

AQUATICS ACADEMY: WSI & LG Leadership



DATE: MAY 20, 2026

LOCATION: Glastonbury Parks & Recreation
2143 Main Street, Glastonbury, CT 06033

TIME: 5:30 - 8:30 PM

REGISTRATION INFORMATION

Aquatics Academy: WSI/LG Leadership is a pre-season training opportunity for your aquatics team (Lifeguards, WSI, Supervisors)! Participants will develop and build critical skills needed to help them achieve success and bring your aquatics department to the next level. All participants will leave with a certificate of completion.

Town/Org: _____ **Contact:** _____

Phone: _____ **Email:** _____

ATTENDEES:

Fee is \$12 pp member dept./\$15 pp non-member dept.
If registering more than 10 participants, please use additional forms.

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.
TOTAL:	

PAYMENT OPTIONS:

Check (payable to: "CRPA," 135 Day St., 2nd Floor, 2H, Newington, CT 06111) **Invoice** **Credit Card**

PLEASE NOTE: Payment must be received by **5/15/26**.

CANCELLATION & REFUND POLICY:

There will be no refunds for cancellations after **5/15/26**. Cancellations must be received in writing via email to info@crpa.com or val@crpa.com. Registrants that do not participate in the meeting without cancelling prior to this date will be billed the **full amount**.

Please contact CRPA with any questions: 860-721-0384 | info@crpa.com | www.crpa.com

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WELCOME REMARKS: 5:30 - 6:00 PM

Introductions from the CRPA Aquatics Section Co-Chairs: Bailey Dailey, Recreation Supervisor for Winding Trails, and Jessica DiBattista, Recreation Supervisor for East Hartford Parks and Recreation.

BREAKOUT SESSIONS: 6:00 - 8:30 PM

What to Expect as a First Year Lifeguard

Presented by The Winding Trails & Glastonbury Parks & Recreation



Starting your first season as a lifeguard comes with a lot of unknowns, and this session is here to help. Staff from Winding Trails and Glastonbury Parks and Recreation bring experience from both waterfront and pool facilities to give you an honest, well-rounded look at what's ahead. From in-service training to real emergencies and everything in between, we'll cover what new guards wish they had known going in. Whether you're headed to an outdoor waterfront or an indoor pool, you'll leave this session with realistic expectations and the confidence to hit the ground running.

Under Surveillance: A Lifeguard's Guide to Proper Recognition & Professionalism

Presented by Samantha Charette



In an age of over stimulation and a society that has been defined by technology, lifeguards often struggle to stay professional and focused while on the stand. This session will dive into the key research behind scanning and recognition (including data from the American Red Cross Lifeguarding r.24 program), in addition to providing strategies for how individuals can ensure they are remaining vigilant, professional and able to provide effective surveillance at their facilities this summer.

Jump In: Lesson Planning, Parent Communication, & Everything In Between

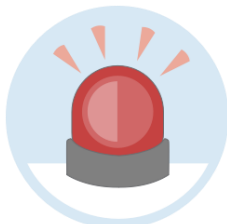
Presented by The Winding Trails Staff



This session is led by experienced Water Safety Instructors and designed specifically for first-year swim instructors stepping into teaching for the first time. Through hands-on discussion and real examples, participants will learn how to write a structured, skill-based lesson plan, and actually follow it when kids are staring at you waiting for what's next. We'll also cover what to realistically expect in your first season and how to build strong, trust-based communication with parents from day one.

Mental Health 101

Presented by Raelynne Andrews, Aquatics Supervisor for Bristol Parks, Recreation, Youth & Community Services



Mental health is an essential part of overall well-being and affects individuals across all ages, backgrounds, and professions. In the United States, approximately 1 in 5 adults experience a mental health condition each year, highlighting the importance of awareness, understanding, and support in the workplace. This presentation will provide an overview of common mental health conditions, including anxiety and depression, and how they can impact daily functioning, performance, and interpersonal relationships. It will also focus on practical strategies to help staff recognize challenges, reduce stigma, and foster a supportive and responsive work environment.