

CORNERSTONE AQUATICS CENTER

55 Buena Vista Road, West Hartford, CT 06107
860-521-3242 • www.swimcornerstone.com



Named the nation's best indoor family aquatics center!
(*Aquatics International*)

Whether your goal is exercise, recreation, relaxation, swimming instruction, or a combination, Cornerstone Aquatics Center delivers the finest aquatics experience available. Once you've experienced Cornerstone Aquatics Center, you'll have an entirely different understanding of what the water is all about—and we're willing to bet you'll wonder what you've been doing on dry land all these years. We bring aquatics to a level that you've never even dreamed possible, and we invite you to...

See how good the water can be!

Facilities

Cornerstone is devoted to aquatics, featuring three indoor pools that offer a variety of water depths and temperatures, and a variety of amenities you simply won't find anywhere else.

Lap Pool. This 25-yard pool has eleven lanes of crystal-clear, 79-degree water. The depth ranges from four feet to 13.5 feet in the diving well (twin one-meter boards).

Multi-Purpose Pool. This pool's 86-degree water is perfect for a large variety of activities. The rectangular part of the pool offers six more 25-yard lanes. In addition, the pool has a wide "zero-depth ramp" area which provides a walking entrance into the pool (like a beach) and a great place for children to play and learn.

HydroTherapy Pool. This oversized spa is filled with swirling 102-degree water to guarantee a soothing environment for that before- or after-swim "soak."

Aquatic Cross-Training Center. Cornerstone provides an entirely new way to enjoy the benefits of water-based exercise, and one you won't find anywhere else in the State. We feature sixteen revolutionary **in-water exercise bikes** and four **in-water tread-**

mills. Get in a run or a long bike ride, all within the soothing environment of our gorgeous water.

Dry-Land Fitness Room. If you really want to stay dry, our fitness room features both cardiovascular and strength-training equipment—a great place to augment your aquatics training regimen.

Party Room. Our spacious and comfortable party room provides plenty of options for birthday parties and other events.

Our Water. All of our pools have the finest water available—our highly advanced water treatment system, which is based on drinking water purification technology, continuously eliminates chlorine byproducts. The result is water that's incredibly pure and has **absolutely no chlorine odor or taste!** Cornerstone is currently the only public facility in the State with this advanced water treatment system.

In addition, because we take swimming seriously, our pools are equipped with the **finest wave-quelling lane lines available.**

Come discover what Cornerstone can do for you! Program & Events

Lap Swimming

Serious lap swimmers, you've found your home. The finest water, the finest lane lines, plenty of room, and virtually no constraints on your schedule! You won't find "lap swim" times limited here—lap swimming is available during every single hour of operation (nearly 95 hours per week).

Family Recreation

Whether you're a serious lap swimmer, a "water walker," or just want some relaxing time with your family, a Cornerstone membership gives you plenty of options—pool space is available for a variety of uses at all times. Nothing brings a family together like an hour or two of fun in the pool. Our tropical paradise is a particularly nice way to spend a winter afternoon! For parents of toddlers, the beach entry of our Multi-Purpose Pool is truly amazing (the warm water is nice, too!).

Swimming Lessons

From eager 6-month olds to grandparents with a lifelong fear of the water, anyone can learn to swim. Our certified instructors

offer progressive swim instruction for all ages. From parent-and-child classes through the American Red Cross instruction series, we offer small class sizes for maximum attention. Swim lessons begin continually—stop by or visit our website for the current schedule, or inquire about private or semi-private lessons on your schedule.

Aqua Cycling

Like the concept of "cycling" classes? It's **so much better in the water.** In our Aquatic Cross-Training Center, we offer a variety of Aqua Spinning courses at a variety of days and times, including weekends, evenings, and early mornings. You'll get an invigorating workout on our revolutionary in-water exercise bikes—with less stress on joints and without overheating. Plus, being in the water allows our spinning courses to work the upper body at the same time! Our certified, energetic instructors will get you pumping to a thunderous beat. You just can't have this much fun on dry land! We also offer less-intense classes for those interested in a relaxing, low-intensity workout.

Water Fitness

Water fitness classes are a great way to enjoy the low-impact, high-resistance workout offered by the water in a social group environment. From the intense workout of our Aqua Interval class to the low-impact Arthritis class, we have a class for you. Our enthusiastic, certified instructors offer a wide variety of classes meeting your needs, on your schedule: daytime, evenings, and weekends.

SPLASH! Parties (or Any Group Event)

Make your next party a SPLASH! party—a unique event in sub-zero weather or sweltering heat. Pool space, party room, and energetic “Splash Specialists” are available to transform your next party into a memorable experience. Parents, let us do the work—we can coordinate food (including custom cakes), theme decorations, piñatas for the party room, and we can even take care of your invitations—just drop off your guest list and we’ll take care of the rest!

Injury Rehabilitation

There’s simply no better place to work back from an injury than in the water. The water’s buoyancy reduces the stress on joints, and allows you to perform a variety of exercises to strengthen specific joints and muscles that you simply can’t do on land. With our Aquatic Cross Training Center, you don’t even have to be a swimmer—our in-water exercise bikes and in-water treadmills let you continue your normal activity, but supported by the water and safer for muscles and joints.

Advanced Instruction Courses

Cornerstone also offers advanced courses such as the American Red Cross Lifeguard Training, Water Safety Instructor, and GuardStart classes. These are an excellent opportunity to get the necessary certifications for a great job! These courses are offered periodically—call or visit our website for the latest offerings.

Competitive Swimming

Competitive swim programs are offered for youths through the high schools and Recreation League programs, and for adults through U.S. Masters Swimming. Competitive stroke clinics and instruction are also available.

Personal Training

Cornerstone’s certified personal trainers can assist you in reaching your fitness goals. We offer both land and water based training, in individual and group settings. Our personal trainers also run our popular Fit For Life program—give us six weeks, and we’ll change your life!

Kids’ Stroke & Fitness Program

Cornerstone offers a unique program for children ages 5 to 14 on Saturday afternoons from November through May. Designed for kids who are interested in competitive swimming but not quite ready to commit to a team, our program will allow them to get a taste of competitive swimming (including the team environment), substantial improvement in swimming technique, and a great session of exercise once a week throughout the winter and spring.

Training Camp

Every August, Cornerstone offers a two-week competitive swimming training camp. The program is designed primarily for high

school swimmers to get in shape before the season starts, but it’s open to all ages. The program focuses on safely building strength and stamina, with substantial work on stroke refinement, starts, and turns.

Treasure Dives

Join us for our next Dive For Sunken Treasure—kids spend an hour diving (or wading) in our tropical paradise for great prizes, and playing games with our Dive Specialists. This is a fantastic event, and a healthy alternative for two otherwise candy-dominated holidays. We hold Treasure Dives twice per year, roughly around Easter and Halloween. Call for the exact date of the next Dive!

TRX Suspension Training

A great way to get your fitness training “off the ground”—these suspension training units challenge your core muscles and don’t stop there...An entire body workout guaranteed to shed pounds while leaving boring behind.

Masters Swimming

Masters swimming is a group of adults sharing the camaraderie of a great workout and a team environment. It’s adults getting & staying fit, improving their swimming technique, and having a lot of fun. Masters swimming is great for those new to the sport as well as for lifelong competitive swimmers. It’s great for just about anyone who wants a great workout with a group of like-minded people. Cornerstone offers coached Masters workouts at a variety of days & times. Show up whenever you want or whenever you can—there’s no commitment. Our coaches will give you a great workout, offer you tips for improving your technique, and push you to do your best.

Babysitting

Babysitting is offered weekday mornings from 9 am to noon while you swim. Our bright, clean classroom with plenty of toys and activities is supervised by qualified adults.

SCUBA Instruction

Getting ready for your next tropical vacation? SCUBA diving certification can open up new worlds of brilliant color and unbelievable aquatic life. Call for details.

Retail Shop

Ever had trouble finding a swimsuit in August? We have a wide selection of competitively-priced suits, goggles, caps, water shoes, and more—pretty much everything related to the water, available all year long!

And More!

MEMBERSHIP OPTIONS

Cornerstone Aquatics Center is operated by an outside organization. However, it is owned by the Town of West Hartford, and therefore is open to everyone. Whether you choose a *Swimming Membership* for unlimited access, a *Low Usage Membership* for pay-as-you-go access during certain times, or a *Program Pass* to participate in lessons or water fitness only, we have an option for you.

We are devoted to offering a balanced program to meet a variety of needs, from recreational swimmers, competitive swimmers, fitness swimmers, and those desiring swimming instruction.



Swimming Membership

The Swimming Membership is designed for families and individuals who plan to swim regularly. *Swimming Members* can swim independently during any of the nearly 95 hours that Cornerstone is open each week. Swimming Members are also entitled to the discounted *member rate* and *priority sign-up status* for all swimming lessons, aquatic cross-training programs, water fitness programs, and other Cornerstone programs.

The *Swimming Membership* is also the most flexible membership. You can designate (in advance) one or more calendar months during your membership as “inactive” and deduct 5% from your annual dues for each inactive month. Dues can be billed monthly, quarterly, or semi-annually.

In addition, West Hartford residents with active *Swimming Memberships* can use their Cornerstone memberships for admission to the town’s outdoor pools during the summer. (But our air-conditioned climate may keep you right here all year.)

Low-Usage Membership

The Low-Usage Membership is designed for people who expect to swim less often and can use the facility during restricted “low usage hours”. Low-Usage Members can purchase single swims, or can purchase discounted punch passes. These members are also entitled to the discounted *member rate* and *priority sign-up* status for swim lessons, aquatic cross-training programs, water fitness classes, and other Cornerstone programs.

Program Passes

Program Passes allow individuals or families to participate in programs without purchasing a membership. The annual registration fee allows a resident to enroll on a “space available” basis for swim lessons, aquatic cross-training programs, water fitness classes, SPLASH! parties, and other programs. Additional fees apply for each program taken.

WHAT SHOULD I BRING?

You can sign up for your membership and swim on the same day. Residents can use a driver’s license as proof of residency. “Seniors” (65 and older) can use a license or birth certificate to document their date of birth.

To swim, you will need a bathing suit, towel, and if your hair is more than 3 inches long (male or female), a bathing cap. If you will be putting your face in the water, most swimmers also prefer goggles. We have a wide variety of competitively priced suits, caps, goggles, and other swimming accessories for sale at our reception desk.



FOR MORE INFORMATION

Call or visit our website anytime, or better yet, stop by for a visit to actually see everything we offer. At the reception desk, you can pick up detailed information about programs of interest. Our friendly staff will be happy to answer your questions.

HOURS OF OPERATION

	Weekdays	Saturday	Sunday
Swimming Members	6AM - 9PM	7:30AM - 8PM	1 - 8PM
Low-Usage Members	7AM - 3:30PM	12 - 8PM	1 - 8PM
Diving Boards**	2 - 3PM	2 - 3PM, 4 - 6PM	
Program Pass	Participation in scheduled classes only		

Pools & Fitness Room close 15 minutes prior to facility closing time

**Diving hours are subject to change.

DIRECTIONS

Cornerstone is located across the street from West Hartford’s indoor skating rink, adjacent to the Buena Vista Golf Course. It’s just off Farmington Ave., near the Farmington border.

* **From Route 84:** Take the Park Road exit, turning left at the end of the ramp onto Park Road. When Park crosses Main Street (about 1/4 of a mile), its name changes to Sedgwick. Follow Sedgwick about 1.1 miles until it curves sharply to the right. Take a left on Buena Vista. Cornerstone is 0.1 mile on the left.

* **From Farmington Ave.:** Turn south onto Mountain Road. After the first traffic light, take the next right onto Buena Vista. Cornerstone is 0.1 mile on the left.