

Changing Tides PaddleCraft Training Location – Details & Directions

Barlow Mountain Elementary School Pool

Address: 115 Barlow Mountain Road, Ridgefield, CT 06877

Phone: 203-894-5800

[Website](#)

[Google Map](#)

Facilities: BMES has an Olympic size pool with plenty of deck space. CTPC contracts with Ridgefield Recreation Center to teach winter paddling classes in the pool.

Training: CTPC uses this for winter pool classes, entry level and kayak rolling.

From Danbury Route 84: take exit 3 and follow Route 7 south 3.7 miles. Turn right onto Bennetts and follow this 2.7 miles, turning as needed to stay on Bennetts Farm. Turn left onto Knollwood Drive and follow this 0.8 mile to Twixt Hill Road. Turn left onto Pierrepont Drive for 0.3 mile then stay straight on to Barlow Mountain Road. The school is 0.5 mile ahead on the right. Follow around to the back of the school for the entrance to the pool area.

From Westport, Route 95: take route 7 north 11.7 miles to Cains Hill Road. Turn left and in 0.5 mile continue straight onto Farmingville Road. Follow this 1.6 miles until it becomes Cops Hill Road. Continue 0.4 mile and turn right onto Barlow Mountain Road. Follow this 0.3 mile and the school entrance will be on your left. Follow the entrance road around to the rear of the school and park near the entrance to the pool.

