

WATER SAFETY INSTRUCTOR TRAINING (WSI)

Activity # 823121

The American Red Cross Water Safety Instructor class is designed to teach candidates how to teach swimming techniques and water safety skills to people of all ages and abilities so they may enjoy the water safely. Candidates who successfully complete this course will be certified as a Water Safety Instructor (WSI) and receive a certificate in Fundamentals of Instructor Training.

Pre-course swim test performed first day of class: Demonstrate proficiency in the following strokes: 25 yards front crawl 25 yards backstroke, 25 yards breaststroke, 15yards butterfly, 25yards sidestroke, 25yards elementary backstroke, maintain position on back for 1 minute in deep water (floating or sculling) and tread water for 1 minute. Bathing suits and towels are required for each day.

*Must be 16 years of age by the last day of class.
Space is limited, register early.*

Course will be held at the Edward T. Hall Aquatic Center, 130 Auto Drive, Prince Frederick MD, 20678.

Cost: \$175.00 (Fee includes books)

Session A: April 9, 10, & 11

Friday 5:00-9:00 p.m. & Saturday and Sunday 8:00 a.m.-6:00p.m.

Session B: June 4, 5, & 6

Friday 5:00-9:00 p.m., Saturday and Sunday 8:00 a.m.-6:00p.m.

LIFEGUARD TRAINING

Activity # 823120

The purpose of the American Red Cross Lifeguarding course is to teach and prepare candidates with the knowledge and skills needed to prevent and respond quickly and effectively to aquatic emergencies and prevent drowning and injuries. upon successful completion, participants will receive a certificate for Lifeguarding/First Aid: valid for 3 years and CPR/AED For Lifeguards: valid for 1 year.

Pre-course swim test perform first day of class:

1. Swim 300 yard continuously the follow: 100 of front crawl (freestyle), face in the water with rhythmic breathing, 100 of breast stroke and 100 of either crawl or breast stroke.
2. Swim 20 yards on surface, dive to bottom and retrieve 10 pound object and return on the surface 20 yards. Remove the object and yourself without the use of the ladder or assistance in 1 minute and 40 seconds.

Participants must be 15 years of age by the last day of class.

Course will be held at the Edward T. Hall Aquatic Center, 130 Auto Drive, Prince Frederick MD, 20678

Bathing suits and towels are required for each day.

Cost: \$175.00 (Fee includes books and CPR mask)

Session B: March 29, 30, 31, April 1

Monday-Thursday, 9:00 a.m.-5:00 p.m. each day

Session C: April 23, 24, & 25

Friday 5:00-9:00 p.m., Saturday and Sunday 8:00 a.m.-7:00 p.m.

Session D: May 7, 8, & 9

Friday 5:00-9:00 p.m., Saturday and Sunday 8:00 a.m.-7:00 p.m.

Session E: May 21, 22, & 23

Friday 5:00-9:00 p.m., Saturday and Sunday 8:00 a.m.-7:00 p.m.

SUMMER SWIM TEAM OPPORTUNITIES

This program is designed to teach basic competitive swimming skills, build self-esteem and improve strokes. It's a great way to meet new friends, keep kids active and introduce them to a swim team program. Practices are weekdays with the schedule to be determined by the swim coach and will be posted on our website in May. Children will learn the four competitive swimming strokes and compete in meets. Team swim suits and other gear to be purchased separately. Children must be able to swim at least one length of the pool without assistance in order to participate.

Competitions require numerous parent volunteers in order to function. Be prepared assist!

Cost: \$130.00 for the first child in the family, \$115.00 for the second child in the family, \$105.00 for each additional child in the family.



COVE POINT CROCS

Activity # 937840 A

Cove Point team competes in the Southern Maryland Swim League with meets in Calvert and St. Mary's Counties. Competitions are Tuesday and Thursday evenings in June and July. Practices are weekday mornings.

KINGS LANDING SWIM TEAM

Activity # 917840 A

Kings Landing team competes in the Prince-Mont Swim League with meets in Calvert, Charles, Prince Georges and Montgomery Counties. Competitions are Saturday mornings in June and July. Practices are weekday evenings.

Registration is age specific. The cut off date for the age verification is May 30, 2010. Your child must be 6 on or before this date.

TRY-OUTS & INFORMATIONAL MEETING FOR PARENTS/GUARDIANS

An information meeting will be held at the Hall Aquatic Center on Wednesday May 19 at 7:00 p.m. for the Cove Point Swim Team and Thursday May 20 at 7:00 p.m. for the Kings Landing Swim Team. This meeting is to provide parents/guardians the opportunity to meet the coaching staff, ask questions, make suggestions and receive general information. Team suits will be available for purchase at this meeting.