

JENNIFER DeSENA
Supervisor

KELLY GILLEN
*Commissioner of
Parks and Recreation*



MANORHAVEN PARK POOL GUIDE

2024 SEASON

158 Manorhaven Blvd.
Port Washington, NY 11050

516-869-6311 | www.northhempsteadny.gov
parks@northhempsteadny.gov



Department of
Parks &
Recreation

PROGRAM DATES

Registration dates for all swim classes, swim team, aquacise, & yoga.

• JUNE 6, 2024

6:00PM – 8:00PM

MEMBERS ONLY
In person only

Bring your current membership cards with you.

Check program for pricing.

• JUNE 13, 2024

6:00PM – 8:00PM

Non-Member Resident Program
In person only

*** photo ID proof of Residency (Driver's License) and child's birth certificate will be requested.*

Check program for pricing.

• JULY 1, 2024

Classes Begin.



NO CASH PAYMENTS

**ACCEPTABLE PAYMENT
METHODS FOR IN PERSON
REGISTRATION:**

ALL MAJOR CREDIT CARDS,
GOOGLE PAY, APPLE PAY,
CHECK OR MONEY ORDER
MADE PAYABLE TO:

TOWN OF NORTH HEMPSTEAD



Department of
Parks &
Recreation

SWIM LESSONS

GUPPIES (6 MONTHS - 3 YEARS OLD)

Wednesday July 3, 2024 — Aug. 7, 2024
10:20am — 10:50am

\$75 Members/\$110 Non-Members

Skills taught will include: water entry and exit, arm stroke, kicking and blowing bubbles. This course is designed to help children become comfortable in the water, so they are ready to learn to swim. Students will wear a bubble flotation device.

An adult must accompany the child in the water. Children must wear swim diapers & plastic pants and a bathing suit. Observers are allowed in the concession area ONLY during lessons.

DOLPHINS: (3 YEARS—5 YEARS OLD)

Monday July 1, 2024 — Aug. 5, 2024
9:00am — 9:30am, 9:40am — 10:10am

Wednesday July 3, 2024 — Aug. 7, 2024
9:00am — 9:30am, 9:40am — 10:10am

\$75 Members/\$110 Non-Members

Children must be out of diapers and able to handle parent separation. Students will learn basic skills including: placing their face in water, blowing bubbles, kicking, arm stroke and backstroke. They will be introduced to life jackets and learn water safety skills. All children will wear a bubble flotation device while continuing to learn and improve their skills.

Parents are not allowed to stay with their child during lessons. Observers are allowed in the concession area ONLY during lessons.

SUNFISH (5 YEARS OLD ONLY)

Monday July 1, 2024 — Aug. 5, 2024
10:20am — 10:50am

\$75 Members/\$110 Non-Members

This course is designed to continue the swimming skills learned in the Pre-K programs. Bubble flotation devices will be provided based upon swimmers ability and instructors recommendation. The front crawl and backstroke will be taught along with proper breathing and kicking techniques. Water safety skills will be introduced by the use of life jackets. Proof of Age Required at Time Of Registration.

Parents are not allowed to stay with their child during lessons. Observers are allowed in the concession area ONLY during lessons.

Prerequisite: Child must be out of diapers, able to handle parent separation



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LEVEL 2 & LEVEL 3 SWIM LESSONS

CHILDREN'S SWIMMING LESSONS LEVEL 2 (AGES 6-17)

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

Breath Control

Submerge Head: 5 seconds
Retrieve Underwater Objects (3x)
Bobbing (5x)

Entries

Step-in Entry
Side Exit

Stroke

Unsupported Front Float or Glide
Unsupported Back Float or Glide
Flutter Kick on Front
Flutter Kick on Back
Finning on Back & Sculling on Back
Combined Stroke on Front: 5 yds
Combined Stroke on Back: 5 yds
Turning Over Back to Front
Turning Over Front to Back
Tread Water Using Arm Motion
Swim on Side w/ Support

Safety

Float in Life Jacket
Swimmer in Distress
Familiar w/ Pool Rules

CHILDREN'S SWIMMING LESSONS LEVEL 3 (AGES 6-17)

LEVEL 3: STROKE DEVELOPMENT

Breath Control

Rotary Breathing (5x)
Retrieve Underwater Objects—Eyes Open
Bobbing w/ Rhythmic Breathing

Entries

Jump into deep water from side
Knows basic rules of safe diving
Dive from side of pool: kneeling or sitting
Survival float: 30 sec.
Back float: 30 sec.

Stroke

Back Crawl: 15 yds
Front Crawl: 15 yds
Elementary Backstroke Kick: 10 yds
Front Glide—2 Body Lengths: Kick 1
Front Glide—2 Body Lengths: Kick 2
Back Glide—2 Body Lengths: Kick 1
Back Glide—2 Body Lengths: Kick 2
Butterfly Kick: 15 feet
Vertical to Horizontal Position Change

Safety

Jump into deep water w/ life jacket
Familiar with H.E.L.P. & huddle positions
Demonstrate treading water (30 sec.)
Reaching Assists
Rules for Safe Diving



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LEVEL 4, LEVEL 5 SWIM LESSONS

CHILDREN'S SWIMMING LESSONS LEVEL 4 (AGES 6-17)

LEVEL 4: STROKE IMPROVEMENT

Breath Control

Deep water bobbing
Rotary Breathing
Feet First Surface Dive
Underwater Swim: 3 Body
Lengths

Entries

Dive from Side: Standing
Position
Dive from Side: Compact or
Stride Position

Stroke

Front Crawl: 25 yds
Back Crawl: 25 yds
Sidestroke: 15 yds
Breaststroke: 15 yds
Elementary Breaststroke: 5 yds
Sculling on the Back: 5 yds or 15 sec.
Open Turn at Wall: Front & Back
Butterfly: 15 yds
Survival Float: 1 min.
Back Float: 1 min.

Safety

Become familiar with CPR
Demonstrate rescue breathing
Tread water for 1 min.

CHILDREN'S SWIMMING LESSONS LEVEL 5 (AGES 6-17)

LEVEL 5: STROKE REFINEMENT

Breath Control

Alternate Breathing
Swimming Under Water: 3 body
lengths

Entries

Stride Jump Entry
Standing Dive
Long Shallow Dive

Stroke

Breaststroke: 25 yds
Sidestroke: 25 yds
Elementary Backstroke: 25 yds
Butterfly: 25 yds
Front Crawl: 50 yds
Back Crawl: 50 yds
Turn on Front
Turn on Back

Safety

Rules for Safe Diving on Board
Feet First Surface Dive (Tuck &
Pike)
Spinal Injury Recognition &
Supports
Tread Water—2 min w/ 2
Different Kicks



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SWIM LESSONS SCHEDULE FOR CHILDREN'S LEVELS

THESE COURSES WILL FOCUS ON THE CORRESPONDING SWIMMING SKILLS LISTED ON PREVIOUS PAGES
FEE: \$75 MEMBERS/\$110 NON-MEMBERS

SESSION I:
JULY 1—JULY 18 (3 WEEKS)

Mon.—Thur.
9:00AM-9:30AM

Level 2

Mon.—Thur.
9:40AM - 10:10AM

Level 3

Mon.—Thur.
10:20AM-10:50AM

Level 4
Level 5

SESSION II:
JULY 22—AUGUST 8 (3 WEEKS)

Mon.—Thur.
9:00AM - 9:30AM

Level 2

Mon.—Thur.
9:40AM - 10:10AM

Level 3

Mon.-Thur
10:20AM - 10:50AM

Level 4
Level 5

RED DEVILS SWIM TEAM



SWIM TEAM AGE 16 & UNDER (AGE IS AS OF JUNE 1)

This team is comprised of boys and girls ages 16 (as of June 1) and under. When the season is over the whole team celebrates with a special awards dinner. So, come join the team and add a little friendly competition to your summer!

Tryouts at Manorhaven Beach Park Pool for New Participants:

Wednesday, June 19 & Thursday June 20 5:30pm to 7:00pm

Please sign up in the office prior to tryout date & to confirm exact times. Tryouts take approx. 10 minutes.

PRACTICES
JULY 2—AUGUST 2

COMPETITION MEETS
TBA

Tues—Fri.
8:00AM-11:00AM

STROKE CLINICS Mondays 6:00PM - 7:00PM

Saturday mornings & Wednesday evenings
TBA

\$75 Members*/\$110 Non-Members*

*With Pool Membership \$75/1st Child, \$65/2nd Child, \$55/3rd Child +

**Without Pool Membership \$110/1st Child; \$100/2nd Child; \$90/3rd Child +

For more information contact: manorhavenreddevils@northhempsteadny.gov



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MANORHAVEN TENNIS



PROGRAMS FOR ADULTS & JUNIORS

SPORTIME's professional instructors teach the technical fundamentals of all strokes, while showing students how to move and think like a pro player. From learning how to score, to learning how to win a five set match, our curriculum will provide tennis enthusiasts with skills that will last a lifetime!

SESSIONS RUN FOR (2) TWO WEEKS:

July 1 thru July 12

July 15 thru July 26

July 29 thru August 9

August 12 thru August 23

Adult Beginners

(4) Four / (1) One Hour

Tuesdays & Thursdays

5:00pm - 6:00pm

Only \$85 Per Person

Adult Intermediates

(4) Four / (1) One Hour

Tuesdays & Thursdays

6:00pm - 7:00pm

Only \$85 Per Person

Juniors Ages 5-9

(4) Four / (1) One Hour

Tuesdays & Thursdays

2:00pm - 3:00pm

Only \$85 Per Person

Juniors Ages 10-17

(4) Four / (1) One & Half Hour

Tuesdays & Thursdays

3:00pm - 4:30pm

Only \$135 Per Person

Register online at www.sportimeny.com/manorhaven-register
Call (888) 698 - 3664 for information or email roslyn@sportimeny.com

PADDLE BOARD & KAYAK LESSONS, RENTALS & TOURS

Two (2) Locations:

Manorhaven Beach Park: At The Boat Ramp

North Hempstead Beach Park: On The Beach



CONTACT:

KOSTAL PADDLE

Phone: 855-KOSTAL1 (567-8251)

Email: kostalpaddle@gmail.com

www.kostalpaddle.com