to help your child learn to be comfortable in the water and introduce them to basic swimming skills using demonstrations, games, and songs!

Ages: 2 to 4 years **Days: Monday - Thursday (No Fridays)**
Cost: \$20 per session **Time: 11:15-11:45am**

Session 1: June 29 - July 10* Code: 411
Session 2: July 13 - July 24 Code: 421
Session 3: July 27 - August 7 Code: 431
Session 4: August 10 - August 14 Code: 441

WATER SAFETY VOLUNTEER AIDES

Volunteers will help in our Learn to Swim programs and assist lifeguards with teaching swim lessons. Water Safety Aides (WSA) must be comfortable in the water and enjoy working with children. They should be able to swim at a level 3 or higher. Students ages 12 to 15 years of age may volunteer.

This unique volunteer opportunity is open to students who are interested in working with children and gaining experience in a pool setting as a future lifeguard. The WSA program allows young volunteers to assist lifeguards in our learn-to-swim programs, which provides them with invaluable skills and fulfills community service requirements.

Volunteers are encouraged to apply their hours towards community service credits.

Registration is required (FREE) for insurance purposes. We are looking for individuals to commit to the full two-week session. Limit 6 volunteers per session. Limit two sessions per volunteer.

Ages: 12 to 15 years **Days: Monday - Friday**
Cost: Free **Time: 8:30-11:00am**

Session 1: June 29 - July 10* Code: 451
Session 2: July 13 - July 24 Code: 461
Session 3: July 27 - August 7 Code: 471
Session 4: August 10 - August 14 Code: 481