

ARUNDEL OLYMPIC SWIM CENTER

2690 Riva Road • Annapolis, MD 21401 • 410-222-7933 / 301-970-2216

Welcome to Anne Arundel County's outstanding public swimming facility. The swim center features a temperature controlled, indoor 50 meter by 25 yards swimming pool with adjacent wading pool, a poolside 17-person spa, two 1-meter diving boards and fully equipped locker rooms with coin operated lockers. All facilities are handicapped accessible. The Arundel Olympic Swim Center is open seven days a week. Lanes are continuously available for lap and recreational swimming. Youth ages 12 and under, must be accompanied by a paying adult. Children under the age of 2 are not admitted to the pool. Children over 2 years of age must be toilet trained (SWIM DIAPERS ARE NOT PERMITTED). It is encouraged that children 3 years of age and over of the opposite sex from their parent or guardian use the family changing room. Lockers (with a lock from home) and a shower are available for use.

Pool Schedule

Mon -Thu	6:00am – 10:00pm
Fri	6:00am – 9:00pm
Sat	8:00am – 4:00pm
Sun	10:00am – 6:00pm

Pool Closings

Christmas Eve	Dec 24
Christmas Day	Dec 25
New Year's Eve	Dec 31
New Year's Day	Jan 1
Easter Sunday	Apr 4
*A.A.Co. High School Regional Meet (2) Feb 13	

Modified Hours of Operation

Martin Luther King, Jr. Day	Jan 18	(open 6:00am - 4:00pm)
President's Day	Feb 15	(open 6:00am - 4:00pm)
Easter Monday	Apr 5	(open 6:00am - 4:00pm)
*A.A.Co. High School		

Championships Feb 5 (pool closes at 2:00pm)
 *Snow, weather related School Closing (No swim classes).
 School Delays (After School classes only).

Busy Times of the Day

Mon - Thu	4:00 – 8:00pm	Deep End Closed
Mon/Wed	8:00 – 10:00pm	Deep End Closed
Sat	8:00am – 12:00pm	Deep End Closed
Sun	10:00am – 12:00pm	Deep End Closed

During the busy/peak times lane availability may be limited to 5 lanes. The diving boards will be closed.

Party Reservations

Birthday Parties may be booked for weekends. \$125.00 for 2 hours, includes room rental and swim fees. Call 410-222-7933 for more information and available dates.

Reminder reservations now being booked through Mar 2010

Private Swim Lessons

The lessons are structured so that each participant will receive 4 one half hour classes. Contact Darnell Ravenell at 410/222-7933 or e-mail us at arundelolympicswimcenter@hotmail.com to schedule with the instructor. Instructors are available for all ability levels, ages 3 years and older. Cost \$120.00.

Admission Fees

Adult (18-59 yrs)	\$6.00
Youth (17 and under)	\$4.00
Seniors (60 and over)	\$4.00
Military with ID	\$4.00

15 Swim Passes

#0804002 Adult (purchase Dec-Feb)	\$70.00
#0804003 Adult (purchase Mar-May)	\$70.00
#0804012 Senior (purchase Dec-Feb)	\$50.00
#0804013 Senior (purchase Mar-May)	\$50.00
#0804042 Military w/ID (purchase Dec-Feb)	\$50.00
#0804043 Military w/ID (purchase Mar-May)	\$50.00
#0804052 Youth (purchase Dec-Feb)	\$50.00
#0804053 Youth (purchase Mar-May)	\$50.00

Frequent User Passes

#0804022 Winter/Adult (valid Jan-Apr)	\$175.00
#0804023 Spring/Adult (valid May-Aug)	\$175.00
#0804032 Winter/Senior (valid Jan-Apr)	\$120.00
#0804033 Spring/Senior (valid May-Aug)	\$120.00
#0804062 Winter/Military (valid Jan-Apr)	\$120.00
#0804063 Spring/Military (valid May-Aug)	\$120.00
#0804072 Winter/Youth (valid Jan-Apr)	\$120.00
#0804073 Spring/Youth (valid May-Aug)	\$120.00

Winter frequent user passes go on sale Dec 15, 2009

Spring frequent user passes go on sale Apr 13, 2010

Must come to center and present confirmation to pick up all passes that are purchased online.



Annual Frequent User Passes

(Valid one year from date of purchase)

#0814022 Adult	\$465.00
#0814032 Senior	\$320.00
#0814062 Military	\$320.00
#0814072 Youth	\$320.00

Annual pass users must come to swim center and present confirmation to pick up all passes that are purchased online.

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Swim Meets and High School Information

USS Swim Meet

Feb 6 -7 (Deep End Closed)

Masters Swim Meet

Jan 17 (3:00pm until)

High School Swim Program

Nov 16 – Feb19 (Practice Mon – Fri; 2:30 – 4:30) no practice on Fridays during meets

County Meets

Dec 18, 19, Jan 8, 9, 15, 16, 22, 23

Fridays 3:30pm - 6:00pm/ Saturdays 3:00pm – until

Challenge Meets

Jan 29 (Fri) 3:30pm – 6:00 and Jan 30 (Sat) 3:00pm - 9:00pm

Anne Arundel County High School Championships

Feb 5 *(pool closes at 2pm)

High School Regional Meet (2)

Feb 13 *(pool closed) (During swim meets, 5 lanes, 25 yards each, on the shallow side, 5 ft – 3.5 ft, will be available for public swim, during normal daily operating hours - DEEP END CLOSED)

*Schedule subject to change, please check website for updates.

Swim Lesson Session Dates and Fees

Session 1	Jan 4 - Feb 1 (no classes Jan 18)
Session 2	Feb 8 - Mar 8 (no classes Feb 15)
Session 3	Mar 15 - Apr 15 (no classes Mar 31 – Apr 6)
Session 4	Apr 19 - May 13
Saturday Session 1	Jan 9 - Mar 13 (no classes Feb 6, 13)
Saturday Session 2	Mar 27 - May 22 (no classes April 3)

Learn-to-Swim Classes (8 lessons) \$70 – \$75 per session
Pre-School/Youth/Teen/ Adult

Pre-School

Darters 3 yrs \$70.00

Parent and child together in a fun water exploration class. Under the guidance of an instructor, parents will introduce their child to submerging, floating and stroking on front and back. Water safety skills are taught to parents and children. Parents must accompany child in the water. Class duration: 30 min, includes 8 lessons

Session	1	2	3	4
M/W 9:40am	#0010212	#0010222	#0010233	#0010243
M/W 5:30pm	#0011052	#0011062	#0011073	#0011083
M/W 6:10pm	#0011092	#0011102	#0011113	#0011123
T/Th 10:50am	#0010692	#0010702	#0010713	#0010723
T/Th 5:30pm	#0011332	#0011342	#0011353	#0011363
T/Th 6:10pm	#0011372	#0011382	#0011393	#0011403

MORE >>>

Session	1	2	3	4
Sat 8:35am	#0010032	#0010043		
Sat 9:10am	#0010052	#0010063		
Sat 9:45am	#0010072	#0010083		
Sat 10:20am	#0010092	#0010103		
Sat 10:55am	#0010112	#0010123		
Sat 11:30am	#0010132	#0010143		

Sunfish 3 - 5 yrs \$75.00

Appropriate for children who have completed one session of Darters or a water exploration class and are no longer afraid of water. Children should be ready to leave the parent willingly and be able to follow directions and function well in a small group class. Students will begin to learn to swim and explore the water safely. Class duration: 30 min, includes 8 lessons

Session	1	2	3	4
M/W 9:00am	#0020172	#0020182	#0020193	#0020203
M/W 4:10pm	#0020972	#0020982	#0020993	#0021003
M/W 6:10pm	#0021092	#0021102	#0021113	#0021123
M/W 6:45pm	#0021132	#0021142	#0021153	#0021163
M/W 11:30am	#0020332	#0020342	#0020353	#0020363
M/W 12:30pm	#0020412	#0020422	#0020433	#0020443
M/W 1:40pm	#0020492	#0020502	#0020513	#0020523
T/Th 9:00am	#0020572	#0020582	#0020593	#0020603
T/Th 1:05pm	#0020852	#0020862	#0020873	#0020883
T/Th 4:10pm	#0021252	#0021262	#0021273	#0021283
T/Th 6:10pm	#0021372	#0021382	#0021393	#0021403
T/Th 6:45pm	#0021412	#0021422	#0021433	#0021443
Sat 8:35am	#0020032	#0020043		
Sat 9:10am	#0020052	#0020063		
Sat 9:45am	#0020072	#0020083		
Sat 10:20am	#0020092	#0020103		
Sat 10:55am	#0020112	#0020123		

Advanced Sunfish 4 - 5 yrs \$75.00

Children should be able to float without assistance on front and back and also swim 5 yards on front and back. Class teaches front stroke, backstroke and age appropriate water safety skills.

Class duration: 30 min, includes 8 lessons

Session	1	2	3	4
M/W 10:50am	#0030292	#0030302	#0030313	#0030323
M/W 1:05pm	#0030452	#0030462	#0030473	#0030483
M/W 4:50pm	#0031012	#0031022	#0031033	#0031043
M/W 6:10pm	#0031092	#0031102	#0031113	#0031123
T/Th 9:40am	#0030612	#0030622	#0030633	#0030643
T/Th 11:30am	#0030732	#0030742	#0030753	#0030763
T/Th 12:30pm	#0030812	#0030822	#0030833	#0030843
T/Th 1:40pm	#0030892	#0030902	#0030913	#0030923
T/Th 4:50pm	#0031292	#0031302	#0031313	#0031323
T/Th 6:10pm	#0031372	#0031382	#0031393	#0031403
Sat 8:35am	#0030032	#0030043		
Sat 9:45am	#0030072	#0030083		
Sat 10:20am	#0030092	#0030103		
Sat 10:55am	#0030112	#0030123		

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Sailfish 4 - 6 yrs \$75.00

Children should be able to swim 15 yards on front and back with proper breathing skills. Class teaches skills leading to a coordinated freestyle, backstroke and emphasizes age appropriate safety skills. Class duration: 30 min, includes 8 lessons

Session	1	2	3	4
M/W	10:15am #0040252	#0040262	#0040273	#0040283
M/W	4:50pm #0041012	#0041022	#0041033	#0041043
Sat	9:45am #0040072	#0040083		

Starfish (Red Hots) 4 - 6 yrs \$75.00

Pre-competitive program for children who have completed Sailfish and swim confidently 25 yards freestyle and backstroke. Class emphasis will be on improving strokes, endurance and teaching basic competitive skills and age appropriate safety skills. Class duration: 30 min, includes 8 lessons

Session	1	2	3	4
T/TH	10:15am #0050652	#0050662	#0050673	#0050683
T/TH	4:50pm #0051292	#0051302	#0051313	#0051323
Sat	9:45am #0050072	#0050083		

Youth

Beginner I 6 - 12 yrs \$70.00

Starting point for non-swimmers. Children will be introduced to front and back and floats, kicking, arm stroking and breathing skills. Water safety skills are introduced. Class duration: 30 min, includes 8 lessons

Session	1	2	3	4
M/W	4:10pm #0110972	#0110982	#0110993	#0111003
M/W	5:30pm #0111052	#0111062	#0111073	#0111083
T/TH	4:10pm #0111252	#0111262	#0111273	#0111283
T/TH	5:30pm #0111332	#0111342	#0111353	#0111363
Sat	8:35am #0110032	#0110043		
Sat	9:10am #0110052	#0110063		
Sat	9:45am #0110072	#0110083		
Sat	10:20am #0110092	#0110103		
Sat	10:55am #0110112	#0110123		
Sat	11:30am #0110132	#0110143		

Beginner II 6 - 12 yrs \$72.00

Class is appropriate for children who have passed Beginner I and can swim short distances (12 yards) with confidence. Course emphasis will be on developing stroke coordination and improving ability to comfortably swim 25 yards on front and back. Personal water safety skills will be introduced. Class duration: 30 min, includes 8 lessons

Session	1	2	3	4
M/W	4:50pm #0121012	#0121022	#0121033	#0121043
M/W	5:30pm #0121052	#0121062	#0121073	#0121083
T/TH	4:50pm #0121292	#0121302	#0121313	#0121323
T/TH	5:30pm #0121332	#0121342	#0121353	#0121363

MORE >>>

Session 1 2 3 4

Sat	8:35am #0120032	#0120043		
Sat	9:10am #0120052	#0120063		
Sat	9:45am #0120072	#0120083		
Sat	10:55am #0120112	#0120123		
Sat	11:30am #0120132	#0120143		

Advanced Beginner 6 - 12 yrs \$72.00

Children should be able to swim 25 yards confidently in deeper water. Students should be able to swim a coordinated freestyle and backstroke prior to enrolling. Advanced strokes will be introduced, and freestyle and backstroke refined. Personal water safety skills, survival swimming and basic fitness skills will be taught. Class duration: 30 min, includes 8 lessons

Session	1	2	3	4
M/W	4:50pm #0131012	#0131022	#0131033	#0131043
M/W	6:10pm #0131092	#0131102	#0131113	#0131123
T/TH	4:50pm #0131292	#0131302	#0131313	#0131323
T/TH	6:10pm #0131372	#0131382	#0131393	#0131403
Sat	9:10am #0130052	#0130063		
Sat	10:20am #0130092	#0130103		

Intermediate 8 - 12 yrs \$75.00

Children should be able to swim 25 yards each of a coordinated freestyle and backstroke prior to enrolling. Class continues stroke improvement and students will swim distances in a program designed to improve fitness skills, endurance and introduce basic competitive skills. Class duration: 45 min, includes 8 lessons

Session	1	2	3	4
M/W	6:45pm #0141172	#0141182	#0141193	#0141203
T/TH	6:45pm #0141452	#0141462	#0141473	#0141483
Sat	11:30pm #0140152	#0140163		

Swimmer 8 - 12 yrs \$75.00

This class is for children who have passed Intermediate and now swim distances with good stroke mechanics in all basic strokes. Course emphasis will be on stroke refinement, endurance and fitness swimming. Safety instruction emphasizes personal and family water safety. Class duration: 45 min, includes 8 lessons

Session	1	2	3	4
M/W	6:45pm #0151172	#0151182	#0151193	#0151203
T/TH	6:45pm #0151452	#0151462	#0151473	#0151483
Sat	11:30pm #0150152	#0150163		

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Teen and Adult

Beginner Swimming

Ages 13 and up \$70.00

Students are introduced to basic swimming skills (front and back floats, kicking, arm stroking and rhythmic breathing). Stroke coordination and improvement emphasized. Class duration: 45 min, includes 8 lessons

Session	1	2	3	4
M/W	8:00pm #0211212	#0211222	#0211223	#0211243
Sat	8:20am #0210012	#0210023		

Advanced Swimming

Ages 13 and up \$70.00

Class designed to improve basic swimming ability and increase swimming distance. Prerequisite: Ability to swim 15-20yds front crawl with rhythmic breathing and 10yds on back. Class duration: 45 min, includes 8 lessons.

Session	1	2	3	4
T/TH	8:00pm #0221492	#0221502	#0221513	#0221523

Water Exercise

The water exercise programs of the Arundel Olympic Swim Center are designed to be an effective component of an adult fitness program. Participants are encouraged to check with their physician before starting any water aerobic class. Students with physical limitations should discuss, with their instructor, appropriate adaptations to the program taught. Students should always work at their individual pace and students returning, from an absence from exercising, should set long term goals to avoid short-term pain.

Aquatics Fitness Fees and Dates

Saturday Deep Water \$70.00 per session (8 weeks)
Weekday Water Aerobics \$110.00 per session (18 classes)
Senior Morning Aerobics Pool Admission (\$4.00 or pass)
60 and over only!**

Saturday Drop-In Splashdown Pool Admission (\$4.00 senior, \$6.00 adult or pass)

Session Dates:	1	2
Mon/Wed	Jan 4– Mar 10	Mar 15– May 19
Tue/Thu	Jan 5– Mar 4	Mar 16– May 20
Sat	Jan 9– Mar 13	Mar 27– May 16

(No classes Jan 18, Feb 15, Mar 31 – Apr 6)

** Reminder - Senior Morning Aerobics (9:00, 10:00 and 11:00am class only) Pool Admission (\$4.00) or pass this refers to seniors 60 and over only.

Senior Water Exercises

Participants ages 59 and under \$110.00

Class stresses range of motion exercises designed to help relieve joint stiffness and promote more range of motion in joints. Participants are encouraged to move at their own pace. Class duration: 45 min

Session	1	2
M/W	9:00am #0411572	#0411583
T/TH	9:00am #0411632	#0411643

Senior No-Strain Aerobics

Participants ages 59 and under \$110.00

Shallow water program for swimmers and non-swimmers. Endurance and flexible motion emphasized. Class duration: 45 min

Session	1	2
M/W	11:00am #0421612	#0421623
T/TH	11:00am #0421672	#0421683

Adult Exercise

"Splashdown"

Total Aerobic Water Workout \$110.00

A challenging, low impact exercise program, designed to use water resistance to increase endurance and tone muscles. Water exercise is generally beneficial for individuals with physical limitations or persons returning to exercise after long periods of inactivity. Weekday 9 weeks (18 classes)

**Senior Morning Aerobics - 60 and over only!
(10:00am Class) Pool Admission (\$4.00 Or Pass)

Saturday Drop-In "Splashdown"
(8 weeks - class fee is pool admission price)

Session	1	2
M/W	10:00 - 10:45am #0321592	#0321603 **
T/TH	10:00 - 10:45am #0321652	#0321663 **
T/TH	6:00 - 7:00pm #0311732	#0311743
T/TH	7:15 - 8:15pm #0321752	#0321763
Sat	8:30 - 9:30am #0321532	#0321543

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“Aqua Fitness” Choreographed, Energetic Water Aerobic Workout

An innovative, energetic and high intensity class with unique water aerobic, choreographed movements that use the natural resistance and weight of the water to increase heart rate, burn calories and tone muscles. Students work at various paces, tuned to personal core fitness levels.

Session	1	2
M/W	5:30 – 6:30pm	#0331692 #0331702
M/W	6:45 – 7:45pm	#0331712 #0331723

Deep Water Aerobics

The ultimate low impact exercise program for students of all fitness levels. The class is designed to use natural water resistance and your weightlessness in deep water to exercise using unique movements to increase heart rate, flexibility and muscle tone. Students must be comfortable exercising in deep water, using a floatation belt.

Session	1	2
Sat	9:45 - 10:45am	#0341552 #0341563

Specialized Aquatics

Age Group Competitive Training:

Competitive swim program for youths of all ages. The program currently consists of swimmers achieving national level recognition as well as youth just beginning their first season of training. This outstanding program emphasizes stroke development and physical fitness combined with speed and endurance training. Competition is available through the Annapolis Swim Club.

Youth must meet a minimum skill level, equivalent to AOSC Intermediate level. All swimmers must participate in an

evaluation swim, so that the child can be placed in the most appropriate skill group. Youth will be added to current groups as openings develop. This program began in September and runs through May. A separate summer season will be available.

Gold Group - National Level Training, ages 12 - 18

Silver Group - High Competitive Level, ages 9 - 12

Bronze Group - Advanced Skill Level, ages 12 - 18

Orange Group - High Competitive Level, ages 8 – 11

Purple Group - Intermediate Skill Level, ages 11 - 14

Blue Group - Introductory - Intermediate Level, ages 8 - 11

Red Hots, Green Groups - Introductory – Intermediate Level, ages 8 and under

NEW

Session 1 Sat Jan 9–May 15 (no class 2/6, 2/13, 4/3) \$100.00

#0709162 – Burgundy Intramural Swim - Introductory, Intermediate, ages 8 - 14, 1:00-1:45pm

#0709172 – Teal Intramural Swim - Average Level, 8 and under, 2:00-2:45pm

NEW

Session 1 T/TH Jan 5–May 13 (no class 3/31- 4/6) \$200.00

0709182 – Purple II – Intermediate Skills Level, 11-14 yrs old, 7:00-8:00pm

Masters Competitive Swimming

Competitive swimming team for adults age 18 and older. Three days a week of training per week. Class provides on-going program for adult swimmers. Workouts vary for beginning lap and fitness swimmers to former collegiate, competitive swimmers. Master swimming is an international program with competition available for all levels of swimmers. Swimmers may start at any practice. \$40.00 monthly fee or daily pool admission. On-going, Mon/Wed 8:00-9:30pm, Sat 8:00-9:30am

Springboard Diving

Mike Tober is a Former University Maryland, G.W. University Diving Coach and USA National Dive Team Coach. Kelly Murray is a DeMatha High School and Central Maryland Diving League Head Coach (Seyern River Swim Club). Seth Fenton, Central Maryland Diving League Head Coach (Waugh Chapel Swim Club). Jill McKay, Assistant Diving Coach at Seyern River Swim Club.

Springboard Program: Divers of all ability levels and ages will train in a program designed to develop the diver's full potential.

- * all divers must be at least 5 years old at the start of the class
- * all divers must register for AAU membership in order to participate. (more information to be provided)

MORE >>>

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Springboard Diving *continued*

#0523002 Winter Sunday Beginner 1

(8 classes) \$115.00
2:00-3:00 (12/20- 2/21) No class 12/27, 1/17, 2/5, 2/7

#0523003 Spring Sunday Beginner 1

(10 classes) \$115.00
1:00-2:00 (2/28-5/9) No class 4/4

*must be able to jump off the diving board unassisted and dive off the side of the pool

#0523023 Spring Sunday Beginner 2

(10 classes) \$115.00
2:00-3:00 (2/28-5/9) No class 4/4

*must be able to dive off the diving board unassisted

#0523032 Winter Sunday Intermediate

(8 Classes) \$115.00
3:00- 4:00 (12/20- 2/21) No class 12/27, 1/17, 2/7

#0523033 Spring Sunday Intermediate

(10 Classes) \$115.00
3:00-4:00 (2/28-5/9) No class 4/4

#0523013 Spring Friday Intermediate

(10 Classes) \$140.00
6:00-7:00 (2/26-5/7) No class 4/2

*must be able to perform forward and back dive and/or forward or backward flip (total of 3 dives)

#0523042 Winter Sunday Advanced

(8 Classes) \$145.00
4:00-5:30 (12/20-2/21) No class 12/27, 1/17, 2/7

#0523043 Spring Sunday Advanced

(8 Classes) \$145.00
4:00-5:30 (2/28-5/9) No class 4/4

#0523053 Spring Friday Advanced

(10 Classes) \$180.00
4:30-6:00 (2/26-5/7) No class 4/2

*must be able to perform forward and back dive, forward or backward flip, and one other dive (total of 4 dives)

Flexible Diving Plan for Advanced Divers

Winter Dates

Sundays 4:00-5:30 (12/20- 2/21) no class 12/27, 1/17, 2/7
Tuesdays and Thursdays 8:00-9:15 p.m. Class Dates: 12/15, 12/29, 1/5, 1/12, 1/14, 1/19, 1/28, 2/9, 2/18, 2/23

Spring Dates

Sundays 4:00-5:30 (2/28- 5/9) no class 4/4
Fridays 4:30- 6:00 (2/26- 5/7) no class 4/2
Tuesdays and Thursdays 8:00-9:15 p.m. Class Dates: 3/1, 3/9, 3/18, 3/23, 4/6, 4/8, 4/15, 4/20, 4/22, 4/29

10 lessons - \$180.00 #0523062 winter and #0523063 spring
15 lessons - \$247.50 #0523072 winter and #0523073 spring
20 lessons - \$315.00 #0523082 winter and #0523083 spring

For more information: e-mail Kelly @ DiveCoach@verizon.net or call 240-417-7294

Swimapolitan Sunday Swim

Ages 3-18yrs of age

\$200.00

Sunday Pre-Competitive Swimming. Swimmers will work on stroke development, building confidence, improving and perfecting stroke techniques while building endurance and increasing speed. E-mail: info@swimapolitan.com or call 443-822-8507

Sunday Jan 10-May 9 (no class 2/7, 4/4)

#0545002 10:00-10:45pm #0545012 10:50-11:40pm

#0545022 11:45-12:30pm #0545032 12:35-1:20pm

#0545042 1:25-2:10pm #0545052 2:15-3:00pm

Swim Conditioning Club

\$110.00

Become a stronger and better swimmer through conditioning (lap swimming) and stroke instruction. Participant should be between 6-8 years of age and required to be able to swim the length of the pool, and must be willing to be focused on swimming for 50 minutes. For further information please contact Susan Dennis at susanpden@gmail.com

Session 1 Jan 5 – Mar 11 (T/TH)

#0534002 Intermediate 12-12:50

#0534012 Advanced 1-1:50

Session 2 Mar 16 – May 6 (T/TH)

#0534003 Intermediate 12-12:50

#0534013 Advanced 1-1:50



Jenn's Tri Swimming Masters

\$256.00

Enhance your fitness and improve your swimming speed and endurance through Masters swimming. This program is open to all adult swimmers (fitness, triathlete, competitive) who are dedicated to improving their fitness through swimming. Workouts are designed to improve your technique and train for specific goals. Pre-requisite: must be able to comfortably swim at least 200 yards. Coach: Jennifer Bistrack
#0581812 – Feb 2 – May 27 T/Th (no class 4/1 or 4/6)

Red Cross Lifeguard Course Certification

\$160.00 (does not include textbook)

A four (4) day certification course for pool and waterfront lifeguarding, 2-person CPR, AED and First Aid. You must be 15 years of age to qualify (proof of age is required). Textbook can be purchased the first day of class for \$35.00 or you may purchase the Red Cross Textbook independently.

Thu 5:00 - 10:00pm, Fri 5:00 - 9:00pm, Sat 8:00am - 4:00pm, Sun 8:00am - 6:00pm

All classes must be attended to receive certifications, NO EXCEPTIONS!

#0610012 Session 1 Feb 25, 26, 27, 28

#0610032 Session 2 Mar 25, 26, 27, 28

#0610073 Session 3 Apr 15, 16, 17, 18

#0610083 Session 4 May 6, 7, 8, 9

#0610093 Session 5 May 13, 14, 15, 16

#0610103 Session 6 May 20, 21, 22, 23