

## Winter Pool Schedule (January 1-February 17, 2011)

Spa closed the first Sunday of each month for cleaning

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

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

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

## Spring Pool Schedule (February 18-June 24, 2011)

Spa closed the first Sunday of each month for cleaning

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

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

RCC schedules lessons during open and lap swim times.

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.
Jan. 17	MLK Day	6:00 a.m.-9:00 p.m.
Feb. 21	President's Day	6:00 a.m.-9:00 p.m.
May 30	Memorial Day	6:00 a.m.-1:30 p.m.

## 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

	SD5 Resident/Employee	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 Pool Pass

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

### 12-month Pool Pass

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

## 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.

## 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

**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 \$18.60/hour.

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

# DEAP

## Drowning Education Awareness Program

## Aquatics

The Reston Community Center presents D.E.A.P. – the Drowning Education and Awareness Program.

The Centers for Disease Control (CDC) report that drowning is the second leading cause of death for children under the age of fourteen. For every child who dies from drowning, four more receive medical department treatment for submersion-related injuries. Nonfatal submersion incidents can cause brain damage, learning disabilities and other terrible consequences.

Three offerings;

- **Parent Orientation Day** – this free, informal class is targeted to parents/caregivers of students entering any of our Level 1- 2 classes (Skipper I, Rookie I and ARC Level 1-2). During this short one-hour program, parents will learn about the RCC swim curriculum, American Red Cross level content and ask questions about our facility, swimming opportunities and any other aquatics topic.
- **WHALE Tales** – this free program is lead by a certified Aquatics staff member and is perfect for Daisy scouts, Cub scouts and home school groups of children age 5-12.
- **Water Safety Presentation** – this free informal offering is a great presentation for adult organizations (Rotary Clubs, Optimists Clubs, PTA's, etc). It gives proven, proactive advice about how to keep our children safe in, on and around water recreation activities.

We look forward to seeing you at the Terry L. Smith Aquatics Center and throughout Reston as we work together to prevent water accidents! Swim safe!

**For DEAP Programs and information, turn the page.**

## WHALE Tales (6-12 years old)

Longfellow's WHALE Tales is a FREE 1-hour interactive presentation that provides easy-to-follow information to help children learn safe behavior in, on, and around the water. Taught in a classroom environment, WHALE Tales makes water safety fun and easy to learn. Each lesson is reinforced with color posters, worksheets, activities, and a video that features Longfellow, the animated whale. This program is offered to Cub Scouts and Webelos, Daisy, Brownie, and Junior Girl Scouts, and day care centers. Teachers and scout leaders can contact the Assistant Aquatics Director at 703-390-6149 to schedule a class.  
**1, 60-minute session • Free, Registration Req.**  
 620199-1A



## Parent Orientation (18 years and older)

This FREE 1-hour presentation (30-minute presentation, 30 minutes of Q&A) will provide parents with an orientation to the American Red Cross swimming lessons offered at the RCC. It is designed to teach parents of Level 1, Level 2, Rookies, and Skippers how to provide guidance, care, supervision, motivation, and support as their children participate in our swim lessons program.  
**1, 60-minute session at RCC Hunters Woods.**  
**Free, Registration Req.**

**January 8**

621198-1A

Sat

11:00 a.m.-12:00 p.m.

## General Water Safety (18 years and older)

This FREE 90-minute presentation (60-minute lecture and 30 minutes of Q&A) focuses on the importance of water safety training and provides general information on keeping family members safe in, on, and around the water. The presentation is designed for rotary clubs, PTAs, home school networks, church groups, and other civic organizations and can be scheduled at their facility. Please contact the Assistant Aquatics Director at 703-390-6149 to schedule a presentation.

**1, 90-minute session • Free, Registration Req.**

621199-1A



## Infant/Kindergarten Learn to Swim

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 of Level 1, Level 2, Rookies, and Skippers classes are highly encouraged to attend a free 1-hour orientation designed to teach parents how to provide guidance, care, supervision, motivation, and support as their children participate in our swim lessons program (to register, see pg. 30).** 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 your child’s comfort level in water and improving their abilities.

### Infant/Kindergarten Class Requirements

CLASSES	AGES	PREREQUISITES:	EQUIVALENT RED CROSS LEVEL
<b>WATER INTRO.</b>	6–18 months	<ul style="list-style-type: none"> <li>No swimming skills required.</li> <li>Parent/caregiver must accompany child in the water.</li> </ul>	N/A
<b>AQUA TOTS</b>	19-36 months	<ul style="list-style-type: none"> <li>No swimming skills required.</li> <li>Parent/caregiver must accompany child in the water.</li> </ul>	Parent Child Level 2
<b>SKIPPER I</b>	3 year olds	<ul style="list-style-type: none"> <li>No swimming skills required.</li> <li>Must be ready to follow simple instructions and be comfortable with an instructor.</li> </ul>	Preschool Level 2
<b>SKIPPER II (With Instructor Approval Only)</b>	3 year olds	Enter and exit water independently. Put face in the water and blow bubble at the same time. Float on front and back with instructor assistance. Glide on front and back two body lengths, with instructor assistance. Swim on front and back three body lengths with instructor assistance. Offered upon demand. Contact the Assistant Aquatics Director at 703-390-6149 to get on the interest list.	Preschool Level 3
<b>ROOKIE I</b>	4–5 years	No swimming skills required. Must be ready to follow simple instructions and be comfortable with an instructor.	Preschool Level 2
<b>ROOKIE II</b>	4–5 years	Enter and exit water independently. Put face in the water and blow bubble as the same time. Float on front and back with instructor assistance. Glide on front and back two body lengths, with instructor assistance. Swim on front and back three body lengths with instructor assistance.	Preschool Level 3
<b>RANGER</b>	4–7 years	Step from side into chest deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to standing. Move into a back float for 5 seconds, roll to front then recover to standing. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, swim using combined arm and leg actions on back for 5 body lengths.	Youth Level 3
<b>MARLIN</b>	4–7 years	Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary back stroke for 15 yards.	Youth Level 4
<b>WATER WONDER</b>	4–7 years	Perform a feet-first entry into deep water, swim front crawl for 25 yards, change position and direction and swim elementary backstroke for 25 yards. Swim breaststroke for 15 yards, change direction and swim back crawl for 15 yards.	Youth Level 5

## Water Introduction (6 months-18 months)

This class helps young children (ages 6 months to 18 months) 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/adult is required to accompany each child in the water and participate in the classes.

**6, 30-minute sessions • \$35 (R)/\$70 (NR)**

### January 15-February 19

620000-1A Sat 9:00 a.m.- 9:30 a.m.

### March 5-April 9

620000-1B Sat 9:00 a.m.- 9:30 a.m.

### April 30-June 11 (No Class: May 28)

620000-1C Sat 9:00 a.m.- 9:30 a.m.

**6, 30-minute sessions • \$35 (R)/\$70 (NR)**

### January 16-February 20

620002-1A Sun 10:00 a.m.-10:30 a.m.

### March 6-April 10

620002-1B Sun 10:00 a.m.-10:30 a.m.

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

620002-1C Sun 10:00 a.m.-10:30 a.m.

**8, 30-minute sessions • \$45 (R)/\$90 (NR)**

### January 11-February 3

620009-1A Tue, Thu 10:00 a.m.-10:30 a.m.

### February 15-March 10

620009-1B Tue, Thu 10:00 a.m.-10:30 a.m.

### March 22-April 14

620009-1C Tue, Thu 10:00 a.m.-10:30 a.m.

### April 26-May 19

620009-1D Tue, Thu 10:00 a.m.-10:30 a.m.

### May 24-June 16

620009-1E Tue, Thu 10:00 a.m.-10:30 a.m.

## Aqua Tots (19 months-36 months)

This class helps young children (ages 19 months to 36 months) 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/adult is required to accompany each child in the water and participate in the classes.

**6, 30-minute sessions • \$35 (R)/\$70 (NR)**

### January 15-February 19

620007-1A Sat 9:30 a.m.-10:00 a.m.

### March 5-April 9

620007-1B Sat 9:30 a.m.-10:00 a.m.

### April 30-June 11 (No Class: May 28)

620007-1C Sat 9:30 a.m.-10:00 a.m.

### January 16-February 20

620008-1A Sun 10:30 a.m.-11:00 a.m.

### March 6-April 10

620008-1B Sun 10:30 a.m.-11:00 a.m.

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

620008-1C Sun 10:30 a.m.-11:00 a.m.

## Drop-In Swim Evaluation (3-12 years old)

Evaluations average 15 minutes per person.

**1, 15-minute session • Free, Registration Req.**

### April 27

620111-1A Wed 6:00 p.m.- 7:00 p.m.

### April 30

620111-1B Sat 1:00 p.m.- 2:00 p.m.

## Skipper I (3 years old)

Prerequisites: See preschool class requirements at the beginning of the infant/kindergarten section. Learning objectives for Skipper I are:

- Enter water by stepping in
- Exit water using ladder, steps or side
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back floats and glides
- Recover from a front or back float or glide to a vertical position
- Roll from front to back and back to front
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back
- Learn how to stay safe, including recognizing an emergency and knowing how to call for help
- Learn how to stay safe in, on and around the water, including the use of a life jacket, recognizing lifeguards and sun safety.

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 • \$35 (R)/\$70 (NR)**

### January 15-February 19

620010-1A Sat 9:00 a.m.- 9:20 a.m.

620010-1B Sat 9:20 a.m.- 9:40 a.m.

620010-1C Sat 9:40 a.m.-10:00 a.m.

620010-1D Sat 10:00 a.m.-10:20 a.m.

620010-1E Sat 10:20 a.m.-10:40 a.m.

620010-1F Sat 10:40 a.m.-11:00 a.m.

### March 5-April 9

620010-1G Sat 9:00 a.m.- 9:20 a.m.

620010-1H Sat 9:20 a.m.- 9:40 a.m.

620010-1I Sat 9:40 a.m.-10:00 a.m.

620010-1J Sat 10:00 a.m.-10:20 a.m.

620010-1K Sat 10:20 a.m.-10:40 a.m.

620010-1L Sat 10:40 a.m.-11:00 a.m.

### April 30-June 11 (No Class: May 28)

620010-1M Sat 9:00 a.m.- 9:20 a.m.

620010-1N Sat 9:20 a.m.- 9:40 a.m.

620010-1O Sat 9:40 a.m.-10:00 a.m.

620010-1P Sat 10:00 a.m.-10:20 a.m.

620010-1Q Sat 10:20 a.m.-10:40 a.m.

620010-1R Sat 10:40 a.m.-11:00 a.m.

### January 10-February 14

620013-1A Mon 9:00 a.m.- 9:20 a.m.

620013-1B Mon 9:20 a.m.- 9:40 a.m.

620013-1C Mon 9:40 a.m.-10:00 a.m.

### February 28-April 4

620013-1D Mon 9:00 a.m.- 9:20 a.m.

620013-1E Mon 9:20 a.m.- 9:40 a.m.

620013-1F Mon 9:40 a.m.-10:00 a.m.

*(Skipper I continues on pg. 33)*

*(Skipper I continued)*

**April 25-June 6 (No Class: May 30)**

620013-1G	Mon	9:00 a.m.- 9:20 a.m.
620013-1H	Mon	9:20 a.m.- 9:40 a.m.
620013-1I	Mon	9:40 a.m.-10:00 a.m.

**8, 20-minute sessions • \$45 (R)/\$90 (NR)**

**January 11-February 3**

620014-1A	Tue, Thu	9:00 a.m.- 9:20 a.m.
620014-1B	Tue, Thu	9:20 a.m.- 9:40 a.m.
620014-1C	Tue, Thu	9:40 a.m.-10:00 a.m.
620014-1D	Tue, Thu	1:30 p.m.- 1:50 p.m.
620014-1E	Tue, Thu	1:50 p.m.- 2:10 p.m.
620014-1F	Tue, Thu	2:10 p.m.- 2:30 p.m.

**February 15-March 10**

620014-1G	Tue, Thu	9:00 a.m.- 9:20 a.m.
620014-1H	Tue, Thu	9:20 a.m.- 9:40 a.m.
620014-1I	Tue, Thu	9:40 a.m.-10:00 a.m.
620014-1J	Tue, Thu	1:30 p.m.- 1:50 p.m.
620014-1K	Tue, Thu	1:50 p.m.- 2:10 p.m.
620014-1L	Tue, Thu	2:10 p.m.- 2:30 p.m.

**March 22-April 14**

620014-1M	Tue, Thu	9:00 a.m.- 9:20 a.m.
620014-1N	Tue, Thu	9:20 a.m.- 9:40 a.m.
620014-1O	Tue, Thu	9:40 a.m.-10:00 a.m.
620014-1P	Tue, Thu	1:30 p.m.- 1:50 p.m.
620014-1Q	Tue, Thu	1:50 p.m.- 2:10 p.m.
620014-1R	Tue, Thu	2:10 p.m.- 2:30 p.m.

**April 26-May 19**

620014-1S	Tue, Thu	9:00 a.m.- 9:20 a.m.
620014-1T	Tue, Thu	9:20 a.m.- 9:40 a.m.
620014-1U	Tue, Thu	9:40 a.m.-10:00 a.m.
620014-1V	Tue, Thu	1:30 p.m.- 1:50 p.m.
620014-1W	Tue, Thu	1:50 p.m.- 2:10 p.m.
620014-1X	Tue, Thu	2:10 p.m.- 2:30 p.m.

**May 24-June 16**

620014-1Y	Tue, Thu	9:00 a.m.- 9:20 a.m.
620014-1Z	Tue, Thu	9:20 a.m.- 9:40 a.m.

**May 24-June 16**

620017-1A	Tue, Thu	9:40 a.m.-10:00 a.m.
620017-1B	Tue, Thu	1:30 p.m.- 1:50 p.m.
620017-1C	Tue, Thu	1:50 p.m.- 2:10 p.m.
620017-1D	Tue, Thu	2:10 p.m.- 2:30 p.m.

**6, 20-minute sessions • \$35 (R)/\$70 (NR)**

**January 12-February 16**

620015-1A	Wed	10:00 a.m.-10:20 a.m.
620015-1B	Wed	10:20 a.m.-10:40 a.m.
620015-1C	Wed	10:40 a.m.-11:00 a.m.

**March 2-April 6**

620015-1D	Wed	10:00 a.m.-10:20 a.m.
620015-1E	Wed	10:20 a.m.-10:40 a.m.
620015-1F	Wed	10:40 a.m.-11:00 a.m.

**April 27-June 8 (No Class: June 1)**

620015-1G	Wed	10:00 a.m.-10:20 a.m.
620015-1H	Wed	10:20 a.m.-10:40 a.m.
620015-1I	Wed	10:40 a.m.-11:00 a.m.

**Rookie I (4-5 years old)**

Prerequisites: See preschool class requirements at the beginning of the infant/kindergarten section. Learning objectives for Rookie I are:

- Enter water by stepping in
- Exit water using ladder, steps or side
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back floats and glides
- Recover from a front or back float or glide to a vertical position
- Roll from front to back and back to front
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back
- Learn how to stay safe, including recognizing an emergency and knowing how to call for help
- Learn how to stay safe in, on and around the water, including the use of a life jacket, recognizing lifeguards and sun safety.

**6, 30-minute sessions • \$35 (R)/\$70 (NR)**

**January 15-February 19**

620030-1A	Sat	9:30 a.m.-10:00 a.m.
620030-1B	Sat	10:00 a.m.-10:30 a.m.

**March 5-April 9**

620030-1C	Sat	9:30 a.m.-10:00 a.m.
620030-1D	Sat	10:00 a.m.-10:30 a.m.

**April 30-June 11 (No Class: May 28)**

620030-1E	Sat	9:30 a.m.-10:00 a.m.
620030-1F	Sat	10:00 a.m.-10:30 a.m.

**January 16-February 20**

620032-1A	Sun	10:00 a.m.-10:30 a.m.
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**March 6-April 10**

620032-1B	Sun	10:00 a.m.-10:30 a.m.
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**May 1-June 12 (No Class: May 29)**

620032-1C	Sun	10:00 a.m.-10:30 a.m.
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**January 10-February 14**

620033-1A	Mon	10:00 a.m.-10:30 a.m.
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**February 28-April 4**

620033-1B	Mon	10:00 a.m.-10:30 a.m.
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**April 25-June 6 (No Class: May 30)**

620033-1C	Mon	10:00 a.m.-10:30 a.m.
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**8, 30-minute sessions • \$45 (R)/\$90 (NR)**

**January 11-February 3**

620034-1A	Tue, Thu	9:00 a.m.- 9:30 a.m.
620034-1B	Tue, Thu	10:30 a.m.-11:00 a.m.
620034-1C	Tue, Thu	1:00 p.m.- 1:30 p.m.
620034-1D	Tue, Thu	2:30 p.m.- 3:00 p.m.
620034-1E	Tue, Thu	4:30 p.m.- 5:00 p.m.

**February 15-March 10**

620034-1F	Tue, Thu	9:00 a.m.- 9:30 a.m.
620034-1G	Tue, Thu	10:30 a.m.-11:00 a.m.
620034-1H	Tue, Thu	1:00 p.m.- 1:30 p.m.
620034-1I	Tue, Thu	2:30 p.m.- 3:00 p.m.
620034-1J	Tue, Thu	4:30 p.m.- 5:00 p.m.

**March 22-April 14**

620034-1K	Tue, Thu	9:00 a.m.- 9:30 a.m.
620034-1L	Tue, Thu	10:30 a.m.-11:00 a.m.
620034-1M	Tue, Thu	1:00 p.m.- 1:30 p.m.
620034-1N	Tue, Thu	2:30 p.m.- 3:00 p.m.
620034-1O	Tue, Thu	4:30 p.m.- 5:00 p.m.

*(Rookie I continues on pg. 34)*



*(Rookie I continued)*

**April 26-May 19**

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

**May 24-June 16**

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

**March 23-April 15**

620035-1A	Wed, Fri	4:00 p.m.- 4:30 p.m.
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**April 27-May 20**

620035-1B	Wed, Fri	4:00 p.m.- 4:30 p.m.
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**May 25-June 17**

620035-1C	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. Learning objectives for Rookie II are:

- Enter water by jumping in
- Fully submerge and hold breath
- Bobbing
- Front, jellyfish and tuck floats
- Recover from a front or back float or glide to a vertical position
- Back float and glide
- Change direction of travel while swimming on front and back
- Combined arm and leg actions on front and back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Learn how to stay safe, including recognizing an emergency and knowing how to call for help
- Learn how to stay safe in, on and around the water, including the use of a life jacket, recognizing lifeguards and sun safety.

**6, 30-minute sessions • \$35 (R)/\$70 (NR)**

**January 15-February 19**

620040-1A	Sat	10:30 a.m.-11:00 a.m.
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**March 5-April 9**

620040-1B	Sat	10:30 a.m.-11:00 a.m.
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**April 30-June 11 (No Class: May 28)**

620040-1C	Sat	10:30 a.m.-11:00 a.m.
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**January 16-February 20**

620042-1A	Sun	10:30 a.m.-11:00 a.m.
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*(Rookie II continues)*

**March 6-April 10**

620042-1B	Sun	10:30 a.m.-11:00 a.m.
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**May 1-June 12 (No Class: May 29)**

620042-1C	Sun	10:30 a.m.-11:00 a.m.
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**January 10-February 14**

620043-1A	Mon	10:30 a.m.-11:00 a.m.
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**February 28-April 4**

620043-1B	Mon	10:30 a.m.-11:00 a.m.
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**April 25-June 6 (No Class: May 30)**

620043-1C	Mon	10:30 a.m.-11:00 a.m.
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**8, 30-minute sessions • \$45 (R)/\$90 (NR)**

**January 11-February 3**

620044-1A	Tue, Thu	9:30 a.m.-10:00 a.m.
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620044-1B	Tue, Thu	1:00 p.m.- 1:30 p.m.
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620044-1C	Tue, Thu	2:30 p.m.- 3:00 p.m.
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620044-1D	Tue, Thu	5:00 p.m.- 5:30 p.m.
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**February 15-March 10**

620044-1E	Tue, Thu	9:30 a.m.-10:00 a.m.
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620044-1F	Tue, Thu	1:00 p.m.- 1:30 p.m.
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620044-1G	Tue, Thu	2:30 p.m.- 3:00 p.m.
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620044-1H	Tue, Thu	5:00 p.m.- 5:30 p.m.
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**March 22-April 14**

620044-1I	Tue, Thu	9:30 a.m.-10:00 a.m.
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620044-1J	Tue, Thu	1:00 p.m.- 1:30 p.m.
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620044-1K	Tue, Thu	2:30 p.m.- 3:00 p.m.
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620044-1L	Tue, Thu	5:00 p.m.- 5:30 p.m.
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**April 26-May 19**

620044-1M	Tue, Thu	9:30 a.m.-10:00 a.m.
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620044-1N	Tue, Thu	1:00 p.m.- 1:30 p.m.
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620044-1O	Tue, Thu	2:30 p.m.- 3:00 p.m.
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620044-1P	Tue, Thu	5:00 p.m.- 5:30 p.m.
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**May 24-June 16**

620044-1Q	Tue, Thu	9:30 a.m.-10:00 a.m.
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620044-1R	Tue, Thu	1:00 p.m.- 1:30 p.m.
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620044-1S	Tue, Thu	2:30 p.m.- 3:00 p.m.
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620044-1T	Tue, Thu	5:00 p.m.- 5:30 p.m.
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**March 23-April 15**

620045-1A	Wed, Fri	4:30 p.m.- 5:00 p.m.
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**April 27-May 20**

620045-1B	Wed, Fri	4:30 p.m.- 5:00 p.m.
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**May 25-June 17**

620045-1C	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. Learning objectives for Ranger are:

- Enter water by jumping from the side
- Headfirst entries from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front and back
- Tread water
- Flutter, scissor, dolphin and breaststroke kicks on front
- Front crawl and elementary backstroke
- Learn to look carefully before entering the water
- Learn to perform simple non-swimming assists
- Learn to recognize, prevent and respond to cold water emergencies.

### 6, 30-minute sessions • \$35 (R)/\$70 (NR)

#### January 15-February 19

620050-1A Sat 11:00 a.m.-11:30 a.m.

#### March 5-April 9

620050-1B Sat 11:00 a.m.-11:30 a.m.

#### April 30-June 11 (No Class: May 28)

620050-1C Sat 11:00 a.m.-11:30 a.m.

#### January 16-February 20

620052-1A Sun 11:00 a.m.-11:30 a.m.

#### March 6-April 10

620052-1B Sun 11:00 a.m.-11:30 a.m.

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

620052-1C Sun 11:00 a.m.-11:30 a.m.

### 8, 30-minute sessions • \$45 (R)/\$90 (NR)

#### January 11-February 3

620054-1A Tue, Thu 10:30 a.m.-11:00 a.m.

620054-1B Tue, Thu 1:30 p.m.- 2:00 p.m.

620054-1C Tue, Thu 5:30 p.m.- 6:00 p.m.

#### February 15-March 10

620054-1D Tue, Thu 10:30 a.m.-11:00 a.m.

620054-1E Tue, Thu 1:30 p.m.- 2:00 p.m.

620054-1F Tue, Thu 5:30 p.m.- 6:00 p.m.

#### March 22-April 14

620054-1G Tue, Thu 10:30 a.m.-11:00 a.m.

620054-1H Tue, Thu 1:30 p.m.- 2:00 p.m.

620054-1I Tue, Thu 5:30 p.m.- 6:00 p.m.

(Ranger continues)

(Ranger continued)

#### April 26-May 19

620054-1J Tue, Thu 10:30 a.m.-11:00 a.m.

620054-1K Tue, Thu 1:30 p.m.- 2:00 p.m.

620054-1L Tue, Thu 5:30 p.m.- 6:00 p.m.

#### May 24-June 16

620054-1M Tue, Thu 10:30 a.m.-11:00 a.m.

620054-1N Tue, Thu 1:30 p.m.- 2:00 p.m.

620054-1O Tue, Thu 5:30 p.m.- 6:00 p.m.

### 6, 30-minute sessions • \$35 (R)/\$70 (NR)

#### January 12-February 16

620055-1A Wed 9:30 a.m.-10:00 a.m.

#### March 2-April 6

620055-1B Wed 9:30 a.m.-10:00 a.m.

#### April 27-June 8 (No Class: June 1)

620055-1C Wed 9:30 a.m.-10:00 a.m.

## Marlin (4-7 years old)

Prerequisites: See preschool class requirements at the beginning of the infant/kindergarten section. Learning objectives for Marlin are:

- Headfirst entries from the side
- Compact and stride positions entries
- Swim under water
- Feet first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Flutter and dolphin kicks on back
- Learn to look carefully before entering the water
- Learn what to think about and do when exhausted or caught in a dangerous situation
- Learn to perform simple non-swimming assists
- Learn about recreational water illnesses and how to prevent them.

### 6, 30-minute sessions • \$35 (R)/\$70 (NR)

#### January 15-February 19

620060-1A Sat 11:30 a.m.-12:00 p.m.

#### March 5-April 9

620060-1B Sat 11:30 a.m.-12:00 p.m.

#### April 30-June 11 (No Class: May 28)

620060-1C Sat 11:30 a.m.-12:00 p.m.

#### January 16-February 20

620062-1A Sun 11:30 a.m.-12:00 p.m.

#### March 6-April 10

620062-1B Sun 11:30 a.m.-12:00 p.m.

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

620062-1C Sun 11:30 a.m.-12:00 p.m.

(Marlin continues on pg. 36)





(Marlin continued from pg. 35)

**8, 30-minute sessions • \$45 (R)/\$90 (NR)**

**January 11-February 3**

620064-1A	Tue, Thu	10:00 a.m.-10:30 a.m.
620064-1B	Tue, Thu	2:00 p.m.- 2:30 p.m.
620064-1C	Tue, Thu	6:00 p.m.- 6:30 p.m.

**February 15-March 10**

620064-1D	Tue, Thu	10:00 a.m.-10:30 a.m.
620064-1E	Tue, Thu	2:00 p.m.- 2:30 p.m.
620064-1F	Tue, Thu	6:00 p.m.- 6:30 p.m.

**March 22-April 14**

620064-1G	Tue, Thu	10:00 a.m.-10:30 a.m.
620064-1H	Tue, Thu	2:00 p.m.- 2:30 p.m.
620064-1I	Tue, Thu	6:00 p.m.- 6:30 p.m.

**April 26-May 19**

620064-1J	Tue, Thu	10:00 a.m.-10:30 a.m.
620064-1K	Tue, Thu	2:00 p.m.- 2:30 p.m.
620064-1L	Tue, Thu	6:00 p.m.- 6:30 p.m.

**May 24-June 16**

620064-1M	Tue, Thu	10:00 a.m.-10:30 a.m.
620064-1N	Tue, Thu	2:00 p.m.- 2:30 p.m.
620064-1O	Tue, Thu	6:00 p.m.- 6:30 p.m.

**6, 30-minute sessions • \$35 (R)/\$70 (NR)**

**January 12-February 16**

620065-1A	Wed	9:00 a.m.- 9:30 a.m.
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**March 2-April 6**

620065-1B	Wed	9:00 a.m.- 9:30 a.m.
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**April 27-June 8 (No Class: June 1)**

620065-1C	Wed	9:00 a.m.- 9:30 a.m.
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**Water Wonder (4-7 years old)**

Prerequisites: See preschool class requirements at the beginning of the infant/kindergarten section. Learning objectives for Water Wonder are:

- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Sculling
- Learn to look carefully before entering the water
- Learn what to think about and do when exhausted or caught in a dangerous situation
- Learn to perform simple non-swimming assists
- Learn about recreational water illnesses and how to prevent them
- Learn how to call for help and the importance of knowing first aid and CPR
- Learn basic safety guidelines for participating in aquatic activities at water parks.

**6, 30-minute sessions • \$35 (R)/\$70 (NR)**

**January 15-February 19**

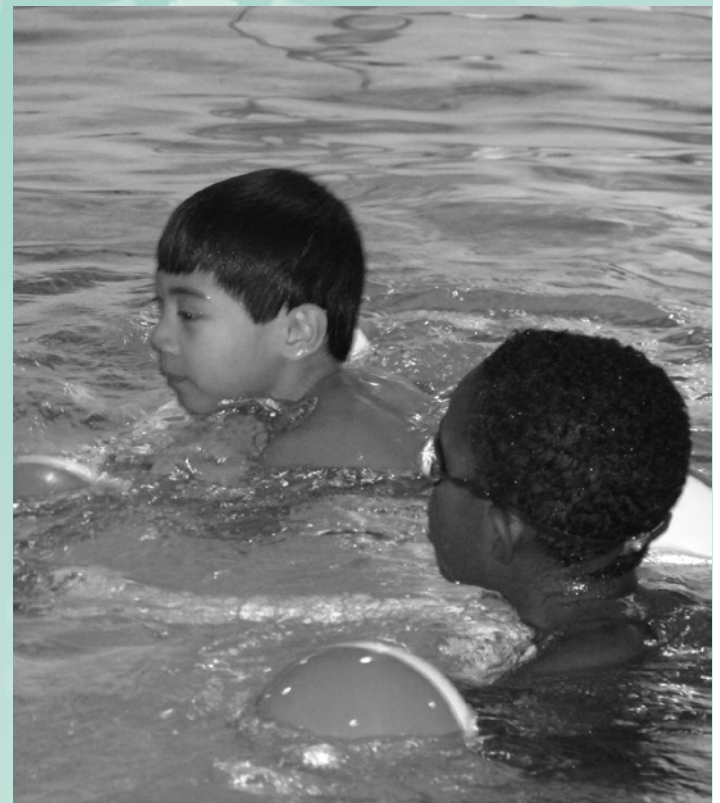
620070-1A	Sat	11:00 a.m.-11:30 a.m.
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**March 5-April 9**

620070-1B	Sat	11:00 a.m.-11:30 a.m.
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**April 30-June 11 (No Class: May 28)**

620070-1C	Sat	11:00 a.m.-11:30 a.m.
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**Avoid Waitlists and Cancellations!** We often encounter patrons who are frustrated when they have to be waitlisted for our “full” classes and on certain occasions when we have to cancel a class due to under enrollment. To avoid these undesirable situations, submit your registration form during the priority registration periods.

## Youth Learn to Swim

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 of Level 1, Level 2, Rookies, and Skippers classes are highly encouraged to attend a free 1-hour orientation designed to teach parents how to provide guidance, care, supervision, motivation, and support as their children participate in our swim lessons program (to register, see pg. 30).** 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 your child’s comfort level in water and improving their abilities.

## Youth Class Requirements

CLASSES	AGES	PREREQUISITES:
<b>Level 1/2 - 6-9 year olds</b>	6-9 year olds	<ul style="list-style-type: none"> <li>No swimming skills required</li> </ul>
<b>Level 1/2 - 10-12 year olds</b>	10-12 year olds	<ul style="list-style-type: none"> <li>No swimming skills required</li> </ul>
<b>Youth Level 3</b>	6-12 year olds	<ul style="list-style-type: none"> <li>Step from side into chest deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to standing. Move into a back float for 5 seconds, roll to front then recover to standing. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, swim using combined arm and leg actions on back for 5 body lengths.</li> </ul>
<b>Youth Level 4</b>	6-12 year olds	<ul style="list-style-type: none"> <li>Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary back stroke for 15 yards.</li> </ul>
<b>Youth Level 5</b>	6-12 year olds	<ul style="list-style-type: none"> <li>Perform a feet-first entry into deep water, swim front crawl for 25 yards, change position and direction and swim elementary backstroke for 25 yards. Swim breaststroke for 15 yards, change direction and swim back crawl for 15 yards.</li> </ul>
<b>Youth Level 6</b>	6-12 year olds	<ul style="list-style-type: none"> <li>Perform a shallow dive into deep water, swim front crawl for 50 yards, change direction and position and swim elementary backstroke for 50 yards. Swim breaststroke for 25 yards, change direction and position and swim back crawl for 25 yards.</li> </ul>
<b>Youth Stroke-N-Turn</b>	6-8 year olds	<ul style="list-style-type: none"> <li>Student must be able to continuously swim 25 meters and demonstrate the use of two different strokes.</li> </ul>
<b>Youth Stroke-N-Turn</b>	9-12 year olds	<ul style="list-style-type: none"> <li>Student must be able to continuously swim 50 meters and demonstrate the use of two different strokes.</li> </ul>

Parents are highly encouraged to attend a free 1-hour orientation designed to teach parents how to provide guidance, care, supervision, motivation, and support as their children participate in our swim lessons program (See page 30 for dates).

### Drop-In Swim Evaluation (3-12 years old)

Evaluations average 15 minutes per person.

**1, 15-minute session • Free, Registration Req.**

**April 27**

620111-1A

Wed

6:00 p.m.- 7:00 p.m.

**April 30**

620111-1B

Sat

1:00 p.m.- 2:00 p.m.



## Youth Level 1-2 (10-12 years old)

Prerequisites: See youth class requirements at the beginning of the youth section. Learning objectives for Youth Level 1-2 are:

- Enter and exit water by stepping or jumping from the side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front, jellyfish and tuck floats
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action
- Learn how to stay safe, including recognizing an emergency, knowing how to call for help and perform simple non-swimming assists
- Learn how to stay safe in, on and around the water, including the use of a life jacket, recognizing lifeguards and sun safety
- Learn to look carefully before entering the water
- Learn what to think about and do when exhausted or caught in a dangerous situation.

### 6, 30-minute sessions • \$35 (R)/\$70 (NR)

#### January 15-February 19

620100-1A Sat 9:30 a.m.-10:00 a.m.

#### March 5-April 9

620100-1B Sat 9:30 a.m.-10:00 a.m.

#### April 30-June 11 (No Class: May 28)

620100-1C Sat 9:30 a.m.-10:00 a.m.

### 8, 30-minute sessions • \$45 (R)/\$90 (NR)

#### January 11-February 3

620104-1A Tue, Thu 5:00 p.m.- 5:30 p.m.

#### February 15-March 10

620104-1B Tue, Thu 5:00 p.m.- 5:30 p.m.

#### March 22-April 14

620104-1C Tue, Thu 5:00 p.m.- 5:30 p.m.

#### April 26-May 19

620104-1D Tue, Thu 5:00 p.m.- 5:30 p.m.

#### May 24-June 16

620104-1E Tue, Thu 5:00 p.m.- 5:30 p.m.

## Youth Level 1-2 (6-9 years old)

Prerequisites: See youth class requirements at the beginning of the youth section. Learning objectives for Level 1-2 are:

- Enter and exit water by stepping or jumping from the side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front, jellyfish and tuck floats
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action
- Learn how to stay safe, including recognizing an emergency, knowing how to call for help and perform simple non-swimming assists
- Learn how to stay safe in, on and around the water, including the use of a life jacket, recognizing lifeguards and sun safety
- Learn to look carefully before entering the water
- Learn what to think about and do when exhausted or caught in a dangerous situation.

### 6, 30-minute sessions • \$35 (R)/\$70 (NR)

#### January 15-February 19

620110-1A Sat 9:00 a.m.- 9:30 a.m.

#### March 5-April 9

620110-1B Sat 9:00 a.m.- 9:30 a.m.

#### April 30-June 11 (No Class: May 28)

620110-1C Sat 9:00 a.m.- 9:30 a.m.

#### January 16-February 20

620112-1A Sun 11:30 a.m.-12:00 p.m.

#### March 6-April 10

620112-1B Sun 11:30 a.m.-12:00 p.m.

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

620112-1C Sun 11:30 a.m.-12:00 p.m.

### 8, 30-minute sessions • \$45 (R)/\$90 (NR)

#### January 11-February 3

620114-1A Tue, Thu 6:30 p.m.- 7:00 p.m.

#### February 15-March 10

620114-1B Tue, Thu 6:30 p.m.- 7:00 p.m.

#### March 22-April 14

620114-1C Tue, Thu 6:30 p.m.- 7:00 p.m.

#### April 26-May 19

620114-1D Tue, Thu 6:30 p.m.- 7:00 p.m.

#### May 24-June 16

620114-1E Tue, Thu 5:30 p.m.- 6:00 p.m.

620114-1F Tue, Thu 6:30 p.m.- 7:00 p.m.

#### March 23-April 27

620115-1A Wed, Fri 5:00 p.m.- 5:30 p.m.

#### April 27-May 20

620115-1B Wed, Fri 5:00 p.m.- 5:30 p.m.

#### May 25-June 17

620115-1C 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. Learning objectives for Level 3 are:

- Enter water by jumping from the side
- Headfirst entries from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front and back
- Tread water
- Flutter, scissor, dolphin and breaststroke kicks on front
- Front crawl and elementary backstroke
- Learn to look carefully before entering the water
- Learn to perform simple non-swimming assists
- Learn to recognize, prevent and respond to cold water emergencies.

### 6, 30-minute sessions • \$35 (R)/\$70 (NR)

#### January 15-February 19

620120-1A	Sat	10:00 a.m.-10:30 a.m.
620120-1B	Sat	11:00 a.m.-11:30 a.m.

#### March 5-April 9

620120-1C	Sat	10:00 a.m.-10:30 a.m.
620120-1D	Sat	11:00 a.m.-11:30 a.m.

#### April 30-June 11 (No Class: May 28)

620120-1E	Sat	10:00 a.m.-10:30 a.m.
620120-1F	Sat	11:00 a.m.-11:30 a.m.

#### January 16-February 20

620122-1A	Sun	11:00 a.m.-11:30 a.m.
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#### March 6-April 10

620122-1B	Sun	11:00 a.m.-11:30 a.m.
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#### May 1-June 12 (No Class: May 29)

620122-1C	Sun	11:00 a.m.-11:30 a.m.
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### 8, 30-minute sessions • \$45 (R)/\$90 (NR)

#### January 11-February 3

620124-1A	Tue, Thu	6:00 p.m.- 6:30 p.m.
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#### February 15-March 10

620124-1B	Tue, Thu	6:00 p.m.- 6:30 p.m.
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#### March 22-April 14

620124-1C	Tue, Thu	6:00 p.m.- 6:30 p.m.
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#### April 26-May 19

620124-1D	Tue, Thu	6:00 p.m.- 6:30 p.m.
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#### May 24-June 16

620124-1E	Tue, Thu	6:00 p.m.- 6:30 p.m.
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#### March 23-April 15

620125-1A	Wed, Fri	5:30 p.m.- 6:00 p.m.
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#### April 27-May 20

620125-1B	Wed, Fri	5:30 p.m.- 6:00 p.m.
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#### May 25-June 17

620125-1C	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. Learning objectives for Level 4 are:

- Headfirst entries from the side
- Compact and stride positions entries
- Swim under water
- Feet-first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Flutter and dolphin kicks on back
- Learn to look carefully before entering the water
- Learn what to think about and do when exhausted or caught in a dangerous situation
- Learn to perform simple non-swimming assists
- Learn about recreational water illnesses and how to prevent them.

### 6, 30-minute sessions • \$35 (R)/\$70 (NR)

#### January 15-February 19

620130-1A	Sat	10:30 a.m.-11:00 a.m.
620130-1B	Sat	11:30 a.m.-12:00 p.m.

#### March 5-April 9

620130-1C	Sat	10:30 a.m.-11:00 a.m.
620130-1D	Sat	11:30 a.m.-12:00 p.m.

#### April 30-June 11 (No Class: May 28)

620130-1E	Sat	10:30 a.m.-11:00 a.m.
620130-1F	Sat	11:30 a.m.-10:00 p.m.

#### January 16-February 20

620132-1A	Sun	11:30 a.m.-12:00 p.m.
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#### March 6-April 10

620132-1B	Sun	11:30 a.m.-12:00 p.m.
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#### May 1-June 12 (No Class: May 29)

620132-1C	Sun	11:30 a.m.-12:00 p.m.
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### 8, 30-minute sessions • \$45 (R)/\$90 (NR)

#### January 11-February 3

620134-1A	Tue, Thu	5:30 p.m.- 6:00 p.m.
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#### February 15-March 10

620134-1B	Tue, Thu	5:30 p.m.- 6:00 p.m.
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#### March 22-April 14

620134-1C	Tue, Thu	5:30 p.m.- 6:00 p.m.
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#### April 26-May 19

620134-1D	Tue, Thu	5:30 p.m.- 6:00 p.m.
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#### May 24-June 16

620134-1E	Tue, Thu	5:30 p.m.- 6:00 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. Learning objectives for Level 5 are:

- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Sculling
- Learn to look carefully before entering the water
- Learn what to think about and do when exhausted or caught in a dangerous situation
- Learn to perform simple non-swimming assists
- Learn about recreational water illnesses and how to prevent them
- Learn how to call for help and the importance of knowing first aid and CPR
- Learn basic safety guidelines for participating in aquatic activities at water parks.

**6, 45-minute sessions • \$50 (R)/\$100 (NR)**

**January 15-February 19**

620140-1A Sat 9:00 a.m.- 9:45 a.m.

**March 5-April 9**

620140-1B Sat 9:00 a.m.- 9:45 a.m.

**April 30-June 11 (No Class: May 28)**

620140-1C Sat 9:00 a.m.- 9:45 a.m.

**8, 30-minute sessions • \$45 (R)/\$90 (NR)**

**January 11-February 3**

620144-1A Tue, Thu 6:30 p.m.- 7:00 p.m.

**February 3-March 10**

620144-1B Tue, Thu 6:30 p.m.- 7:00 p.m.

**March 22-April 14**

620144-1C Tue, Thu 6:30 p.m.- 7:00 p.m.

**April 26-May 19**

620144-1D Tue, Thu 6:30 p.m.- 7:00 p.m.

**May 24-June 16**

620144-1E Tue, Thu 6:30 p.m.- 7:00 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. Family members may be requested to assist in the water if volunteers are not available. Questions regarding this program should be referred to the Assistant Aquatics Director at 703-390-6149. Mainstreaming of swimmers is available upon request and consultation. Volunteers are needed.

**6, 30-minute sessions • \$35 (R)/\$35 (NR)**

**January 15-February 19**

620190-1A Sat 11:00 a.m.-11:30 a.m.

620190-1B Sat 11:30 a.m.-12:00 p.m.

**March 5-April 9**

620190-1C Sat 11:00 a.m.-11:30 a.m.

620190-1D Sat 11:30 a.m.-12:00 p.m.

**April 30-June 11 (No Class: May 28)**

620190-1E Sat 11:00 a.m.-11:30 a.m.

620190-1F Sat 11:30 a.m.-12:00 p.m.

## Youth Level 6 (6-12 years old)

Prerequisites: See youth class requirements at the beginning of the youth section. Learning objectives for Level 6 are:

- Increase endurance while swimming the following strokes:
- Front crawl-100 yards
- Back crawl-100 yards
- Butterfly-50 yards
- Elementary backstroke-50 yards
- Breaststroke-50 yards
- Sidestroke-50 yards
- Demonstrate the following turns while swimming:
- Front crawl open turn
- Backstroke open turn
- Sidestroke turn
- Front flip turn
- Backstroke flip turn
- Breaststroke turn
- Butterfly turn
- Demonstrate etiquette in fitness swimming
- Discuss and demonstrate how to use the following equipment while swimming:
- Pull buoy
- Fins
- Pace clock
- Paddles
- Describe the principles of setting up a fitness program
- Demonstrate various training techniques
- Calculate target heart rate
- Apply the principles of water exercise.

**6, 45-minute sessions • \$50 (R)/\$100 (NR)**

**January 15-February 19**

620150-1A Sat 9:45 a.m.-10:30 a.m.

**March 5-April 9**

620150-1B Sat 9:45 a.m.-10:30 a.m.

**April 30-June 11 (No Class: May 28)**

620150-1C Sat 9:45 a.m.-10:30 a.m.

## Youth Stroke-n-Turn 6-8 year olds

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

Prerequisites: See Youth Class Requirements at the beginning of the Youth Section. Instruction will include:

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

**8, 45-minute sessions • \$65 (R)/\$130 (NR)**

**January 10-February 2**

620170-1A Mon, Wed 5:00 p.m.- 5:45 p.m.

**February 14-March 9**

620170-1B Mon, Wed 5:00 p.m.- 5:45 p.m.

**March 21-April 13**

620170-1C Mon, Wed 5:00 p.m.- 5:45 p.m.

**April 25-May 18**

620170-1D Mon, Wed 5:00 p.m.- 5:45 p.m.

**May 23-June 20 (No Class: May 30)**

620170-1E 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. Prerequisites: See Youth Class Requirements at the beginning of the Youth Section. Instruction will include:
- Front and back crawl
- Breaststroke
- Butterfly
- Shallow dive, glide two body lengths and begin any front stroke

**8, 45-minute sessions • \$65 (R)/\$130 (NR)**

**January 10-February 2**

620183-1A Mon, Wed 5:45 p.m.- 6:30 p.m.

**February 14-March 9**

620183-1B Mon, Wed 5:45 p.m.- 6:30 p.m.

**March 21-April 13**

620183-1C Mon, Wed 5:45 p.m.- 6:30 p.m.

**April 25-May 18**

620183-1D Mon, Wed 5:45 p.m.- 6:30 p.m.

**May 23-June 20 (No Class: May 30)**

620183-1E Mon, Wed 5:45 p.m.- 6:30 p.m.

### Pre-Lifeguard Stroke Evaluation/Improvement (15 years and older)

This two-hour session consists of the swimming prerequisites required for participation in the American Red Cross Lifeguard Training course. Each candidate must successfully complete the following swimming prerequisites:

1. Swim 300 yards continuously using these strokes in the following order:
  - 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or to the front.
  - 100 yards of breaststroke
  - 100 yards of either front crawl using rhythmic breathing or breaststroke. These 200 yards may be a mixture of front crawl and breaststroke.
2. Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point and exit the pool without using the ladder in 1 minute 40 seconds or less. Students who successfully complete this test may leave immediately. Anyone having difficulty passing the test will consult with the instructor during the rest of the time allotted.

**1, 2-hour session • Free, Registration Req.**

**April 3**

621240-1A Sun 12:00 p.m.- 2:00 p.m.



### Lifeguard Training (15 years and older)

This course provides the American Red Cross (ARC) training required to obtain a job as a lifeguard in any national facility utilizing ARC certified lifeguards. The course includes: Lifeguard Training, First Aid, and CPR for the Professional Rescuer; Automated External Defibrillation (AED) Essentials; and Preventing Disease Transmission. Prerequisites: Students must be 15 years of age on or before the final scheduled class, and must pass the Pre-Lifeguard Stroke Evaluation/Improvement class. Good swimming skills are essential.

**6 sessions • Free (R)/\$180 (NR)**

**January 2**

621241-1A Sun (April 10, 17) 10:00 a.m.-5:00 p.m.  
Wed/Fri (April 6, 8, 13, 15) 5:00 p.m.-9:00 p.m.

### Fundamentals of Instructor Training (16 years and older)

This program is a prerequisite to all American Red Cross instructor-level courses. This course will provide the new instructor with information about the Red Cross administration procedures, learning theory, and teaching methodology.

**1, 5-hour session • Free (R)/\$30 (NR)**

**April 16**

621243-1A Sat 12:00 p.m.-5:00 p.m.

### Water Safety Instructor (16 years and older)

The purpose of the American Red Cross Water Safety Instructor course is to train instructor candidates to teach Swimming and Water Safety Program courses, including the Basic Water Rescue course, the six levels of Learn-To-Swim, and Parent and Child Aquatics. Prerequisites: At least 16 years old, successful completion of the American Red Cross Fundamentals of Instructor Training within the last 12 months, and successful completion of the Water Safety Instructor Pre-Course.

**9 sessions • Free (R)/\$180 (NR)**

621244-1A

Sat (April 30) 12:00 a.m.- 7:00 p.m.  
Mon/Wed (May 2, 4, 11, 16, 18) 6:00 p.m.-9:00 p.m.  
Sat (May 7, 14, 21) 12:00 p.m.-4:00 p.m.

**Interested in finding out about other activities for tweens and teens in the Reston area? Check out [www.foryouthinformation.org](http://www.foryouthinformation.org) to search nearly a dozen different providers of after school programs.**

### 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. RCC's patient instructors and friendly classes are designed to help adults who want to learn to swim by teaching the most basic skills and proceeding at the student's pace. Students will also learn 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 • \$35 (R)/\$70 (NR)**

**January 15-February 19**

621200-1A Sat 10:00 a.m.-10:30 a.m.

**March 5-April 9**

621200-1B Sat 10:00 a.m.-10:30 a.m.

**April 30-June 11 (No Class: May 28)**

621200-1C Sat 10:00 a.m.-10:30 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, 45-minute sessions • \$50 (R)/\$100 (NR)**

**January 15-February 19**

621210-1A Sat 10:30 a.m.-11:15 a.m.

**March 5-April 9**

621210-1B Sat 10:30 a.m.-11:15 a.m.

**April 30-June 11 (No Class: May 28)**

621210-1C Sat 10:30 a.m.-11:15 a.m.

**January 16-February 20**

621212-1A Sun 10:00 a.m.-10:45 a.m.

**March 6-April 10**

621212-1B Sun 10:00 a.m.-10:45 a.m.

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

621212-1C Sun 10:00 a.m.-10:45 a.m.

**8, 45-minute sessions • \$65 (R)/\$130 (NR)**

**January 11-February 3**

621214-1A Tue, Thu 11:00 a.m.-11:45 a.m.

**February 15-March 10**

621214-1B Tue, Thu 11:00 a.m.-11:45 a.m.

**March 22-April 14**

621214-1C Tue, Thu 11:00 a.m.-11:45 a.m.

**April 26-May 19**

621214-1D Tue, Thu 11:00 a.m.-11:45 a.m.

**May 24-June 16**

621214-1E 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. Intermediate swimmers will learn advanced strokes and some diving. In addition, instruction will be given to correct poor swimming habits and modernize strokes to current techniques. Patrons 55 and older, 50% senior discount applies.

**6, 45-minute sessions • \$50 (R)/\$100 (NR)**

**January 15-February 19**

621220-1A Sat 11:15 a.m.-12:00 p.m.

**March 5-April 9**

621220-1B Sat 11:15 a.m.-12:00 p.m.

**April 30-June 11 (No Class: May 28)**

621220-1C Sat 11:15 a.m.-12:00 p.m.

**January 16-February 20**

621222-1A Sun 10:45 a.m.-11:30 a.m.

**March 6-April 10**

621222-1B Sun 10:45 a.m.-11:30 a.m.

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

621222-1C Sun 10:45 a.m.-11:30 a.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 • \$65 (R)/\$130 (NR)**

**January 10-February 2**

621250-1A Mon, Wed 6:30 p.m.- 7:20 p.m.

**February 14-March 9**

621250-1B Mon, Wed 6:30 p.m.- 7:20 p.m.

**March 21-April 13**

621250-1C Mon, Wed 6:30 p.m.- 7:20 p.m.

**April 25-May 18**

621250-1D Mon, Wed 6:30 p.m.- 7:20 p.m.

**May 23-June 20 (No Class: May 30)**

621250-1E 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, 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. Participants can make new friends and have fun. At the same time, participants will 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, 50-minute sessions • \$65 (R)/\$130 (NR)**

### January 11-February 3

621266-1A Tue, Thu 11:00 a.m.-11:50 a.m.

### February 15-March 10

621266-1B Tue, Thu 11:00 a.m.-11:50 a.m.

### March 22-April 14

621266-1C Tue, Thu 11:00 a.m.-11:50 a.m.

### April 26-May 19

621266-1D Tue, Thu 11:00 a.m.-11:50 a.m.

### May 24-June 16

621266-1E Tue, Thu 11:00 a.m.-11:50 a.m.

## Advanced 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, 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. Participants can make new friends and have fun. At the same time, participants will learn exercises which increase flexibility and mobility and reduce the pain of daily routines. Instructor approval is required. Participants should consult a physician before starting this program. Patrons 55 and older, 50% senior discount applies.

**8, 50-minute sessions • \$65 (R)/\$130 (NR)**

### January 11-February 3

621276-1A Tue, Thu 10:00 a.m.-10:50 a.m.

### February 15-March 10

621276-1B Tue, Thu 10:00 a.m.-10:50 a.m.

### March 22-April 14

621276-1C Tue, Thu 10:00 a.m.-10:50 a.m.

### April 26-May 19

621276-1D Tue, Thu 10:00 a.m.-10:50 a.m.

### May 24-June 16

621276-1E Tue, Thu 10:00 a.m.-10:50 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 • \$65 (R)/\$130 (NR)**

### January 10-February 2

621251-1A Mon, Wed 7:30 p.m.- 8:20 p.m.

### February 14-March 9

621251-1B Mon, Wed 7:30 p.m.- 8:20 p.m.

### March 9-April 13

621251-1C Mon, Wed 7:30 p.m.- 8:20 p.m.

### April 25-May 18

621251-1D Mon, Wed 7:30 p.m.- 8:20 p.m.

### May 23-June 20 (No Class: May 30)

621251-1E Mon, Wed 7:30 p.m.- 8:20 p.m.

## Aqua Zumba 13 years and older)

Come dive into RCC's first Zumba "Pool Party". Participants will learn how to do safe, effective, and challenging water-based workouts that integrate the Zumba exercise movement formula and philosophy into traditional aqua fitness disciplines, all while splashing away in a fun, musical, party atmosphere. No experience is required. Just follow the instructor's lead to a better, healthier, happier body. Participants should consult a physician before starting this program. Patrons 55 and older, 50% senior discount applies.

**6, 50-minute sessions • \$50 (R)/\$100 (NR)**

### January 15-February 19

621269-1A Sat 1:00 p.m.- 1:50 p.m.

### March 5-April 9

621269-1B Sat 1:00 p.m.- 1:50 p.m.

### April 30-June 11 (No Class: May 28)

621269-1C Sat 1:00 p.m.- 1:50 p.m.

**Avoid Waitlists and Cancellations! We often encounter patrons who are frustrated when they have to be waitlisted for our "full" classes and on certain occasions when we have to cancel a class due to under enrollment. To avoid these undesirable situations, submit your registration form during the priority registration periods.**

## Drop-in 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. This is a drop-in program and requires payment of the daily gate fee for each class attended. Limited to 22 participants per class.

**65, 50-minute sessions • \$3 (R)/\$6 (NR)**

**January 10-June 17**

**(No Class: April 18, April 20, April 22, May 30)**

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

### 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. This is a drop-in program and requires payment of the daily gate fee for each class attended. Limited to 22 participants per class.

**65, 50-minute sessions • \$3 (R)/\$6 (NR)**

**January 10-June 17**

**(No Class: April 18, April 20, April 22, May 30)**

Drop-in Mon, Wed, Fri 10:00 a.m.-10:50 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. This is a drop-in program and requires payment of the daily gate fee for each class attended. Limited to 22 participants per class.

**65, 50-minute sessions • \$2 (R)/\$4 (NR)**

**January 10-June 17**

**(No Class: April 18, April 20, April 22, May 30)**

Drop-in Mon, Wed, Fri 11:00 a.m.-11:50 a.m.



### 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. Participants must be comfortable in deep water. Participants should consult with their physician before starting this program. This is a drop-in program and requires payment of the daily gate fee for each class attended. Limited to 12 participants per class.

**43, 50-minute sessions • \$3 (R)/\$6 (NR)**

**January 10-June 15 (No Class: April 18, April 20, May 30)**

Drop-in Mon, Wed 5:30 p.m.- 6:20 p.m.

### Aqua Blast (13 years and older)

Start the 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. This is a drop-in program and requires payment of the daily gate fee for each class attended. Limited to 12 participants per class.

**44, 50-minute sessions • \$3 (R)/\$6 (NR)**

**January 11-June 16 (No Class: April 19, April 21)**

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