

# AQUATICS *Swim Teams/Training, Scuba & Water Aerobics*

## YOUTH TRIATHLON CLINIC

This 2 hour clinic is designed specifically for youth ages 7-15 year olds to successfully complete the Ranger Triathlon. The clinic teaches athletes basic techniques for the swim, bike, run, and transitions involved, in the triathlon.

Session I: April 10 9-11AM

Session II: June 19 9-11AM

Ages: 7-15 years

Fee: \$25

Instructor: Coach Boris Robinson of T3Multisports

## YOUTH TRIATHLON TRAINING PROGRAM

This detailed 8-week program is designed to teach young athletes how to successfully complete a youth triathlon. The workouts include swimming, bike riding, running, and various drills. Stretching and strength building exercises that will help improve technique, speed, and endurance will also be taught. \*

SATURDAYS April 24-June 12 10-11:30AM

Ages: 7-12 years

Fee: Member \$145 Resident \$150 Non-resident \$160

Instructor: Coach Boris Robinson of T3Multisports

\*Participants must be in good health, able to swim 50 yards without stopping, to ride any type of bicycle, and to run/walk a 1/2 mile without stopping. Training program fee includes USAT membership, T3Multisports t-shirt and water bottle.

## SCUBA-PADI OPEN WATER DIVER CERTIFICATION

This is the world's most popular scuba course and has introduced millions to an adventurous diving lifestyle. Earn your PADI Scuba certification with Brushy Creek and discover the wonders beneath the waves.

SATURDAYS & SUNDAYS 9AM-6PM

Session I: May Session II: June Session III: July

Session IV: August Session V: September

(Actual class schedule on website)

Ages: 12 years & up

Fee: Member \$140 Resident \$145 Non-resident \$155

(Private classes available.)

Instructor: Doug Faulkner (30 years experience in the diving industry and 20 years teaching experience)

Participants will need to bring properly fitting mask, fins, snorkel and booties. For more information contact Doug 751-4762 or scubadude0110@gmail.com or s.molyneux@bcmud.org

## S.P.E.E.D. SWIM TRAINING

Swim Practicing Excellence Every Day or S.P.E.E.D. is training in technique, strength, and conditioning of both mind and body. Drawing on 24 years of coaching and two decades of swimming and water polo experience, Coach Chris uses an underwater speaker system to correct and guide swimmers while they are swimming. Through this direct connection, he teaches swimmers to build muscle memory for proper stroke technique much faster than can be achieved by cranking out laps elsewhere. Though the technique work is serious, we also have fun with noodles and other "creative" races. Sessions are run in a year-round, team-training environment, but with a very flexible schedule.

WEEKDAYS AND WEEKEND SESSIONS AVAILABLE

Session I April

Session II June

Session III September

Ages: 6th-12th grades

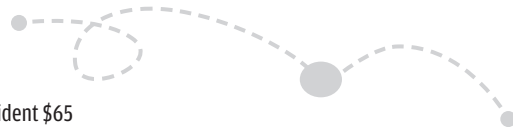
Fee: (1x week) Member \$50 Resident \$55 Non-resident \$65

(2x week) Member \$85 Resident \$90 Non-resident \$100

Instructor: Chris Kjeldsen

Coach Chris will evaluate swimmers and assign the appropriate training time.

Contact him on cell 694-2180, email ckjeldsen@austin.rr.com, or www.ckswimming.com



## WATER AEROBICS (SEE SCHEDULE BELOW)

Water based exercise allows you to burn calories, build your strength and increase your flexibility. The support offered by the water creates less strain on your joints and muscles. Water aerobic workouts combine a variety of techniques, including walking or running backward and forward, jumping jacks, along with various arm movements. Perfect for all fitness levels and swimming abilities.

Ages: 16 yrs and up

Fee: Resident \$40 Non-resident \$60 (Pass for 10 classes)

Instructor Agnes Greco

Participants will receive a "Punch Card" valid for 10 classes. Card must be shown at pool office to gain access for the class. Questions about the class, contact Agnes Greco 825-8295.

## WATER AEROBICS SCHEDULE

Months	Cat Hollow Pool	Sendero Pool
April	None	Tues 5:30PM Sat 9AM
May	Mon & Wed 5PM Sat 5/29 Free Class Noon	Sat 9AM
June	Mon & Wed Noon Mon & Wed 7PM Tues & Thurs 8AM	None
July	Tues & Thurs 9AM	Tues & Thurs 7PM Sat 9AM
August	Tues & Thurs 8AM	Mon & Wed 7PM Sat 9AM

**REGISTRATION DEADLINE FOR ALL PROGRAMS - 7 DAYS PRIOR TO START DATE**