

AQUATIC SPECIALTY PROGRAMS & RED CROSS COURSES

MASTERS SWIMMING PROGRAM

Focused on promoting the sport of swimming, Masters Swimming is a program for adults who are focused on developing their swimming ability. The program will help you build and maintain endurance, increase stroke efficiency and train in a group environment. Morning sessions will run at the heated Sendero Springs Pool. Coach Dale Rogers is a 2006 National Champion, 2007 Pan American Silver medalist, 14 Time NCAA Division I All-American for University of Wisconsin and U.S Olympic Trail competitor in 2000, 2004, 2008

MONDAYS, WEDNESDAYS, FRIDAYS 5:30-6:30AM

Session I April

Session II May

Session III June

Session IV July

Session V August

Session VI September

Ages: 18yrs and up

Fee: Member \$50 Resident \$55 Non-resident \$65

Instructor: Dale Rogers

Additional information: Participants must be able to swim at least 50 yds continuously. Questions about the program please call 687-3442 or email s.molyneux@bcmud.org.

ACA FLATWATER KAYAK SAFETY AND RESCUE

Brushy Creek has teamed up with The Expedition School to offer you this water safety course. Personal safety is the focus of this workshop, practicing self rescue and assisted rescue techniques in the first few minutes of an emergency. These techniques can be performed with a minimum of equipment. It also covers basic paddling gear and safe trip planning. If you paddle recreation kayaks or canoes on local lakes and rivers, this course is for you.

MONDAY & TUESDAY 6-7:30PM

Session I April 5&6

Session II May 3&4

Session III June 7&8

Ages: All ages

Fee: Member \$60 Resident \$65 Non-resident \$75

Instructor: Kim Sorensen

Contact Kim at 576-1357 or email sorenson@expeditionsschool.org. More course information is available from The Expedition School online at www.expeditionsschool.org

RED CROSS LIFEGUARD COURSE

The purpose of this course is to teach the knowledge and skills needed to prevent and respond to aquatic emergencies. Participants will learn to recognize and respond quickly and effectively to prevent drowning and other injuries.

Class length 31.5 hrs

Session I: March 26 (6-7:30PM), March 27&28 (9AM-6PM), April 3 (9AM-6PM), April 4 (12-6PM)

Session II: April 16 (6-7:30PM), April 17&18 (9AM-6PM), April 24 (9AM-6PM), April 25 (12-6PM)

Session III: May 7 (6-7:30PM), May 8 (9AM-6PM), May 9 (12-6PM), May 15&16 (9AM-6PM)

Session IV: June 4 (6-7:30PM), June 5-7 (9AM-6PM) June 8 (12-6PM)

Ages: 15yrs and up

Fee: Member \$180 Resident \$185 Non-resident \$195

Instructor: District Staff

Prerequisites: Minimum age of 15 by the end of the course; swim 300 yards continuously; starting in the water, swim 20 yards using front crawl or breaststroke; surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds. Please Note: If you are unable to demonstrate the above prerequisites, you will not be allowed to continue with the course and you will forfeit your tuition. On successful completion of course, participants will be guaranteed an opportunity to interview for a Lifeguard position with the District.

RED CROSS CPR/AED FOR THE PROFESSIONAL RESCUER

(challenge classes also available)*

Aimed at lifeguards and emergency personnel, this course uses a participant's manual, lectures, and video with hands-on skills training to cover the following areas: Responding to breathing and cardiac emergencies in adults, children, and infants. Using an AED on an adult or child victim of cardiac arrest, using personal protective equipment to stop blood Borne pathogens and other diseases from spreading.

TUESDAY & WEDNESDAY 5:30-9:30PM

Session I April 6&7

Session II May 4&5

Session III June 8&9

Ages: 15yrs and up

Fee: Member \$50 Resident \$55 Non-resident \$65

Instructor: District Staff

Participants can receive the CPR/AED for the Professional Rescuer and Healthcare Provider certificate with a validity period of two years. Lifeguards participating in this course will receive the CPR/AED for Lifeguards certificate valid for one year. *Red Cross Challenge courses are available by appointment only. Fees: Member \$25 Resident \$30 Non-resident \$40 Call 255-7871 X212 or email s.molyneux@bcmud.org for more information.



American Red Cross

RED CROSS GUARDSTART PROGRAM

"Lifeguarding Tomorrow" focuses on five key areas: prevention of aquatic accidents, fitness and swimming skills, response in an emergency, leadership skills, and professionalism. It provides a foundation of knowledge and skills in preparation for the American Red Cross Lifeguard course.

SAT NOON - 2PM or TUES & THURS NOON - 2PM

Session I April 3, 10, 17, 24

Session II May 8, 15, 22, 29

Session III June 8, 10, 15, 17

Session IV July 6, 8, 13, 15

Session V August 3, 5, 10, 12

Ages: 11-14yrs

Fee: Member \$60 Resident \$65 Non-resident \$75

Instructor: District Lifeguard Staff

Additional information: A skills evaluation will occur on the first day, which will include: Swim 25yds front crawl, breathing side to side, tread water for 1 minute, and swim 10ft underwater. Please bring a swim suit and towel on the first day.

RED CROSS SAFETY TRAINING FOR SWIM COACHES

In conjunction with USA Swimming, this class educates participants in the areas of responsible coaching, safety awareness in competitive swimming, emergency planning and response, common injuries, medical conditions, and handling life threatening or hazardous situations in and around the water. Successful participants will receive a 3 year certification.

SATURDAY 9AM-6PM

Session I April 3 Session II May 1

Fee: Member \$60 Resident \$65 Non-resident \$75

Instructor: District Staff

For more information call 255-7871 X212

Other classes may become available at a later date.

POOL PARTIES

Take advantage of your neighborhood pool(s) and make your party a "Pool Party." All pools have large picnic tables with umbrellas for parties to use. For a small party, you can utilize the pool during a pool's open hours. The only fee is the \$4 admission fee per person attending the party. Swim Pass holders are free (1 guest with pass holder for \$2).

Group Rentals - The District pools are also available to groups wishing to use the pool exclusively. Perfect for Church, HOA, Scout and Swim Team events. Two weeks notice needed. Full payment due before event.