

## Special Programs

### Barracuda Swim Team

The swim team provides an opportunity for swimmers ages 5-16 to perfect their swimming through endurance and stroke training. Team T-shirt and swim cap are included in registration fee.

| <b>Days</b>  | <b>Dates</b>  | <b>Times</b>   | <b>Location</b> | <b>Age Group</b> |
|--------------|---------------|----------------|-----------------|------------------|
| <b>M/W/F</b> | June 25-Aug.3 | 9:00-10:00 am  | Pool            | 11 and up        |
|              |               | 10:00-10:30 am | Pool            | 10 and under     |
| <b>T/TH</b>  | June 25-Aug.3 | 11:00-12:00 pm | Pond            | 11 and up        |
|              |               | 12:00-12:30 pm | Pond            | 10 and under     |

### Sand Castle Building Contest

Join us on July 4<sup>th</sup> for a day of castle building fun. All ages welcome, free to Martin Park Beach members. Creations will be judged at 3:30 pm.

### Cross Pond Swim

**Accomplished swimmers aged 17 and older are invited to practice for a Triathlon or just experience swimming in the open water of one of Connecticut's 10 best ponds. Check for a weekly schedule. Free to Martin Park Beach members.**