



CITY OF COLLEGE STATION
PARKS & RECREATION

SUMMER 2016

SWIM PARENT HANDBOOK



**American
Red Cross**



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It is important to review all sections of the Swim Parent Handbook before enrolling your child in swim lessons. To help determine what level a child should be enrolled in, ask yourself “can my child perform all of the skills listed in this class?” If the answer is yes, then enroll your child in the next level. If the answer is no, then that is the level in which they should be enrolled in.

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cstx.gov/swim | 979.764.3486

SESSION SCHEDULES & FEES

Registration begins **May 2** online at rectrac.cstx.gov or visit the Stephen C. Beachy Central Park Office, located at 1000 Krenek Tap Road. Rain Checks will be accepted at walk-in registration, open Monday – Friday from 8 a.m.-5 p.m. Swim lesson dates and times are subject to change. Classes subject to a minimum number enrolled.

SESSION	DATES	CLASSES (week 1, week 2)
I	June 6-16	MON-THU, MON-THU
II	June 20-30	MON-THU, MON-THU
III	July 5-15	TUE-FRI, TUE-FRI
IV	July 18-28	MON-THU, MON-THU
V*	Aug. 1-11	MON-THU, MON-THU

*No 11 or 11:30 a.m. classes offered session V at Adamson Lagoon

ADAMSON LAGOON					
CLASSES	AGES	SESSIONS	TIMES	DURATIO	FEES (Res/Non-Res)
Parent & Child	6-35 mos.	I-V	10, 10:30, 11, 11:30 a.m.	30 min	\$40/\$48
Parent & Preschool	3-5 yrs	I-V	9:30, 10 a.m.	30 min	\$40/\$48
Preschool	3-5 yrs	I-V	8:30, 9, 9:30, 10, 10:30, 11 a.m.	25 min	\$40/\$48
Level 1	6+ yrs	I-V	8, 9, 10, 11 a.m.	45 min	\$45/\$54
Level 2	6+ yrs	I-V	8, 9, 10, 11 a.m.	45 min	\$45/\$54
Level 3	6+ yrs	I-V	8, 9, 10, 11 a.m.	45 min	\$45/\$54
Level 4	6+ yrs	I-V	8, 9, 10, 11 a.m.	45 min	\$45/\$54
Level 5	7-12 yrs	I-III	8:15, 9 a.m.	45 min	\$45/\$54
Level 5 & 6	7+ yrs	I-III	9:45 a.m.	1hr 30 min	\$45/\$54
Level 6	9+ yrs	I-III	11 a.m.	1hr 30 min	\$45/\$54
Jr. Beginner	12+ yrs	I-V	8 a.m.	45 min	\$45/\$54
Adult Beginner	16+ yrs	I-V	8 a.m.	45 min	\$45/\$54
Water Safety Inst. Aide	12+ yrs	I-III	10 a.m.	2 hrs	FREE
CINDY HALLARAN POOL					
CLASSES	AGES	SESSIONS	TIMES	DURATIO	FEES (Res/Non-Res)
Parent & Child	6-35 mos.	I-V	6 p.m.	30 min	\$40/\$48
Preschool	3-5 yrs	I-V	6, 6:30, 7, 7:30 p.m.	25 min	\$40/\$48
Level 1	6+ yrs	I-V	6:30, 7:30 p.m.	45 min	\$45/\$54
Level 2	6+ yrs	I-V	6:30, 7:30 p.m.	45 min	\$45/\$54
Level 3	6+ yrs	I-V	6:30, 7:30 p.m.	45 min	\$45/\$54
THOMAS POOL					
CLASSES	AGES	SESSIONS	TIMES	DURATIO	FEES (Res/Non-Res)
Parent & Child	6-35 mos.	I-V	6 p.m.	30 min	\$40/\$48
Parent & Preschool	3-5 yrs	I-V	6 p.m.	30 min	\$40/\$48
Preschool	3-5 yrs	I-V	6, 6:30, 7, 7:30 p.m.	25 min	\$40/\$48
Level 1	6+ yrs	I-V	6:30, 7:30 p.m.	45 min	\$45/\$54
Level 2	6+ yrs	I-V	6:30, 7:30 p.m.	45 min	\$45/\$54
Level 3	6+ yrs	I-V	6:30, 7:30 p.m.	45 min	\$45/\$54
Level 4	6+ yrs	I-V	6, 7:30 p.m.	45 min	\$45/\$54
Adult Beginner	16+ yrs	I-V	6 p.m.	45 min	\$45/\$54

PARENT TIPS

The American Red Cross swim courses offered by the City of College Station are designed to give your child a positive learning experience, teach water safety and swimming skills. It must be noted that not all children learn at the same rate and that these are group lessons. It may take more than one session for your child to master the skills within their swimming level. With this in mind, parents play an important role in guiding, caring for, supervising, motivating and working with their child during this experience in order to enhance learning.

- Prepare your child for this experience
- Be on time to class
- Follow all rules and regulations
- Attend every lesson and complete all the levels
- Encourage safe practices
- Avoid comparisons
- Provide encouragement and give praise
- Facilitate practice and review at home and play

GENERAL INFORMATION & OBJECTIVES

WARNING: A certificate from any of our classes does not ensure against drowning

- Panic is the major cause of drowning and even a good swimmer can panic.
- Watch your children at all times, whether at a pool, wading pool and even with a lifeguard on duty.
- Never assume a child is safe in a swim ring, inner-tube, float toy or holding onto a kickboard. They could float into too deep water, lose floating support and find themselves too far from the side of the pool.

MEDICAL HISTORIES

- Medical histories should be available poolside for students with medical issues. Inform us during registration of any special needs.

OBJECTIVES

- Provide for the safety of the students.
- Facilitate a positive, happy experience for students.
- Teach students to enjoy the water, how to swim and water safety.
- Emphasize self-help (ability to get oneself out of a dangerous situation by not panicking, by rolling over onto the back, floating and calling for help, or by swimming to side and calling for help or getting out).

SWIM LESSON PARTICIPANT SURVEY

- We appreciate your comments on our program and instructors. Surveys are e-mailed to all participants and provide valuable feedback allowing us to improve the Learn-to-Swim program.

POLICIES

SPECTATOR OBSERVATION

- **First Day of Class:** Accompany your children to class and sit nearby to hear, see and encourage them. Take this opportunity to meet their instructor and ask any questions you may have about the program.
- **Last Day of Class:** Children get to show off their new skills and you're invited to class to watch.
- **Other Days:** Parents are encouraged to sit back from the pool edge so that their children can concentrate on the teacher and their lesson.
- Pool management can discuss with you any special considerations requiring closer supervision.
- Let your Instructor or the Head Water Safety Instructor know if you have concerns about the lesson.

HEALTH & HYGIENE

- Students with open wounds, lesions, contagious rashes or etc. will not be allowed to swim.
- **DO NOT allow children with active diarrhea to go into the pool.**
- **An illness accompanied by diarrhea will require a two-week waiting period after the child is well.**
- Swim diapers are required for all children who are NOT toilet trained or are NEWLY toilet trained. **Swim diapers are disposable and prevent pool contamination - MUST BE ONE USE ONLY.**
- To prevent pool contamination, restrooms and baby changing tables should be used for changing clothes and diapers. **DO NOT CHANGE DIAPERS OR CLOTHES ON POOL CHAIRS OR CHAISE LOUNGES.**
- The pool closes for obvious health reasons when fecal or vomit contamination occurs.
- Call 979.764.3486 to discuss refund/transfer when your child's illness requires dropping out of class.

REFUNDS/TRANSFERS

- A \$20 processing fee is charged for ALL transfers and refunds
- NO TRANSFERS to different times/sessions with less than a seven-day notice before the class start date
- NO REFUNDS with less than a seven-day notice before class start date
- A doctor's note is required for full refund due to extended illness

CANCELED CLASSES

- Thunder, lightning and/or very heavy rain will cause cancellation of in-water portion of lessons.
- Lessons will be canceled for at least 30 minutes after hearing thunder or seeing lightning.
- Bad weather cancellation decisions are usually made 15 minutes before class time.
- To hear current status of lessons, call the pool lesson site 15 minutes before class time.
- Because of quickly-changing weather conditions, class status may suddenly change.
- When feasible, safety lessons are discussed when in-water lessons are canceled.

COMPENSATION FOR CANCELED CLASSES

- Rain checks will be issued for canceled classes and are attached on the last day of class to the student's College Station Swim Certificate.

- Rain checks equal the value of one pro-rated day of lessons and are redeemable for in-person registration for future swim lessons. Rain checks are valid for one-year from date of issue and have no cash value.
- **NO REFUNDS and NO MAKE-UP LESSONS for canceled classes.**
- **NO REFUNDS, NO MAKE-UP LESSONS, NO RAIN CHECKS and NO SCHEDULE CHANGES for lessons missed for personal reasons.**

RESTROOM SAFETY POLICY

- Children 3-5 years old will be escorted to the restroom during class time.
- Children 6 years and older are allowed to go unescorted to the restroom during class time.

CRYING PARTICIPANTS

- To help with adjustment, we may invite a parent to get into the water on the first or second day with their crying child.
- If the child is unhappy with lessons after the second day, transfer to a Parent and Child class may be suggested or transfer to a later session is possible (no transfer fee).
- Taking a child swimming at the same pool during public hours may decrease a child's anxiety.

STUDENT WITH SPECIAL NEEDS

- Please indicate at time of registration any special needs of student.
- Advance notice is required to plan for accommodation of special needs.
- Contact 979.764.3540 to discuss student special needs in compliance with ADA Regulations.

CLASS ORGANIZATION

CLASS PLACEMENT

- Children are given a short swim test on the first day to assess their swimming ability.
- We reserve the right to move a child to a more suitable class based on their abilities.
- Children must meet prerequisites for each level of swim class.

CLASS DISCIPLINE

- We reserve the right to remove children if they disrupt class or are verbally or physically abusive.

CLASS PROGRESS

- Endurance, coordination and comfort level in the water contribute to the student's progress.
- **Most students require repetition of a level before competency is acquired at that level.**

- Repeating a level means there has been improvement, but more practice, endurance and coordination is needed to meet the Performance Guidelines and prepare for the more advanced and more rigorous skills of the next level.

PARTICIPANT SKILL EVALUATIONS

- American Red Cross Stroke Performance Guidelines are followed for stroke evaluations.
- Water Safety Instructors evaluate skills and strokes that students swim for less than 25 yards.
- Evaluations are conducted on the sixth and seventh days of a session.

STUDENT CERTIFICATES

- On the last day, students in levels I-IV will receive a College Station certificate indicating skills mastered.
- Certificates also have the instructor's recommendation for the next class to enroll in.
- An American Red Cross Certificate is issued to those who successfully complete all skills and meet the Stroke Performance criteria for the level.

LEARN-TO-SWIM

The American Red Cross offers a comprehensive swimming and water safety program that teaches how to swim skillfully, and how to act safely in, on and around the water. The Learn-to-Swim program is based on a logical, six-level progression that helps swimmers of all ages and varying abilities develop their swimming and water safety skills from positive learning experiences. **The prerequisite for each level is the successful demonstration of preceding level skills, except for Level 1, which has no prerequisites except a minimum age of 6 years.**

To help determine which level to enroll your child; check off each skill that your child can complete. If all skills are checked off in one level then proceed to the next. If your child is missing one skill, then that is the level your child should be enrolled in.

PARENT & CHILD | AGES: 6 months – 3 years | CLASS LENGTH: 30 minutes

Builds basic water safety skills for both parents and children by helping infants and young children become comfortable in the water, so they are willing and ready to learn to swim. Familiarize children with the water and teach swimming readiness skills.

Provide safety information for parents and teach techniques parents can use to orient their children to the water.

- Getting wet with toys and kicking
- Basic water safety rules
- Enter/exit water by lifting in/out and walking in/out
- Out-of-water, in-water and underwater exploration
- Blowing bubbles on the surface, and with mouth and nose submerged
- Submerging mouth, nose and eyes
- Holding and support techniques
- Front and back floats and glides
- Roll from front to back and back to front
- Passing from instructor to parent
- Leg actions on front and back
- Calling for help and importance of knowing First Aid/ CPR and wearing a life jacket
- Recreational water illnesses
- Sun safety
- General water safety around the home

PRESCHOOL & PARENT | AGES: **3-5 years** | CLASS LENGTH: **30 minutes**

Gives young children (accompanied by a parent) the positive, age-appropriate learning experience that emphasizes water safety and survival concepts. Skills help participants achieve success on a regular basis with a parent in a class environment.

Builds on Parent & Child skills and teaches participants success with fundamental skills such as floating and basic locomotion.

- Enter water by using a seated position or steps
- Exit water using ladder, steps or side
- Bobbing at least five times
- Open eyes under water and retrieve submerged objects
- Front and back floats and glides for five seconds
- Recover from a front / back float or glide to a vertical position
- Roll from front to back and back to front
- Tread water using arm and leg actions
- Staying safe around aquatic environments
- Recognizing lifeguards
- Don't just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun
- Swim on front and back using combines arm and leg action

EXIT SKILLS – Glide on front, for two body lengths, roll to back and float 15 seconds and recover to vertical position. Glide on back for at least two body lengths, roll to front, then recover to a vertical position. Swim using combined arm and leg actions on front for three body lengths, roll to back, float for 15 seconds, roll to front, and continue swimming for three body lengths.

PRESCHOOL | AGES: **3-5 years** | CLASS LENGTH: **25 minutes**

Gives young children a positive, age-appropriate aquatic learning experience that emphasizes water safety and entry-level swim skills, includes water orientation. Skills learned help participants achieve success on a regular basis with peers in a class environment.

Helps participants feel comfortable in the water and to enjoy the water safely.

- Enter water by stepping in
- Enter/exit water using ladder, steps or side
- Open eyes under water and retrieve submerged objects
- Bobbing five times
- Front and back floats and glides
- Recover from a front and back float or glide to a vertical position
- Tread water using arm and leg actions for 15 seconds
- Finning arm action on back for five body lengths
- Roll from front to back and back to front
- Combined arm/leg actions on front and back
- Staying safe around aquatic environments
- Don't just pack it, wear your jacket
- Recognizing the lifeguards
- Recognizing an emergency and calling for help
- Too much sun is no fun

EXIT SKILLS – Step from side into chest-deep water, push off bottom, move into a treading or floating position for 15 seconds, swim on front and/or back for five body lengths, then exit water. Move into a back float for 15 seconds, roll to front, then recover to a vertical position. Push off and swim using combined arm and leg actions on front for five body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming for five body lengths.

LEVEL 1 | AGES: 6 years & older | CLASS LENGTH: 45 minutes

Introduction to water skills. This program helps participants feel comfortable in the water.

- Enter and exit water using ladder, ramp, steps or side, independently
- Blow bubbles through mouth and nose, for three seconds
- Submerge mouth, nose and eyes-bobbing motion at least five times
- Open eyes under water and retrieve submerged objects in shallow water independently at least two times
- Front and back glides, back float, supported
- Recover to vertical position from a front glide and back float or glide, supported
- Roll from front to back and back to front, supported
- Tread water using arm and hand actions in chest-deep water
- Alternating and simultaneous leg actions on front and back, supported for two body lengths
- Alternating and simultaneous arm actions on front and back, supported for two body lengths
- Combined arm and leg actions on front and back, independently, for two body lengths
- Staying safe around aquatic environments
- Recognize lifeguards
- Don't just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun

EXIT SKILLS – Enter water independently, travel five yards, bob five times, must be totally submerged, then break the surface of the water and safely exit the water. Glide on front for two body lengths, roll to a back float for five seconds and recover to vertical position- can be performed with support.

LEVEL 2 | AGES: 6 years & older | CLASS LENGTH: 45 minutes

Fundamental water skills | **PREREQUISITE:** Demonstrated competency in Level 1 Skills

- Enter water by stepping or jumping from the side independently with assistance in shoulder-deep water
- Exit water using ladder, steps or side, independently in chest-deep water
- Fully submerge and hold breath independently for 10 seconds
- Bobbing, independently, ten times in chest-deep water
- Open eyes under water and retrieve submerged objects, independently, three times in chest-deep water
- Rotary breathing, independently five times
- Float face-down using front, jellyfish, tuck floats-arms and legs pulled in, independently, for 10 seconds
- Recover from front float or glide to vertical position, independently, in chest-deep water
- Back float, independently, for 15 seconds
- Front and back glides, independently for two body lengths
- Recover from back float or glide to a vertical position, independently
- Roll from front to back and back to front, independently
- Change direction of travel while swimming on front or back, independently
- Tread water using arm and leg actions, independently, for 15 seconds, in shoulder-deep water

- Combined arm and leg actions on front and back, independently for five body lengths
- Finning arm action on back, independently for five body lengths
- Staying safe around aquatic environments
- Look before you leap
- Think so you don't sink
- Reach or throw, don't go
- Don't just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun
- The danger of drains

EXIT SKILLS – Step into chest-deep water, push off bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for five body lengths, then exit the water. Move into a back float for 15 seconds, roll to front, then recover to a vertical position. Push off and swim using combined arm and leg actions on front for five body lengths, roll to back, float for 15 seconds, roll to the front then continue swimming for five body lengths - can assist while breathing.

LEVEL 3 | AGES: **6 years & older** | CLASS LENGTH: **45 minutes**

Builds on the skills in Level 2 through additional guided practice in deeper waters

Stroke development | **PREREQUISITE:** Demonstrated competency in Level 2 skills

- Enter water by jumping from the side, fully submerging, then recover to the surface and return to the side
- Headfirst entry from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing at least 15 times
- Survival float on front for at least 30 seconds
- Back float with finning motion for at least one minute
- Change from vertical to horizontal position on front and back in deep water
- Look before you leap
- While in a vertical position, rotate one full turn
- Tread water for at least one minute in deep water and try with a modified scissor kick, breaststroke, and rotary kick
- Push off in a streamlined position then begin flutter and dolphin kicks on front, three to five body lengths
- Front crawl and elementary backstroke for 15 yards
- Breaststroke and scissor kick for 15 yards
- Reach or throw, don't go
- Think twice before going near cold water or ice
- Developing breath control safely
- Making good decisions-choosing an exit point

EXIT SKILLS – Jump into deep water from side, recover to the surface, maintain position by treading or floating for one minute, rotate one full turn then turn as necessary to orient to the exit point, level off, swim front crawl and or elementary backstroke for 25 yards, then exit the water. Push off in a streamlined position then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.

LEVEL 4 | AGES: 6 years & older | CLASS LENGTH: 45 minutes

Develops confidence and improves previously learned skills

Stroke Improvement | **PREREQUISITE:** Demonstrated competency in Level 3 skills

- Headfirst entry from the side in a compact and stride position
- Swim underwater, three to five body lengths
- Demonstrate a feet first surface dive
- Survival swimming for at least one minute in deep water
- Front crawl and backstroke open turns
- Tread water using two different kicks for at least two minutes
- Front crawl, and elementary backstroke 25 yards
- Butterfly, breaststroke and sidestroke for at least 15 yards
- Push off in streamlined position on back and begin flutter and dolphin kicks, three to five body lengths
- Reach or throw, don't go-reaching assist and throwing assist
- Think so you don't sink
- Recreational water illnesses
- Look before you leap

EXIT SKILLS – Perform a feet-first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards. Submerge and swim a distance of three to five body lengths underwater without hyperventilating, return to the surface, the exit the water.

LEVEL 5 | AGES: 7-12 years old | CLASS LENGTH: 45 minutes

Provides further coordination, refinement of strokes, and swimming further distances.

Stroke refinement | **PREREQUISITE:** Demonstrated competency in Level 4 skills

- Shallow-angle dive from the side then glide two body lengths and begin a front stroke
- Tread water (legs only) with two different kicks for two minutes
- Tread water (with arms) at least five minutes
- Tuck and pick surface dive
- Breaststroke and back crawl for 25 yards
- Breaststroke, butterfly, back crawl and sidestroke for at least 25 yards
- Front crawl and elementary backstroke at least 50 yards
- Sculling on back for at least 30 seconds
- Water safety and calling for help
- Simple non-swimming assist
- Safety guidelines for participating in aquatic activities at waterparks

EXIT SKILLS – Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction using efficient turning styles and swim elementary backstroke for 50 yards. Swim breaststroke for 25 yards and swim crawl stroke for 25 yards using efficient turning styles.

LEVEL 6 | AGES: **9 years & older** | CLASS LENGTH: **1 hour 30 minutes**

Refines the strokes so students swim them with ease, efficiency, power, and smoothness over greater distances.

Swimming and skill proficiency | **PREREQUISITE:** Demonstrated competency in Level 5 skills

Level 6 is designed with “menu” options that each focus on preparing students to participate in more advanced courses, including the Water Safety Instructor and Lifeguard Training courses. Instructor will determine options offered. These options include: personal water safety, fundamentals of diving, or fitness swimmer.

- Refine stroke performance of all six strokes; front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke
- Stroke efficiency over longer distances
- Prevent aquatic emergencies in various aquatic environments
- Introduce and practice self-rescue techniques

JUNIOR & ADULT BEGINNER | JUNIOR AGES: **12 years & older** | ADULT AGES: **16**

years & older | CLASS LENGTH: **45 minutes** | A beginner level class that increases comfort levels in the water, as participants learn fundamental aquatic skills, water safety and stroke development. There are no prerequisites. Class is geared toward individual participant needs

- Enter and exit water using the ramp, steps, or sides
- Breathing Control: bobbing toward safety, and rotary breathing at least 15 times.
- Buoyancy: back float, survival float, and front and back glide with recovery
- Changing directions: roll from front to back and back to front, vertical to horizontal position on back and front, and horizontal to vertical position on front and vertical to horizontal position on back then travel to safety
- Treading water for one minute
- Front crawl, breaststroke, elementary backstroke, and scissor kick for at least 15 yards
- Submerging and holding breath, five seconds
- Change directions of travel while swimming on front or back
- Safety topics: circle of drowning prevention, chain of drowning survival, general water safety, staying smart around the water, making good choices for where to swim, recognizing an emergency, how to call for help, selecting and fitting an appropriate life jacket, reaching and throwing assists

EXIT SKILLS – Jump into deep water from the side, recover to the surface, maintain position by treading or floating for one minute, turn as necessary to orient to the exit point, level off, swim front crawl or elementary backstroke for 25 yards, and then exit the water. Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim 15 yards elementary backstroke, then exit the water.

WATER SAFETY INSTRUCTOR AIDE | AGES: **12+ years** | CLASS LENGTH: **2 hours**

Red Cross Water Safety Instructor Aides assist Instructors in clerical, supervisory, instructional and maintenance duties. To begin in the program, students must be at least 12 years of age and have American Red Cross Level 5 skills or certification and be mature and responsible. Students then take the College Station Basic Water Safety Instructor Aide Course in which Red Cross Basic Water Rescue is included. An Appreciation Certificate is awarded annually in recognition of service as a Volunteer Red Cross Water Safety Instructor Aide in the City of College Station Learn-to-Swim Program. To remain in the volunteer Water Safety Instructor Aide Program an Aide must volunteer a minimum of two sessions per summer, exhibit mature behavior and maintain appropriate swim skills.

PREREQUISITES:

- 12 years minimum age
- American Red Cross Level V certification or equivalent skills
- Take the City of College Station 20 hour American Red Cross Basic Water Safety Instructor Aide course. The Red Cross Basic Water Rescue course (4-5 hours) is included – Offered sessions 1-3 every year.
- Begin volunteer work as a Water Safety Instructor Aide in the College Station Learn-to-Swim Program.
- Continue a minimum of two sessions of volunteer service as an Aide until the age of 16 and then take the Water Safety Instructor Course

ADDITIONAL AQUATIC PROGRAMS

TSUNAMI SWIM TEAM

REGISTRATION ENDS: **July 8** | AGES: **4-18 years** | COST: **\$125 per person**

Introduces participants to competitive swimming. Participants practice throughout the summer, gaining strength and stroke confidence. Swimmers are encouraged to participate in meets, which are divided by age and gender. Participants must be able to swim the length of a 25-yard pool (any stroke), and be registered in the CSISD or live in a city that does not have a swim team.

JUNIOR LIFEGUARD & WATER SAFETY PROGRAM

REGISTRATION ENDS: **July 10** | AGES: **9-14 years** | COST: **\$75 per person**

Youth learn water rescues, non-certified CPR/First Aid, facility operations and more. Course includes a whistle, lanyard, four-week pool pass and lunch for the last class.

SESSION	DATES	TIMES	LOCATION	PARENT ORIENTATION
I	June 6-July 1	5:30-7:30 p.m.	Adamson Lagoon	First day of class
II	July 11-Aug. 4	5:30-7:30 p.m.	Adamson Lagoon	First day of class
Ages 9-11: MON/WED			Ages 12-14: TUE/THU	

