

Elite Diving Practice Locations

Freeman Athletic Center 161 Cross Street Middletown, CT 06457	Cheshire Community Pool 520 S Main St Cheshire, CT 06410
--	---

Direction to Freeman Athletic Center

From Hartford and North:

Take I-91 South through Hartford to **exit 22S** (left-hand exit). This exit is for Route 9 South to Middletown. At **Exit 15** (second light), turn right onto **Route 66 West** (also called Washington Street). At the sixth light, (cemetery on corner), take a right onto **Vine Street**. Travel on Vine Street (tennis courts on right), turning to the right onto **Knowles Avenue** where the street branches off. At the stop sign, turn right (Cross Street). Car parking for the Freeman Athletic Center is available in **Lot R**.

From New Haven and South:

Take I-91 North to **Exit 18**(Route 66 East). If traveling on Merritt/Wilbur Cross Parkway (Route 15 North), take **Exit 68 to I-691/Route 66** (Route 66 becomes Washington Street in Middletown). Travel approximately 6.5 miles to take a right onto **Vine Street**. Travel on Vine Street (tennis courts on right), turning to the right onto **Knowles Avenue** where the street branches off. At the stop sign, turn right (Cross Street). Car parking for the Freeman Athletic Center is available in **Lot R**.

From Waterbury and West:

Take I-84 East to **Exit 27 to I-691/Route 66** (Route 66 becomes Washington Street in Middletown). Travel approximately 6.5 miles to take a right onto **Vine Street**. Travel on Vine Street (tennis courts on right), turning to the right onto **Knowles Avenue** where the street branches off. At the stop sign, turn right (Cross Street). Car parking for the Freeman Athletic Center is available in **Lot R**.

From New London and Southeast:

Take **I-95 South to Exit 69** (Route 9 North). Travel on Route 9 North to **Exit 15**. At Exit 15 (second light), turn right onto **Route 66 West** (also called Washington Street). At the sixth light, (cemetery on corner), take a right onto **Vine Street**. Travel on Vine Street (tennis courts on right), turning to the right onto **Knowles Avenue** where the street branches off. At the stop sign, turn right (Cross Street). Car parking for the Freeman Athletic Center is available in **Lot R**.

Direction to Cheshire Community Pool

From Hartford and North:

VIA I-91

Take I-91 South to **Exit 18** onto I-691 West. Take **Exit 3** to the end. Turn left onto **Route 10 South**. Travel approximately 5 miles to the park entrance on the left across from Cheshire High School.

VIA I-84

Take I-84 West to **Exit 27** onto I-691 East. Take **Exit 3** to the end. Turn right onto **Route 10 South**. Travel approximately 5 miles to the park entrance on the left across from Cheshire High School.

From New Haven and South:

VIA I-91

Take I-91 North to **Exit 10**. Take **Rt. 40** connector to end. Turn right onto **Rt. 10 North**. Travel approximately 6 miles to the park entrance on the left across from Cheshire High School.

VIA I-15

Take I-15 North to **Exit 61**. Turn right at end of ramp onto **Whitney Avenue**, which becomes **Rt. 10 North**. Travel approximately 7.5 miles to the park entrance on the right across from Cheshire High School.

From Waterbury and West:

VIA I-84

Take I-84 East to **Exit 26** onto **Rt. 70**. Travel approximately 4 miles to traffic light (Getty Station on corner). Turn right at light onto **Main Street** Travel .3 miles. Turn right at light onto **Route 10 South**. Travel approximately 1 mile to the park entrance on the left across from Cheshire High School.