

Winter Pool Schedule (January 1-February 28, 2010)

Spa closed the first Sunday of each month for cleaning.

	Lap Swim/Spa Hours (Swim Lanes may be limited*)	Open Swim/Spa Hours (Swim Lanes may be limited*)
Monday/Wednesday/Friday	6:00-8:00 a.m. 12:00-1:00 p.m. 6:00-7:00 p.m.	8:00-11:00 a.m.* 1:00-3:30 p.m. 4:30 p.m.-6:00 p.m. 7:00-9:00 p.m.*
Tuesday/Thursday	6:00-8:00 a.m. 12:00-1:00 p.m. 4:30-7:00 p.m.*	8:00-12:00 p.m.* 1:00-3:30 p.m.
Saturday	12:00-1:00 p.m. 5:00-6:00 p.m.	1:00-5:00 p.m. 6:00-8:00 p.m.
Sunday	12:00-1:00 p.m. 5:00-6:00 p.m.	1:00-5:00 p.m.

Please note that the pool schedule is subject to change without notice.

The Center schedules lessons during open and lap swim times. Lessons will receive priority for pool space.

Special Senior Hour (ages 55+) Monday through Friday, 11:00 a.m.-12:00 p.m.

The pool will be closed from 3:30-4:30 p.m. Monday through Friday.

Spring Pool Schedule (March 1-May 31, 2010)

Spa closed the first Sunday of each month for cleaning.

	Lap Swim/Spa Hours (Swim Lanes may be limited*)	Open Swim/Spa Hours (Swim Lanes may be limited*)
Monday/Wednesday/Friday	6:00-8:00 a.m. 12:00-1:00 p.m. 6:00-7:00 p.m.	8:00-11:00 a.m.* 1:00-6:00 p.m. 7:00-9:00 p.m.*
Tuesday/Thursday	6:00-8:00 a.m. 12:00-1:00 p.m. 4:30-7:00 p.m.*	8:00-12:00 p.m.* 1:00-4:30 p.m.
Saturday	12:00-1:00 p.m. 5:00-6:00 p.m.	1:00-5:00 p.m. 6:00-8:00 p.m.
Sunday	12:00-1:00 p.m. 5:00-6:00 p.m.	1:00-5:00 p.m.

Please note that the pool schedule is subject to change without notice.

The Center schedules lessons during open and lap swim times. Lessons will receive priority for pool space.

Special Senior Hour (ages 55+) Monday through Friday, 11:00 a.m.-12:00 p.m.

Holiday Hours

January 1	New Year's Day	12:00 p.m.-4:30 p.m.
January 18	MLK Day	6:00 a.m.-9:00 p.m.
February 15	President's Day	6:00 a.m.-9:00 p.m.
May 31	Memorial Day	6:00 a.m.-4:30 p.m.

Family Splash

Drop in for a night of Family Fun. 7 p.m.-9 p.m.

January 28 February 25	March 25	April 29 May 27
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Birthday Party Pool Packages



Treat your 7-12 year old to a birthday party at the RCC! We offer two Birthday Party Pool Packages on Saturdays and Sundays that include a swim in the pool followed by a private party in a room set up in gender-neutral decorations. A birthday coordinator will also be present to assist parents with the party. To reserve a Birthday Party Pool Package, please call the RCC Aquatics Department at 703-390-6150.

Pool Fees & Passes

Daily drop-in fees allow patrons the convenience of returning to the pool on the same day at no extra charge. To be eligible, patrons must register to return before leaving the pool area. Please note: a chaperone (age 16 or older) must accompany children under the age of 8.

Pool Fee per Visit

	SD#5 Resident	Fairfax County Resident	Non-Fairfax County Resident
Adult	\$3	\$6	\$9
Youth (ages 3-17)	\$2	\$4	\$6
Senior (age 55 and over)	\$2	\$4	\$6

Pool Pass for 20 Swims

Adult	\$50	\$100	\$150
Youth and Senior	\$35	\$70	\$105

3-month Pass

Adult	\$81	\$162	\$243
Youth and Senior	\$54	\$108	\$162

12-month Pass

Adult	\$288	\$576	\$864
Youth and Senior	\$144	\$288	\$432

LIFEGUARDS AND WATER SAFETY INSTRUCTORS WANTED!



Lifeguards

Must be First Aid, CPR, & Lifeguard certified.
Hiring all shifts-\$11-\$14/hour depending on experience

Water Safety Instructors

Must be Red Cross Certified.
Starting at \$18.50/hour.

Download an application from our website
or contact Joe Leary at 703-390-6150 or
joe.leary@fairfaxcounty.gov



Infant/Preschool Class Requirements

CLASSES	AGES	PREREQUISITES:	CLASS CONTENT WILL INCLUDE:
Water Intro.	6 mos–18 mos.	<ul style="list-style-type: none"> No swimming skills required. Parent must accompany child in the water. 	<ul style="list-style-type: none"> To become comfortable in and around the water
Aqua Tots	18 mos–3 years	<ul style="list-style-type: none"> No swimming skills required. Parent must accompany child in the water. 	<ul style="list-style-type: none"> To become comfortable in and around the water
SKIPPER I	3 years	<ul style="list-style-type: none"> No swimming skills required. Comfortable with an Instructor. Able to follow simple directions. 	<ul style="list-style-type: none"> To float, kick, paddle, submerge Water safety skills. Basic swimming skills.
SKIPPER II	3 years	<ul style="list-style-type: none"> Able to swim five feet independently. Able to back float with Instructor's help. Completed Skipper I or Instructor's recommendation. 	<ul style="list-style-type: none"> Independent stroke enhancement. To swim on front with kick and back glide with kick. To enter deep water. Proper breathing and increased endurance. Continued water safety orientation.
ROOKIE I	4–5 years	<ul style="list-style-type: none"> No swimming skills required. Comfortable with an Instructor. Able to follow simple directions. 	<ul style="list-style-type: none"> To adjust to the water. To float, kick, paddle, submerge. Basic swimming and water safety skills.
ROOKIE II	4–5 years	<ul style="list-style-type: none"> Able to swim five feet independently. Able to back float with Instructor's help. Completed Rookie I or Instructor's recommendation. 	<ul style="list-style-type: none"> Independent stroke enhancement. To swim on front with kick, back glide with kick, enter deep water, and proper breathing. To increase endurance. Continued water safety orientation.
RANGER (Equivalent to ARC level 3)	4–7 years	<ul style="list-style-type: none"> Able to swim 24 feet on front and back. Able to turn from front to back without assistance. Able to float on front and back for five seconds. Able to breathe while swimming. Completed Rookie II or Instructor's recommendation. 	<ul style="list-style-type: none"> Jump into deep water from the side. Dive from kneeling or standing position. Submerge and retrieve an object. Bob with the head fully submerged. Use rotary breathing in horizontal position. Perform front and back glide. Perform survival float. Perform front and back crawl. Butterfly—kick and body motion. Perform the HELP and Huddle position. Perform a reaching assist. Use Check-Call-Care in an emergency. Change from horizontal to vertical position on front and back.
MARLIN (Equivalent to ARC level 4)	4–7 years	<ul style="list-style-type: none"> Able to jump into chest deep water. Able to swim front crawl for 15 yards with face in the water and rhythmic breathing (to front or side). Able to tread water or float for 30 seconds. Able to swim back crawl for 15 yards. Completed Ranger or Instructor's recommendation. 	<ul style="list-style-type: none"> Perform shallow dive or dive from stride position. Swim underwater. Perform feet-first surface dive. Perform open turns on front and back using any stroke. Tread water using sculling arm motions and kick. Front and back crawl, breaststroke, butterfly and backstroke. Swim on side using scissors-like kick. Use safe diving rules. Perform a throwing assist. Care for conscious choking victim. Perform compact jump into water from a designated height while wearing a life jacket.
WATER WONDER (Equivalent to ARC level 5)	4–7 years	<ul style="list-style-type: none"> Able to perform a feet-first entry into chest-deep water. Able to swim front crawl 25 yards, maintain a position on back for one minute in deep water (float or sculling), and swim elementary backstroke for 15 yards. Able to swim breaststroke for 15 yards, tread water for one minute, and swim back crawl for 25 yards. Completed Marlin or Instructor's recommendation. 	<ul style="list-style-type: none"> Tread water with two different kicks. Learn survival swimming. Perform rescue breathing. Stand, Tuck surface, and Pike surface dives. Shallow dive, glide two body lengths and begin any front stroke. Front flip turn. Backstroke flip turn. Front and back crawl. Butterfly, breaststroke, elementary backstroke, and sidestroke.

Learn to Swim Program

The goal of the Reston Community Center's Learn to Swim Program is to prepare participants for a lifetime of water pleasure and to promote water safety. All lessons are taught by the Aquatics staff of the Reston Community Center. Each instructor has been trained and certified by the American Red Cross and has received ratings in Water Safety Instruction. Staff members are certified in CPR and further trained by the RCC Aquatics School. The Red Cross, however, neither charges nor receives payment for these classes. If the class level you want is not available at a convenient time, please ask to be put on the Interest List. When possible, classes are created to meet special time and day requests. If you are unsure of class placement, a water test can be arranged by calling the Aquatics Department at 703-390-6150. Parents are reminded that after the first day of class, they are requested to observe their swimmer's class from the pool overlook. It cannot be over-emphasized that participation in any swim lesson program will not "drown proof" your child. It is only the first step in developing your child's water safety and swimming skills. Year-round practice, regular exposure to water, and positive encouragement are the tools needed for developing our children's comfort level in water and improving their abilities.

Water Introduction (6-18 months)



This class helps young children become comfortable in and around the water so they are ready to learn to swim. It is not designed to teach children to become good swimmers or even to survive in the water on their own. Adults will gain information and techniques to help orient their children to the water and to supervise water

activities in a safe manner. A parent or other care giving adult is required to accompany each child in the water and participate in the classes.

6, 30-minute sessions • \$33 (R)/\$45 (NR)

January 9-February 13

620000-0A Sat 10:30 a.m.-11:00 a.m.

February 27-April 17 (No class: April 3, April 10)

620000-0B Sat 10:30 a.m.-11:00 a.m.

May 1-June 12 (No class: May 29)

620000-0C Sat 10:30 a.m.-11:00 a.m.

January 10-February 14

620002-0A Sun 10:00 a.m.-10:30 a.m.

February 28-April 18 (No class: April 4, April 11)

620002-0B Sun 10:00 a.m.-10:30 a.m.

May 2-June 13 (No class: May 30)

620002-0C Sun 10:00 a.m.-10:30 a.m.

8, 30-minute sessions • \$44 (R)/\$60 (NR)

January 5-January 28

620004-0A Tue, Thu 10:00 a.m.-10:30 a.m.

February 9-March 4

620004-0B Tue, Thu 10:00 a.m.-10:30 a.m.

March 16-April 15 (No class: March 30, April 1)

620004-0C Tue, Thu 10:00 a.m.-10:30 a.m.

April 27-May 20

620004-0D Tue, Thu 10:00 a.m.-10:30 a.m.

May 25-June 17

620004-0E Tue, Thu 10:00 a.m.-10:30 a.m.

Aqua Tots (18-36 months)

This class helps young children (ages 18 months to 3 years) become comfortable in and around the water so they are ready to learn to swim. It is not designed to teach children to become good swimmers or even to survive in the water on their own. Adults will gain information and techniques to help orient their children to the water and to supervise water activities in a safe manner. A parent or other care giving adult is required to accompany each child in the water and participate in the classes.

6, 30-minute sessions • \$33 (R)/\$45 (NR)

January 9-February 13

620007-0A Sat 10:00 a.m.-10:30 a.m.

February 27-April 17 (No class: April 3, April 10)

620007-0B Sat 10:00 a.m.-10:30 a.m.

May 1-June 12 (No class: May 29)

620007-0C Sat 10:00 a.m.-10:30 a.m.

January 10-February 14

620008-0A Sun 10:30 a.m.-11:00 a.m.

February 28-April 18 (No class: April 4, April 11)

620008-0B Sun 10:30 a.m.-11:00 a.m.

May 2-June 13 (No Class: May 30)

620008-0C Sun 10:30 a.m.-11:00 a.m.



Skipper I (3 years old)

Prerequisites: See preschool class requirements at the beginning of the infant/kindergarten section. Children are introduced to floating, kicking, paddling, submerging, and water safety skills. The class develops basic swimming skills. An instructor works with two children at a time for 20 minutes. Parents do not accompany the student in the water.

6, 20-minute sessions • \$33 (R)/\$45 (NR)

January 9-February 13

620010-0A	Sat	9:00 a.m.- 9:20 a.m.
620010-0B	Sat	9:20 a.m.- 9:40 a.m.
620010-0C	Sat	9:40 a.m.-10:00 a.m.
620010-0D	Sat	10:00 a.m.-10:20 a.m.
620010-0E	Sat	10:20 a.m.-10:40 a.m.
620010-0F	Sat	10:40 a.m.-11:00 a.m.

February 27-April 17 (No class: April 3, April 10)

620010-0H	Sat	9:00 a.m.- 9:20 a.m.
620010-0I	Sat	9:20 a.m.- 9:40 a.m.
620010-0J	Sat	9:40 a.m.-10:00 a.m.
620010-0K	Sat	10:00 a.m.-10:20 a.m.
620010-0L	Sat	10:20 a.m.-10:40 a.m.
620010-0M	Sat	10:40 a.m.-11:00 a.m.

May 1-June 12 (No class: May 29)

620010-0N	Sat	9:00 a.m.- 9:20 a.m.
620010-0O	Sat	9:20 A.M.- 9:40 a.m.
620010-0P	Sat	9:40 a.m.-10:00 a.m.
620010-0Q	Sat	10:00 a.m.-10:20 a.m.
620010-0R	Sat	10:20 a.m.-10:40 a.m.
620010-0S	Sat	10:40 a.m.-11:00 a.m.

8, 20-minute sessions • \$44 (R)/\$60 (NR)

January 4-January 27

620013-0A	Mon, Wed	10:00 a.m.-10:20 a.m.
620013-0B	Mon, Wed	10:20 a.m.-10:40 a.m.
620013-0C	Mon, Wed	10:40 a.m.-11:00 a.m.

February 8-March 3

620013-0D	Mon, Wed	10:00 a.m.-10:20 a.m.
620013-0E	Mon, Wed	10:20 a.m.-10:40 a.m.
620013-0F	Mon, Wed	10:40 a.m.-11:00 a.m.

March 15-April 14 (No class: March 29, March 31)

620013-0G	Mon, Wed	10:00 a.m.-10:20 a.m.
620013-0H	Mon, Wed	10:20 a.m.-10:40 a.m.
620013-0I	Mon, Wed	10:40 a.m.-11:00 a.m.

April 26-May 19

620013-0J	Mon, Wed	10:00 a.m.-10:20 a.m.
620013-0K	Mon, Wed	10:20 a.m.-10:40 a.m.
620013-0L	Mon, Wed	10:40 a.m.-11:00 a.m.

May 24-June 16 (No class: May 31)

620013-0M	Mon, Wed	10:00 a.m.-10:20 a.m.
620013-0N	Mon, Wed	10:20 a.m.-10:40 a.m.
620013-0O	Mon, Wed	10:40 a.m.-11:00 a.m.

January 5-January 28

620014-0A	Tue, Thu	9:30 a.m.- 9:50 a.m.
620014-0B	Tue, Thu	9:50 a.m.-10:10 a.m.
620014-0C	Tue, Thu	10:10 a.m.-10:30 a.m.
620014-0D	Tue, Thu	1:30 p.m.- 1:50 p.m.

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620014-0E	Tue, Thu	1:50 p.m.- 2:10 p.m.
620014-0F	Tue, Thu	2:10 p.m.- 2:30 p.m.

February 9-March 4

620014-0G	Tue, Thu	9:30 a.m.- 9:50 a.m.
620014-0H	Tue, Thu	9:50 a.m.-10:10 a.m.
620014-0I	Tue, Thu	10:10 a.m.-10:30 a.m.
620014-0J	Tue, Thu	1:30 p.m.- 1:50 p.m.
620014-0K	Tue, Thu	1:50 p.m.- 2:10 p.m.
620014-0L	Tue, Thu	2:10 p.m.- 2:30 p.m.

March 16-April 15 (No class: March 30, April 1)

620014-0M	Tue, Thu	9:30 a.m.- 9:50 a.m.
620014-0N	Tue, Thu	9:50 a.m.-10:10 a.m.
620014-0O	Tue, Thu	10:10 a.m.-10:30 a.m.
620014-0P	Tue, Thu	1:30 p.m.- 1:50 p.m.
620014-0Q	Tue, Thu	1:50 p.m.- 2:10 p.m.
620014-0R	Tue, Thu	2:10 p.m.- 2:30 p.m.

April 27-May 20

620014-0S	Tue, Thu	9:30 a.m.- 9:50 a.m.
620014-0T	Tue, Thu	9:50 a.m.-10:10 a.m.
620014-0U	Tue, Thu	10:10 a.m.-10:30 a.m.
620014-0V	Tue, Thu	1:30 p.m.- 1:50 p.m.
620014-0W	Tue, Thu	1:50 p.m.- 2:10 p.m.
620014-0X	Tue, Thu	2:10 p.m.- 2:30 p.m.

May 25-June 17

620017-0A	Tue, Thu	9:30 a.m.- 9:50 a.m.
620017-0B	Tue, Thu	9:50 a.m.-10:10 a.m.
620017-0C	Tue, Thu	10:10 a.m.-10:30 a.m.
620017-0D	Tue, Thu	1:30 p.m.- 1:50 p.m.
620017-0E	Tue, Thu	1:50 p.m.- 2:10 p.m.
620017-0F	Tue, Thu	2:10 p.m.- 2:30 p.m.

Skipper II (3 years old)

Prerequisites: See preschool class requirements at the beginning of the infant/kindergarten section. This class offers continued skill development with the introduction of independent stroke enhancement. Instruction covers swimming on front with kick, back glide with kick, entering deep water, proper breathing, increasing endurance, and continued water safety orientation.

6, 30-minute sessions • \$33 (R)/\$45 (NR)

January 9-February 13

620020-0A	Sat	9:00 a.m.- 9:30 a.m.
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February 27-April 17 (No class: April 3, April 10)

620020-0B	Sat	9:00 a.m.- 9:30 a.m.
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May 1-June 12 (No Class: May 29)

620020-0C	Sat	9:00 a.m.- 9:30 a.m.
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8, 30-minute sessions • \$44 (R)/\$60 (NR)

January 5-January 28

620024-0A	Tue, Thu	10:30 a.m.-11:00 a.m.
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February 9-March 4

620024-0B	Tue, Thu	10:30 a.m.-11:00 a.m.
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March 16-April 15 (No Class: March 30, April 1)

620024-0C	Tue, Thu	10:30 a.m.-11:00 a.m.
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April 27-May 20

620024-0D	Tue, Thu	10:30 a.m.-11:00 a.m.
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May 25-June 17

620024-0E	Tue, Thu	10:30 a.m.-11:00 a.m.
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Rookie I (4-5 years old)

Prerequisites: See preschool class requirements at the beginning of the infant/kindergarten section. This program is an introductory level class for four-to-five year olds with little or no swimming experience. Students will be guided through the water adjustment period and introduced to floating, kicking, paddling, submerging, basic swimming, and water safety skills.

6, 30-minute sessions • \$33 (R)/\$45 (NR)

January 9-February 13

620030-0A	Sat	10:30 a.m.-11:00 a.m.
620030-0B	Sat	11:00 a.m.-11:30 a.m.
620030-0C	Sat	11:30 a.m.-12:00 p.m.

February 27-April 17 (No class: April 3, April 10)

620030-0D	Sat	10:30 a.m.-11:00 a.m.
620030-0E	Sat	11:00 a.m.-11:30 a.m.
620030-0F	Sat	11:30 a.m.-12:00 p.m.

May 1-June 12 (No class: May 29)

620030-0H	Sat	10:30 a.m.-11:00 a.m.
620030-0I	Sat	11:00 a.m.-11:30 a.m.
620030-0J	Sat	11:30 a.m.-12:00 p.m.

January 10-February 14

620032-0A	Sun	10:30 a.m.-11:00 a.m.
620032-0B	Sun	11:00 a.m.-11:30 a.m.

February 28-April 18 (No class: April 3, April 10)

620032-0C	Sun	10:30 a.m.-11:00 a.m.
620032-0D	Sun	11:00 a.m.-11:30 a.m.

May 2-June 13 (No class: May 30)

620032-0E	Sun	10:30 a.m.-11:00 a.m.
620032-0F	Sun	11:00 a.m.-11:30 a.m.

8, 30-minute sessions • \$44 (R)/\$60 (NR)

January 4-January 27

620033-0A	Mon, Wed	9:30 a.m.-10:00 a.m.
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February 8-March 3

620033-0B	Mon, Wed	9:30 a.m.-10:00 a.m.
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March 15-April 14 (No class: March 29, March 31)

620033-0C	Mon, Wed	9:30 a.m.-10:00 a.m.
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April 26-May 19

620033-0D	Mon, Wed	9:30 a.m.-10:00 a.m.
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May 24-June 16 (No class: May 31)

620033-0E	Mon, Wed	9:30 a.m.-10:00 a.m.
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January 5-January 28

620034-0A	Tue, Thu	9:00 a.m.- 9:30 a.m.
620034-0B	Tue, Thu	10:30 a.m.-11:00 a.m.
620034-0C	Tue, Thu	1:00 p.m.- 1:30 p.m.
620034-0D	Tue, Thu	2:30 p.m.- 3:00 p.m.
620034-0E	Tue, Thu	5:00 p.m.- 5:30 p.m.
620034-0F	Tue, Thu	6:00 p.m.- 6:30 p.m.

February 9-March 4

620034-0G	Tue, Thu	9:00 a.m.- 9:30 a.m.
620034-0H	Tue, Thu	10:30 a.m.-11:00 a.m.
620034-0I	Tue, Thu	1:00 p.m.- 1:30 p.m.
620034-0J	Tue, Thu	2:30 p.m.- 3:00 p.m.
620034-0K	Tue, Thu	5:00 p.m.- 5:30 p.m.
620034-0L	Tue, Thu	6:00 p.m.- 6:30 p.m.

March 16-April 15 (No class: March 30, April 1)

620034-0M	Tue, Thu	9:00 a.m.- 9:30 a.m.
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620034-0N	Tue, Thu	10:30 a.m.-11:00 a.m.
620034-0O	Tue, Thu	1:00 p.m.- 1:30 p.m.
620034-0P	Tue, Thu	2:30 p.m.- 3:00 p.m.
620034-0Q	Tue, Thu	4:00 p.m.- 4:30 p.m.
620034-0R	Tue, Thu	5:00 p.m.- 5:30 p.m.
620034-0S	Tue, Thu	6:00 p.m.- 6:30 p.m.

April 27-May 20

620034-0T	Tue, Thu	9:00 a.m.- 9:30 a.m.
620034-0U	Tue, Thu	10:30 a.m.-11:00 a.m.
620034-0V	Tue, Thu	1:00 p.m.- 1:30 p.m.
620034-0W	Tue, Thu	2:30 p.m.- 3:00 p.m.
620034-0X	Tue, Thu	4:00 p.m.- 4:30 p.m.
620034-0Y	Tue, Thu	5:00 p.m.- 5:30 p.m.
620034-0Z	Tue, Thu	6:00 p.m.- 6:30 p.m.

May 25-June 17

620037-0A	Tue, Thu	9:00 a.m.- 9:30 a.m.
620037-0B	Tue, Thu	9:30 a.m.-10:00 a.m.
620037-0C	Tue, Thu	10:00 a.m.-10:30 a.m.
620037-0D	Tue, Thu	10:30 a.m.-11:00 a.m.
620037-0E	Tue, Thu	1:00 p.m.- 1:30 p.m.
620037-0F	Tue, Thu	1:00 p.m.- 1:30 p.m.
620037-0G	Tue, Thu	2:30 p.m.- 3:00 p.m.
620037-0H	Tue, Thu	4:00 p.m.- 4:30 p.m.
620037-0I	Tue, Thu	5:00 p.m.- 5:30 p.m.
620037-0J	Tue, Thu	6:00 p.m.- 6:30 p.m.

March 17-April 16

620035-0A	Wed, Fri	4:00 p.m.- 4:30 p.m.
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April 28-May 21

620035-0B	Wed, Fri	4:00 p.m.- 4:30 p.m.
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May 26-June 18

620035-0C	Wed, Fri	4:00 p.m.- 4:30 p.m.
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Rookie II (4-5 years old)

Prerequisites: See preschool class requirements at the beginning of the infant/kindergarten section. This class offers continued skill development with the introduction of independent stroke enhancement. Instruction covers swimming on front with kick, back glide with kick, entering deep water, introduction to proper breathing, increasing endurance, and continued water safety orientation.

6, 30-minute sessions • \$33 (R)/\$45 (NR)

January 9-February 13

620040-0A	Sat	9:30 a.m.-10:00 a.m.
620040-0B	Sat	10:00 a.m.-10:30 a.m.
620040-0C	Sat	11:30 a.m.-12:00 p.m.

February 27-April 17 (No class: April 3, April 10)

620040-0D	Sat	9:30 a.m.-10:00 a.m.
620040-0E	Sat	10:00 a.m.-10:30 a.m.
620040-0F	Sat	11:30 a.m.-12:00 p.m.

May 1-June 12 (No class: May 29)

620040-0G	Sat	9:30 a.m.-10:00 a.m.
620040-0H	Sat	10:00 a.m.-10:30 a.m.
620040-0I	Sat	11:30 a.m.-12:00 p.m.

January 10-February 14

620042-0A	Sun	10:30 a.m.-11:00 a.m.
620042-0B	Sun	11:30 a.m.-12:00 p.m.

February 28-April 18

620042-0C	Sun	10:30 a.m.-11:00 a.m.
620042-0D	Sun	11:30 a.m.-12:00 p.m.

May 2-June 13 (No class: May 30)

620042-0E	Sun	10:30 a.m.-11:00 a.m.
620042-0F	Sun	11:30 a.m.-12:00 p.m.

8, 30-minute sessions • \$44 (R)/\$60 (NR)

January 4-January 27

620043-0A	Mon, Wed	9:00 a.m.- 9:30 a.m.
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February 8-March 3

620043-0B	Mon, Wed	9:00 a.m.- 9:30 a.m.
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March 15-April 14 (No Class: March 29, March 31)

620043-0C	Mon, Wed	9:00 a.m.- 9:30 a.m.
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April 26-May 19

620043-0D	Mon, Wed	9:00 a.m.- 9:30 a.m.
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May 24-June 16 (No class: May 31)

620043-0E	Mon, Wed	9:00 a.m.- 9:30 a.m.
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January 5-January 28

620044-0A	Tue, Thu	9:30 a.m.-10:00 a.m.
620044-0B	Tue, Thu	1:00 p.m.- 1:30 p.m.
620044-0C	Tue, Thu	2:30 p.m.- 3:00 p.m.
620044-0D	Tue, Thu	4:30 p.m.- 5:00 p.m.
620044-0E	Tue, Thu	5:30 p.m.- 6:00 p.m.
620044-0F	Tue, Thu	6:30 p.m.- 7:00 p.m.

February 9-March 4

620044-0G	Tue, Thu	9:30 a.m.-10:00 a.m.
620044-0H	Tue, Thu	1:00 p.m.- 1:30 p.m.
620044-0I	Tue, Thu	2:30 p.m.- 3:00 p.m.
620044-0J	Tue, Thu	4:30 p.m.- 5:00 p.m.
620044-0K	Tue, Thu	5:30 p.m.- 6:00 p.m.
620044-0L	Tue, Thu	6:30 p.m.- 7:00 p.m.

March 16-April 15 (No class: March 30, April 1)

620044-0M	Tue, Thu	9:30 a.m.-10:00 a.m.
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(Rookie II continued)

620044-0N	Tue, Thu	1:00 p.m.- 1:30 p.m.
620044-0O	Tue, Thu	2:30 p.m.- 3:00 p.m.
620044-0P	Tue, Thu	4:00 p.m.- 4:30 p.m.
620044-0Q	Tue, Thu	4:30 p.m.- 5:00 p.m.
620044-0R	Tue, Thu	5:30 p.m.- 6:00 p.m.
620044-0S	Tue, Thu	6:30 p.m.- 7:00 p.m.

April 27-May 20

620044-0T	Tue, Thu	9:30 a.m.-10:00 a.m.
620044-0U	Tue, Thu	1:00 p.m.- 1:30 p.m.
620044-0V	Tue, Thu	2:30 p.m.- 3:00 p.m.
620044-0W	Tue, Thu	4:00 p.m.- 4:30 p.m.
620044-0X	Tue, Thu	4:30 p.m.- 5:00 p.m.
620044-0Y	Tue, Thu	5:30 p.m.- 6:00 p.m.
620044-0Z	Tue, Thu	6:30 p.m.- 7:00 p.m.

May 25-June 17

620047-0A	Tue, Thu	9:00 a.m.- 9:30 a.m.
620047-0B	Tue, Thu	9:30 a.m.-10:00 a.m.
620047-0C	Tue, Thu	10:30 a.m.-11:00 a.m.
620047-0D	Tue, Thu	1:00 p.m.- 1:30 p.m.
620047-0E	Tue, Thu	1:30 p.m.- 2:00 p.m.
620047-0F	Tue, Thu	2:00 p.m.- 2:30 p.m.
620047-0G	Tue, Thu	2:30 p.m.- 3:00 p.m.
620047-0H	Tue, Thu	4:00 p.m.- 4:30 p.m.
620047-0I	Tue, Thu	4:30 p.m.- 5:00 p.m.
620047-0J	Tue, Thu	5:30 p.m.- 6:00 p.m.
620047-0K	Tue, Thu	6:30 p.m.- 7:00 p.m.

March 17-April 16

620045-0A	Wed, Fri	4:30 p.m.- 5:00 p.m.
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April 28-May 21

620045-0B	Wed, Fri	4:30 p.m.- 5:00 p.m.
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May 26-June 18

620045-0C	Wed, Fri	4:30 p.m.- 5:00 p.m.
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Ranger (4-7 years old)

Prerequisites: See preschool class requirements at the beginning of the infant/kindergarten section. The Ranger class builds on the skills in Skipper II or Rookie II through additional guided practice. Rangers learn to:

- Jump into deep water from the side
- Dive from kneeling or standing position
- Submerge and retrieve an object
- Bob with the head fully submerged
- Use rotary breathing in horizontal position
- Perform front and back glide
- Perform survival float
- Perform front and back crawl
- Butterfly – kick and body motion
- Perform the HELP and Huddle positions
- Perform a reaching assist
- Use Check-Call-Care in an emergency
- Change from horizontal to vertical position on front and back

6, 30-minute sessions • \$33 (R)/\$45 (NR)

January 9-February 13

620050-0A	Sat	9:00 a.m.- 9:30 a.m.
620050-0B	Sat	11:30 a.m.-12:00 p.m.

February 27-April 17 (No class: April 3, April 10)

620050-0C	Sat	9:00 a.m.- 9:30 a.m.
620050-0D	Sat	11:30 a.m.-12:00 p.m.

May 1-June 12 (No class: May 29)

620050-0E	Sat	9:00 a.m.- 9:30 a.m.
620050-0F	Sat	11:30 a.m.-12:00 p.m.

January 10-February 14

620052-0A	Sun	11:00 a.m.-11:30 a.m.
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February 28-April 18

620052-0B	Sun	11:00 a.m.-11:30 a.m.
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May 2-June 13 (No class: May 30)

620052-0C	Sun	11:00 a.m.-11:30 a.m.
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(Ranger continued)

8, 30-minute sessions • \$44 (R)/\$60 (NR)

January 5-January 28

620054-0A	Tue, Thu	9:00 a.m.- 9:30 a.m.
620054-0B	Tue, Thu	1:30 p.m.- 2:00 p.m.
620054-0C	Tue, Thu	5:00 p.m.- 5:30 p.m.
620054-0D	Tue, Thu	6:30 p.m.- 7:00 p.m.

February 9-March 4

620054-0E	Tue, Thu	9:00 a.m.- 9:30 a.m.
620054-0F	Tue, Thu	1:30 p.m.- 2:00 p.m.
620054-0G	Tue, Thu	5:00 p.m.- 5:30 p.m.
620054-0H	Tue, Thu	6:30 p.m.- 7:00 p.m.

March 16-April 15 (No class: March 30, April 1)

620054-0I	Tue, Thu	9:00 a.m.- 9:30 a.m.
620054-0J	Tue, Thu	1:30 p.m.- 2:00 p.m.
620054-0K	Tue, Thu	4:00 p.m.- 4:30 p.m.
620054-0L	Tue, Thu	5:00 p.m.- 5:30 p.m.
620054-0M	Tue, Thu	6:30 p.m.- 7:00 p.m.

April 27-May 20

620054-0N	Tue, Thu	9:00 a.m.- 9:30 a.m.
620054-0O	Tue, Thu	1:30 p.m.- 2:00 p.m.
620054-0P	Tue, Thu	4:00 p.m.- 4:30 p.m.
620054-0Q	Tue, Thu	5:00 p.m.- 5:30 p.m.
620054-0R	Tue, Thu	6:30 p.m.- 7:00 p.m.

May 25-June 17

620054-0S	Tue, Thu	9:00 a.m.- 9:30 a.m.
620054-0T	Tue, Thu	11:00 a.m.-11:30 a.m.
620054-0U	Tue, Thu	1:30 p.m.- 2:00 p.m.
620054-0V	Tue, Thu	2:30 p.m.- 3:00 p.m.
620054-0W	Tue, Thu	4:00 p.m.- 4:30 p.m.
620054-0X	Tue, Thu	5:00 p.m.- 5:30 p.m.
620054-0Y	Tue, Thu	6:30 p.m.- 7:00 p.m.



Marlin (4-7 years old)

Prerequisites: See preschool class requirements at the beginning of the infant/kindergarten section. Marlins develop confidence in the skills learned and improve other aquatic skills. Marlins learn to:

- Perform shallow dive or dive from stride position
- Swim underwater
- Perform feet-first surface dive
- Perform open turns on front and back using any stroke
- Tread water using sculling arm motions and kick

Perform the following:

- Front and back crawl
- Breaststroke
- Butterfly
- Elementary backstroke
- Swim on side using scissors-like kick
- Dives using safe diving rules
- A throwing assist
- Care for conscious choking victim
- Compact jump into water from a height while wearing a life jacket

6, 30-minute sessions • \$33 (R)/\$45 (NR)

January 9-February 13

620060-0A Sat 10:00 a.m.-10:30 a.m.

February 27-April 17 (No class: April 3, April 10)

620060-0B Sat 10:00 a.m.-10:30 a.m.

May 1-June 12 (No Class: May 29)

620060-0C Sat 10:00 a.m.-10:30 a.m.

January 10-February 14

620062-0A Sun 11:30 a.m.-12:00 p.m.

February 28-April 18 (No class: April 4, April 11)

620062-0B Sun 11:30 a.m.-12:00 p.m.

May 2-June 13 (No class: May 30)

620062-0C Sun 11:30 a.m.-12:00 p.m.

8, 30-minute sessions • \$44 (R)/\$60 (NR)

January 5-January 28

620064-0A Tue, Thu 2:00 p.m.- 2:30 p.m.

620064-0B Tue, Thu 4:30 p.m.- 5:00 p.m.

620064-0C Tue, Thu 6:00 p.m.- 6:30 p.m.

February 9-March 4

620064-0D Tue, Thu 2:00 p.m.- 2:30 p.m.

620064-0E Tue, Thu 4:30 p.m.- 5:00 p.m.

620064-0F Tue, Thu 6:00 p.m.- 6:30 p.m.

March 16-April 15 (No Class: March 30, April 1)

620064-0G Tue, Thu 2:00 p.m.- 2:30 p.m.

620064-0H Tue, Thu 4:30 p.m.- 5:00 p.m.

620064-0I Tue, Thu 6:00 p.m.- 6:30 p.m.

April 27-May 20

620064-0J Tue, Thu 2:00 p.m.- 2:30 p.m.

620064-0K Tue, Thu 4:30 p.m.- 5:00 p.m.

620064-0L Tue, Thu 6:00 p.m.- 6:30 p.m.

May 25-June 17

620064-0M Tue, Thu 2:00 p.m.- 2:30 p.m.

620064-0N Tue, Thu 4:30 p.m.- 5:00 p.m.

620064-0O Tue, Thu 6:00 p.m.- 6:30 p.m.



Water Wonder (4-7 years old)

Prerequisites: See preschool class requirements at the beginning of the infant/kindergarten section.

This class provides further coordination and refinement of strokes. Water Wonders learn to:

- Tread water with two different kicks
- Learn survival swimming
- Perform rescue breathing

Perform the following:

- Standing dive
- Shallow dive, glide two body lengths and begin any front stroke
- Tuck surface dive
- Pike surface dive
- Front flip turn
- Backstroke flip turn
- Front and back crawl
- Butterfly
- Breaststroke
- Elementary backstroke
- Sidestroke

6, 30-minute sessions • \$33 (R)/\$45 (NR)

January 9-February 13

620070-0A Sat 11:00 a.m.-11:30 a.m.

February 27-April 17 (No class: April 3, April 10)

620070-0B Sat 11:00 a.m.-11:30 a.m.

May 1-June 12 (No class: May 29)

620070-0C Sat 11:00 a.m.-11:30 a.m.

Youth Class Requirements			
CLASSES	AGES	PREREQUISITES:	CLASS CONTENT WILL INCLUDE:
Level 1-2	6–12 years	<ul style="list-style-type: none"> Enter unassisted, move five yards, bob five times to chin level, and safely exit the water. (Participants can walk, travel along the gutter, or “swim”). Float on front with support for three seconds, roll to back (with assistance), and float on back with support for three seconds. 	<ul style="list-style-type: none"> Enter water by stepping or jumping from side. Exit water safely using ladder or side. Submerge entire head and open eyes underwater, pick up an object. Float on front and back, perform front and back glide. Roll over from front to back, back to front. Swim on side and front/back using combined strokes Tread water using arm and leg motions. Move in the water while wearing a life jacket.
Level 1-2	6 years	<ul style="list-style-type: none"> Enter unassisted, move five yards, bob five times to chin level and safely exit the water. (Participants can walk, travel along the gutter or “swim”). Float on front with support for three seconds, roll to back (with assistance) and float on back with support for three seconds. 	<ul style="list-style-type: none"> Enter water by stepping or jumping from the side. Exit water safely using ladder or side. Submerge entire head and open eyes underwater, pick up an object. Float on front and back, perform front and back glide. Roll over from front to back, back to front. Swim on side and front/back using combined strokes. Tread water using arm and leg motions. Move in the water while wearing a life jacket.
Level 3	6–12 years	<ul style="list-style-type: none"> Step from side into chest-deep water, move into a front float for five seconds, roll over to a back float, return to standing position, then move back into a back float for five seconds and return to a standing position. Push off and swim using a combination of arm & leg actions for 5 body lengths on the front. Move into a back float for 5 seconds, roll to front then recover to a vertical position. 	<ul style="list-style-type: none"> Scissor kick. Jump into deep water from the side. Dive from kneeling or standing position. Submerge and retrieve an object; bob with the head fully submerged. Use rotary breathing in horizontal position. Perform front and back glide, survival float and front and back crawl. Butterfly—kick and body motion. Perform the HELP and Huddle position. Perform a reaching assist. Use Check-Call-Care in an emergency. Change from horizontal to vertical position on front and back. Elementary Backstroke.
Level 4	6–12 years	<ul style="list-style-type: none"> Jump into chest-deep water from the side, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to front or side), maintain position by treading or floating for 30 seconds, and swim elementary backstroke for 15 yards. 	<ul style="list-style-type: none"> Perform shallow dive, dive from stride position, feet-first surface dive. Swim underwater. Perform open turns on front and back. Tread water using sculling arm motions and kick. Front and back crawl, breaststroke, butterfly, elementary backstroke. Swim on side using scissors-like kick. Use safe diving rules. Perform a throwing assist; care for conscious choking victim. Perform compact jump into water from a designated height while wearing a life jacket.
Level 5	6–12 years	<ul style="list-style-type: none"> Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards and swim elementary backstroke for 15 yards. Swim breaststroke for 15 yards and swim back crawl for 25 yards. 	<ul style="list-style-type: none"> Tread water with two different kicks. Learn survival swimming and perform rescue breathing. Standing dive, tuck surface dive, and pike surface dive. Shallow dive, glide two body lengths and begin any front stroke. Front flip turn, backstroke flip turn, Front and back crawl. Butterfly, breaststroke, elementary backstroke, and sidestroke.
Level 6	6–12 years	<ul style="list-style-type: none"> Perform a shallow dive into deep water, swim front crawl for 50 yds, and swim elementary backstroke for 50 yards. Swim breaststroke for 25 yds and swim back crawl for 25 yds. 	<ul style="list-style-type: none"> Independent stroke enhancement. To swim on front with kick, back glide with kick, enter deep water, and proper breathing. To increase endurance. Continued water safety orientation.
Youth Stroke-n-Turn	6-8 years	<ul style="list-style-type: none"> Perform feet-first entry into chest-deep water, swim front crawl 25 yds, maintain position on back and tread water one minute, swim backstroke for 15 yds. Swim breaststroke 15 yds, swim back crawl 25 yds. 	<ul style="list-style-type: none"> Front and back crawl, breaststroke, and butterfly. Shallow dive, glide two body lengths and begin any front stroke.
Youth Stroke-n-Turn	9-12 years	<ul style="list-style-type: none"> Perform feet-first entry into chest-deep water, swim front crawl 25 yds, maintain position on back and tread water one minute, swim backstroke for 15 yds. Swim breaststroke 15 yds, swim back crawl 25 yds. 	<ul style="list-style-type: none"> Front and back crawl, breaststroke, and butterfly. Shallow dive, glide two body lengths and begin any front stroke. Front flip turn and backstroke flip turn.

Learn to Swim



Youth Level 1-2 (6 years old)

Prerequisites: See youth class requirements at the beginning of the youth section.

Purpose: Gives students success with fundamental skills.

Youth Level 1-2 participants learn to:

- Enter water by stepping or jumping from the side
- Exit water safely using ladder or side
- Submerge entire head
- Open eyes underwater, pick up a submerged object
- Float on front and back
- Perform front and back glide
- Roll over from front to back, back to front
- Swim on side
- Swim on front and back using combined strokes
- Tread water using arm and leg motions
- Move in the water while wearing a life jacket

6, 30-minute sessions • \$33 (R)/\$45 (NR)

January 9-February 13

620100-0A Sat 10:30 a.m.-11:00 a.m.

February 27-April 17 (No class: April 3, April 10)

620100-0B Sat 10:30 a.m.-11:00 a.m.

May 1-June 12 (No class: May 29)

620100-0C Sat 10:30 a.m.-11:00 a.m.

8, 30-minute sessions • \$44 (R)/\$60 (NR)

January 5-January 28

620104-0A Tue, Thu 4:30 p.m.- 5:00 p.m.

February 9-March 4

620104-0B Tue, Thu 4:30 p.m.- 5:00 p.m.

March 16-April 15 (No class: March 30, April 1)

620104-0C Tue, Thu 4:30 p.m.- 5:00 p.m.

April 27-May 20

620104-0D Tue, Thu 4:30 p.m.- 5:00 p.m.

May 25-June 17

620104-0E Tue, Thu 4:30 p.m.- 5:00 p.m.

Youth Level 1-2 (6-12 years old)

Prerequisites: See youth class requirements at the beginning of the youth section.

Purpose: Gives students success with fundamental skills.

Youth Level 1-2 participants learn to:

- Enter water by stepping or jumping from the side
- Exit water safely using ladder or side
- Submerge entire head
- Open eyes underwater, pick up a submerged object
- Float on front and back
- Perform front and back glide
- Roll over from front to back, back to front
- Swim on side
- Swim on front and back using combined strokes
- Tread water using arm and leg motions
- Move in the water while wearing a life jacket

6, 30-minute sessions • \$33 (R)/\$45 (NR)

January 9-February 13

620110-0A Sat 9:00 a.m.- 9:30 a.m.

February 27-April 17 (No class: April 3, April 10)

620110-0B Sat 9:00 a.m.- 9:30 a.m.

May 1-June 12 (No class: May 29)

620110-0C Sat 9:00 a.m.- 9:30 a.m.

January 10-February 14

620112-0A Sun 11:30 a.m.-12:00 p.m.

February 28-April 18 (No class: April 4, April 11)

620112-0B Sun 11:30 a.m.-12:00 p.m.

May 2-June 13 (No class: May 30)

620112-0C Sun 11:30 a.m.-12:00 p.m.

8, 30-minute sessions • \$44 (R)/\$60 (NR)

January 5-January 28

620114-0A Tue, Thu 5:30 p.m.- 6:00 p.m.

February 9-March 4

620114-0B Tue, Thu 5:30 p.m.- 6:00 p.m.

March 16-April 15 (No Class: March 30, April 1)

620114-0C Tue, Thu 5:30 p.m.- 6:00 p.m.

April 27-May 20

620114-0D Tue, Thu 5:30 p.m.- 6:00 p.m.

May 25-June 17

620114-0E Tue, Thu 5:30 p.m.- 6:00 p.m.

March 17-April 16

620115-0A Wed, Fri 5:00 p.m.- 5:30 p.m.

April 28-May 21

620115-0B Wed, Fri 5:00 p.m.- 5:30 p.m.

May 26-June 18

620115-0C Wed, Fri 5:00 p.m.- 5:30 p.m.

Youth Level 3 (6-12 years old)

Prerequisites: See youth class requirements at the beginning of the youth section.

Purpose: Builds on the skills in Youth Level 1-2 through additional guided practice. Youth Level 3 participants learn to:

- Jump into deep water from the side
- Dive from kneeling or standing position
- Submerge and retrieve an object
- Bob with the head fully submerged
- Use rotary breathing in horizontal position
- Perform front and back glide
- Perform survival float
- Perform front and back crawl
- Butterfly – kick and body motion
- Perform the HELP and Huddle positions
- Perform a reaching assist
- Use Check-Call-Care in an emergency
- Change from horizontal to vertical position on front and back

6, 30-minute sessions • \$33 (R)/\$45 (NR)

January 9-February 13

620120-0A	Sat	9:30 a.m.-10:00 a.m.
620120-0B	Sat	11:00 a.m.-11:30 a.m.

February 27-April 17 (No class: April 3, April 10)

620120-0C	Sat	9:30 a.m.-10:00 a.m.
620120-0D	Sat	11:00 a.m.-11:30 a.m.

May 1-June 12 (No class: May 29)

620120-0E	Sat	9:30 a.m.-10:00 a.m.
620120-0F	Sat	11:00 a.m.-11:30 a.m.

January 10-February 14

620122-0A	Sun	11:00 a.m.-11:30 a.m.
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February 28-April 18 (No class: April 4, April 11)

620122-0B	Sun	11:00 a.m.-11:30 a.m.
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May 2-June 13 (No class: May 30)

620122-0C	Sun	11:00 a.m.-11:30 a.m.
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8, 30-minute sessions • \$44 (R)/\$60 (NR)

January 5-January 28

620124-0A	Tue, Thu	5:00 p.m.- 5:30 p.m.
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February 9-March 4

620124-0B	Tue, Thu	5:00 p.m.- 5:30 p.m.
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March 16-April 15 (No class: March 30, April 1)

620124-0C	Tue, Thu	5:00 p.m.- 5:30 p.m.
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April 27-May 20

620124-0D	Tue, Thu	5:00 p.m.- 5:30 p.m.
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May 25-June 17

620124-0E	Tue, Thu	5:00 p.m.- 5:30 p.m.
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March 17-April 16

620125-0A	Wed, Fri	5:30 p.m.- 6:00 p.m.
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April 28-May 21

620125-0B	Wed, Fri	5:30 p.m.- 6:00 p.m.
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May 26-June 18

620125-0C	Wed, Fri	5:30 p.m.- 6:00 p.m.
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Youth Level 4 (6-12 years old)

Prerequisites: See youth class requirements at the beginning of the youth section. Purpose: Develops confidence in the skills learned and improves other aquatic skills. Youth Level 4 participants learn to:

- Perform shallow dive or dive from stride position
- Swim underwater
- Perform feet-first surface dive
- Perform open turns on front and back using any stroke
- Tread water using sculling arm motions and kick

Perform the following:

- Front and back crawl
- Breaststroke
- Butterfly
- Elementary backstroke
- Swim on side using scissors-like kick
- Dives using safe diving rules
- A throwing assist
- Care for conscious choking victim
- Compact jump into water from a height while wearing a life jacket

6, 30-minute sessions • \$33 (R)/\$45 (NR)

January 9-February 13

620130-0A	Sat	9:30 a.m.-10:00 a.m.
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February 27-April 17 (No class: April 3, April 10)

620130-0B	Sat	9:30 a.m.-10:00 a.m.
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May 1-June 12 (No Class: May 29)

620130-0C	Sat	9:30 a.m.-10:00 a.m.
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January 10-February 14

620132-0A	Sun	10:00 a.m.-10:30 a.m.
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February 28-April 18 (No class: April 4, April 11)

620132-0B	Sun	10:00 a.m.-10:30 a.m.
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May 2-June 13 (No class: May 30)

620132-0C	Sun	10:00 a.m.-10:30 a.m.
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8, 30-minute sessions • \$44 (R)/\$60 (NR)

January 5-January 28

620134-0A	Tue, Thu	5:30 p.m.- 6:00 p.m.
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620134-0B	Tue, Thu	6:30 p.m.- 7:00 p.m.
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February 9-March 4

620134-0C	Tue, Thu	5:30 p.m.- 6:00 p.m.
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620134-0D	Tue, Thu	6:30 p.m.- 7:00 p.m.
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March 16-April 15 (No class: March 30, April 1)

620134-0E	Tue, Thu	5:30 p.m.- 6:00 p.m.
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620134-0F	Tue, Thu	6:30 p.m.- 7:00 p.m.
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April 27-May 20

620134-0G	Tue, Thu	5:30 p.m.- 6:00 p.m.
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620134-0H	Tue, Thu	6:30 p.m.- 7:00 p.m.
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May 25-June 17

620134-0I	Tue, Thu	5:30 p.m.- 6:00 p.m.
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620134-0J	Tue, Thu	6:30 p.m.- 7:00 p.m.
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Youth Level 5 (6-12 years old)

Prerequisites: See youth class requirements at the beginning of the youth section. Purpose: Provides further coordination and refinement of strokes. Youth Level 5 participants learn to:

- Tread water with two different kicks
- Learn survival swimming
- Perform rescue breathing

Perform the following:

- Standing dive
- Shallow dive, glide two body lengths and begin any front stroke
- Tuck surface dive
- Pike surface dive
- Front flip turn
- Backstroke flip turn
- Front and back crawl
- Butterfly
- Breaststroke
- Elementary backstroke
- Sidestroke

6, 30-minute sessions • \$33 (R)/\$45 (NR)

January 9-February 13

620140-0A Sat 10:00 a.m.-10:30 a.m.

February 27-April 17 (No class: April 3, April 10)

620140-0B Sat 10:00 a.m.-10:30 a.m.

May 1-June 12 (No Class: May 29)

620140-0C Sat 10:00 a.m.-10:30 a.m.

8, 30-minute sessions • \$44 (R)/\$60 (NR)

January 5-January 28

620144-0A Tue, Thu 6:00 p.m.- 6:30 p.m.

February 9-March 4

620144-0B Tue, Thu 6:00 p.m.- 6:30 p.m.

March 16-April 15 (No class: March 30, April 1)

620144-0C Tue, Thu 6:00 p.m.- 6:30 p.m.

April 27-May 20

620144-0D Tue, Thu 6:00 p.m.- 6:30 p.m.

May 25-June 17

620144-0E Tue, Thu 6:00 p.m.- 6:30 p.m.

Youth Level 6 (6-12 years old)

Prerequisites: See youth class requirements at the beginning of the youth section. Purpose: Refines the strokes so students swim them with ease, efficiency, power, and smoothness over greater distances. Personal water safety and fitness swimming skills will also be introduced. Youth Level 6 participants will learn:

- To tread water
- To tread water, kicking only
- Survival float
- Back float
- Survival swimming
- Self-rescue techniques while clothed
- Swimming while clothed
- Basic safety rules for open water
- Basic safety rules for boating
- To surface dive and retrieve an object from the bottom

6, 45-minute sessions • \$50 (R)/\$68 (NR)

January 9-February 13

620150-0A Sat 10:30 a.m.-11:15 a.m.

February 27-April 17 (No class: April 3, April 10)

620150-0B Sat 10:30 a.m.-11:15 a.m.

May 1-June 12 (No Class: May 29)

620150-0C Sat 10:30 a.m.-11:15 a.m.

Youth Stroke-n-Turn (6-8 years old)

This class is for swim team swimmers ages 6-8 who would like to improve their stroke coordination and refinement.

Participants will learn to perform the following:

- Front and back crawl
- Breaststroke
- Butterfly
- Shallow dive, glide two body lengths and begin any front stroke

Prerequisite: Student must be able to swim 25 meters and demonstrate the use of two different strokes.

8, 45-minute sessions • \$66 (R)/\$90 (NR)

January 4-January 27

620170-0A Mon, Wed 5:00 p.m.- 5:45 p.m.

February 8-March 3

620170-0B Mon, Wed 5:00 p.m.- 5:45 p.m.

March 15-April 14 (No class: March 29, March 31)

620170-0C Mon, Wed 5:00 p.m.- 5:45 p.m.

April 26-May 19

620170-0D Mon, Wed 5:00 p.m.- 5:45 p.m.

May 24-June 16 (No Class: May 31)

620170-0E Mon, Wed 5:00 p.m.- 5:45 p.m.

Youth Stroke-n-Turn (9-12 years old)

This class is for swim team swimmers ages 9-12 who would like to improve stroke coordination and refinement. Participants will learn to perform the following:



- Front and back crawl
- Breaststroke
- Butterfly
- Front flip turn
- Backstroke flip turn
- Shallow dive, glide two body lengths and begin any front stroke

Prerequisite: Student must be able to swim 50 meters and demonstrate the use of two different strokes.

8, 45-minute sessions • \$66 (R)/\$90 (NR)

January 4-January 27

620183-0A Mon, Wed 5:45 p.m.- 6:30 p.m.

February 8-March 3

620183-0B Mon, Wed 5:45 p.m.- 6:30 p.m.

March 15-April 14 (No class: March 29, March 31)

620183-0C Mon, Wed 5:45 p.m.- 6:30 p.m.

April 26-May 19

620183-0D Mon, Wed 5:45 p.m.- 6:30 p.m.

May 24-June 16 (No class: May 31)

620183-0E Mon, Wed 5:45 p.m.- 6:30 p.m.

Adapted Aquatics (4 years and older)

Adapted Aquatics is a program of swimming instruction that is individually adapted for children and adults with physical or learning disabilities. The program is supervised by Red Cross-trained instructors and RCC-trained volunteers. Families may be requested to assist in the water if volunteers are not available. All participants must submit a completed physician's referral form and liability release form (available at the Aquatics Service Desk) at least two weeks before beginning the class. Questions regarding this program should be referred to the Assistant Aquatics Director at 703-390-6150. Mainstreaming of swimmers is available upon request and consultation. Volunteers are needed!

6, 30-minute sessions • \$33 (R)/\$33 (NR)

January 9-February 13

620190-0A Sat 11:00 a.m.-11:30 a.m.

620190-0B Sat 11:30 a.m.-12:00 p.m.

February 27-April 17 (No class: April 3, April 10)

620190-0C Sat 11:00 a.m.-11:30 a.m.

620190-0D Sat 11:30 a.m.-12:00 p.m.

May 1-June 12 (No class: May 29)

620190-0E Sat 11:00 a.m.-11:30 a.m.

620190-0F Sat 11:30 a.m.-12:00 p.m.

Adults

Aqua Chicken (13 years and older)

If you are one of the millions of people who have a fear of water, join this class! Adults who cannot swim are often embarrassed and worry that their children will pick up their fear. They also worry that if their children get into trouble in the water, they will not be able to help. We have patient instructors and friendly classes designed to help adults who want to learn to swim. We teach the most basic skills and proceed at the student's pace. We even include some basic rescue techniques that non-swimmers can use to help someone in case of an emergency. Patrons 55 and older, 50% senior discount applies.

6, 30-minute sessions • \$33 (R)/\$45 (NR)

January 9-February 13

621200-0A Sat 9:30 a.m.-10:00 a.m.

February 27-April 17 (No class: April 3, April 10)

621200-0B Sat 9:30 a.m.-10:00 a.m.

May 1-June 12 (No class: May 29)

621200-0C Sat 9:30 a.m.-10:00 a.m.

Adult Beginner (13 years and older)

This class is for adults who have little or no swimming skills. Learn to swim a pool length and become comfortable in deep water. The course is self-paced and aimed at addressing the needs of each student. Patrons 55 and older, 50% senior discount applies.

6, 30-minute sessions • \$33 (R)/\$45 (NR)

January 9-February 13

621210-0A Sat 9:00 a.m.- 9:30 a.m.

February 27-April 17 (No class: April 3, April 10)

621210-0B Sat 9:00 a.m.- 9:30 a.m.

May 1-June 12 (No class: May 29)

621210-0C Sat 9:00 a.m.- 9:30 a.m.

January 10-February 14

621212-0A Sun 10:00 a.m.-10:30 a.m.

February 28-April 18 (No class: April 4, April 11)

621212-0B Sun 10:00 a.m.-10:30 a.m.

May 2-June 13 (No class: May 30)

621212-0C Sun 10:00 a.m.-10:30 a.m.

8, 45-minute sessions • \$66 (R)/\$90 (NR)

January 5-January 28

621214-0A Tue, Thu 11:00 a.m.-11:45 a.m.

February 9-March 4

621214-0B Tue, Thu 11:00 a.m.-11:45 a.m.

March 16-April 15 (No class: March 30, April 1)

621214-0C Tue, Thu 11:00 a.m.-11:45 a.m.

April 27-May 20

621214-0D Tue, Thu 11:00 a.m.-11:45 a.m.

May 25-June 17

621214-0E Tue, Thu 11:00 a.m.-11:45 a.m.

Adult Advanced Beginner (13 years and older)

This class is for adults who can swim one pool length (25 meters) and want to improve front crawl, backstroke, and deep water skills. More advanced swimmers will learn intermediate strokes and some diving. In addition, instruction will be given to correct poor swimming habits and modernize strokes to current techniques. Prerequisites: Advanced Beginner students must be able to swim one pool length (25 meters). More advanced swimmers who want to learn intermediate strokes must be able to swim one pool length of front crawl with breathing, one pool length of backstroke, and be comfortable in deep water. Patrons 55 and older, 50% senior discount applies.

6, 45-minute sessions • \$50 (R)/\$68 (NR)

January 9-February 13

621220-0A Sat 11:15 a.m.-12:00 p.m.

February 27-April 17 (No class: April 3, April 10)

621220-0B Sat 11:15 a.m.-12:00 p.m.

May 1-June 12 (No Class: May 29)

621220-0C Sat 11:15 a.m.-12:00 p.m.



Deep Water Mania (13 years and older)

You won't learn how to walk on water, but you will run and bicycle in deep water to achieve a great cardiovascular workout. Equipment will be furnished to ensure an excellent cross-training experience. Deep Water Mania will provide the benefits of a land-based program but without the pounding and stress on the joints, tendons, and ligaments. We'll keep you buoyant to keep you in shape! Participants should consult with a physician before starting this program. Patrons 55 and older, 50% senior discount applies.

8, 50-minute sessions • \$66 (R)/\$90 (NR)

January 4-January 27

621250-0A Mon, Wed 6:30 p.m.- 7:20 p.m.

February 8-March 3

621250-0B Mon, Wed 6:30 p.m.- 7:20 p.m.

March 15-April 14 (No class: March 29, March 31)

621250-0C Mon, Wed 6:30 p.m.- 7:20 p.m.

April 26-May 19

621250-0D Mon, Wed 6:30 p.m.- 7:20 p.m.

May 24-June 16 (No class: May 31)

621250-0E Mon, Wed 6:30 p.m.- 7:20 p.m.

Arthritis, Fibromyalgia, and Multiple Sclerosis (13 years and older)

Classes will be taught by a certified instructor and will include a warm-up, an aerobic portion, and a cool down for an exercise period of thirty minutes. Those patrons who have various forms of arthritis, fibromyalgia, and M.S. benefit greatly from exercise in the water. Benefits include increasing and maintaining flexibility, strength, endurance, coordination, balance, endurance, and range of motion. Additional benefits are increased blood supply to muscles (which reduces muscle spasms) and the relaxation of the nervous system. The water provides a stimulating and social environment for overall well-being. You can make new friends and have fun. At the same time, you'll learn exercises which increase flexibility and mobility and reduce the pain of daily routines. Participants should consult a physician before starting this program. Patrons 55 and older, 50% senior discount applies.

8, 55-minute sessions • \$66 (R)/\$90 (NR)

January 5-January 28

621266-0A Tue, Thu 11:00 a.m.-11:50 a.m.

February 9-March 4

621266-0B Tue, Thu 11:00 a.m.-11:50 a.m.

March 16-April 15 (No class: March 30, April 1)

621266-0C Tue, Thu 11:00 a.m.-11:50 a.m.

April 27-May 20

621266-0D Tue, Thu 11:00 a.m.-11:50 a.m.

May 25-June 17

621266-0E Tue, Thu 11:00 a.m.-11:50 a.m.

Aqua Burn (13 years and older)

This is a complete program providing routines for warm-up, stretching, toning, and cardiovascular improvement. The cushioning effect of the water reduces stress on the joints, while its cooling effect serves to keep the body from overheating, even during strenuous exercises. Participants should consult with a physician before starting this program. Patrons 55 and older, 50% senior discount applies.

8, 50-minute sessions • \$66 (R)/\$90 (NR)

January 4-January 27

621251-0A Mon, Wed 7:30 p.m.- 8:20 p.m.

February 8-March 3

621251-0B Mon, Wed 7:30 p.m.- 8:20 p.m.

March 15-April 14 (No class: March 29, March 31)

621251-0C Mon, Wed 7:30 p.m.- 8:20 p.m.

April 26-May 19

621251-0D Mon, Wed 7:30 p.m.- 8:20 p.m.

May 24-June 16 (No class: May 31)

621251-0E Mon, Wed 7:30 p.m.- 8:20 p.m.

Drop-in Water Aerobics



Tides In Motion (13 years and older)

This is the ultimate water aerobics program for all ages. Benefits include toning major muscle groups, improving aerobic capacity, balance, and circulation. All exercises are conducted in shallow water using upbeat music for motivation. Equipment will be provided. Water shoes are highly recommended. Participants should consult with a physician before starting this program.

30, 50-minute sessions • \$3 (R)/\$6 (NR)

January 4-June 16

Drop-in	Mon, Wed, Fri	8:00 a.m.- 8:50 a.m.
Drop-in	Mon, Wed, Fri	9:00 a.m.- 9:50 a.m.

Senior Water Exercise (55 years and older)

This class is suitable for non-swimmers and swimmers alike. This exercise program is designed to promote a feeling of fitness and well-being. Water exercise provides gentle resistance, support for greater movement, and stimulation of circulation. The class also provides an opportunity for a social swim in a quiet pool. Participants should consult a physician before starting this program.

30, 50-minute sessions • \$2 (R)/\$4 (NR)

January 4-June 16

Drop-in	Mon, Wed, Fri	11:00 a.m.-11:50 a.m.
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Fit After Fifty (50 years and older)

This is an adult program for the serious exerciser who wants a high-level aerobic workout. Set to a faster tempo than the senior exercise class, this program is not for the beginning exerciser. Participants should consult with a physician before starting this program.

30, 50-minute sessions • \$3 (R)/\$6 (NR)

January 4-June 16

Drop-in	Mon, Wed, Fri	10:00 a.m.-10:50 a.m.
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Aqua Mixer (13 years and older)

This deep water program will provide participants with a completely non-impact workout. The class is designed to enhance cardiovascular fitness, flexibility, muscular endurance, and overall toning. Special attention will be given to strengthening lower back ligaments and muscles. Come “mix-it-up” for a healthier you! Participants must be comfortable in deep water. Participants should consult with their physician before starting this program.

30, 50-minute sessions • \$3 (R)/\$6 (NR)

January 4-June 16

Drop-in	Mon, Wed	5:30 p.m.- 6:20 p.m.
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Aqua Blast (13 years and older)

Start your day with more energy with this morning workout. Feel the resistance and buoyancy of the water to improve balance, coordination, strength, and aerobic capacity. The workout will be deep water and will include a cardio segment to improve cardio-respiratory circulation, movements to increase strength and muscle capacity, plus flexibility exercises to increase range of motion. Participants will work at the pace suited for them while feeling invigorated. Equipment will be provided. Participants must be comfortable in deep water. Participants should consult with a physician before starting this program.

30, 50-minute sessions • \$3 (R)/\$6 (NR)

January 5-June 17

Drop-in	Tue, Thu	8:00 a.m.- 8:50 a.m.
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