

# aquatic PROGRAMS

## MAIN POOL AND SPA SWIMMING SCHEDULE

Effective March 29, 2010 – May 22, 2010

Day of Week	LapSwim (8 lanes) 18+ years old	Limited Lane Lap Swim	Open Swim All Ages Welcome	Whirlpool, Sauna & Steam Room 18+ ONLY
Mon.	6 - 8 a.m. Noon - 2 p.m.	8 - 9 a.m. (3 lanes) 9 - 10 a.m. (2 lanes) 11 a.m. - noon (3 lanes) 3:30 - 5 p.m. (2 lanes) 5 - 5:30 p.m. (3 lanes all ages) 6:30 - 8 p.m. (1 lane) 8 - 9:30 p.m. (2 lanes)	3:30 - 5 p.m.	6 a.m. - 2 p.m. 3:30 - 9:30 p.m.
Tues.	6 - 8 a.m. 11 a.m. - 1 p.m.	8 - 9 a.m. (3 lanes) 9 - 10 a.m. (2 lanes) 1 - 2 p.m. (3 lanes) 3:30 - 5 p.m. (2 lanes) 5 - 6 p.m. (3 lap) 7 - 8 p.m. (1 lane) 8 - 9:30 p.m. (2 lanes)	3:30 - 5 p.m.	6 a.m. - 2 p.m. 3:30 - 9:30 p.m.
Wed.	6 - 8 a.m. Noon - 2 p.m.	8 - 9 a.m. (3 lanes) 9 - 10 a.m. (2 lanes) 11 - noon (3 lanes) 3:30 - 5 p.m. (2 lanes) 5 - 5:30 p.m. (3 lanes all ages) 6:30 - 8 p.m. (1 lane) 8 - 9:30 p.m. (2 lanes)	3:30 - 5 p.m.	6 a.m. - 2 p.m. 3:30 - 9:30 p.m.
Thurs.	6 - 8 a.m. 11 a.m. - 1 p.m.	8 - 9 a.m. (3 lanes) 9 - 10 a.m. (2 lanes) 1 - 2 p.m. (3 lanes) 3:30 - 5 p.m. (2 lanes) 5 - 6 p.m. (3 lap) 7 - 8 p.m. (1 lane) 8 - 9:30 p.m. (2 lanes)	3:30 - 5 p.m.	6 a.m. - 2 p.m. 3:30 - 9:30 p.m.
Fri.	6 - 8 a.m. 11 a.m. - 1:30 p.m.	8 - 9 a.m. (3 lanes) 9 - 10 a.m. (2 lanes) 3:30 - 5 p.m. (2 lanes) 7 - 9:30 p.m. (2 lanes)	3:30 - 5 p.m. 7 - 9:30 p.m.	6 a.m. - 1:30 p.m. 3:30 - 9:30 p.m.
Sat.	7 - 9 a.m.	3 - 8 p.m. (2 lanes)	3 - 8 p.m.	7 a.m. - 8 p.m.
Sun.	Noon - 1 p.m.	1 - 5 p.m. (2 lanes)	1 - 5 p.m.	Noon - 5 p.m.

*\*The Pool Schedule is subject to change. Notice of changes will be posted on the website as well as at the Kettering Recreation Complex. Feel free to call 296-2587 to verify the schedule.*

## SPECIAL HOURS

March 20	Open Swim 3 - 8 p.m.	May 23 - 28	Staff Training Week; Pool and Spa area will have limited hours.
March 27	Open Swim 3 - 8 p.m.		
March 29 - April 2	Kettering Schools Spring Break Extended Open Swim 3 - 5 p.m.	May 29	Opening Day for Water Raves Water Park Lap Swim 7 a.m. - 1 p.m.; Open Swim 1 p.m. - 8 p.m.
April 4	Easter — Pool Closed		
April 3 & 10	Extended Open Swim 1 p.m. - 8 p.m.	May 30	Open Swim Noon - 6 p.m.
May 1 & 8	Extended Open Swim 1 p.m. - 8 p.m.	May 31	Memorial Day — Lap Swim 8 a.m. - noon; Open Swim 12 - 8 p.m.;
May 22	Last Day for Spring Main Pool and Spa Schedule		Main Building closes at 5 p.m.

For more information, call 937.296.2587.

[www.ketteringoh.org](http://www.ketteringoh.org)

### SPRING 2010 SWIMMING FEES

	Res.	Non-Res.
<b>POOL/SPA ADMISSION &amp; DROP-IN WATER WORKOUT:</b>		
Youth (3 - 17)	\$3	\$6
Adult	\$3.50	\$7
CIL Member	\$3.25	\$6.50
Spectator	\$1	\$1
<b>PUNCH PASS (12 admissions)</b>	\$36	\$75
<b>SEASONAL SWIMMING PASS:</b> Reduced rates beginning April 1, 2010		
Youth (3 - 17)	\$20	\$30
Adult	\$28	\$42
CIL Member	\$23	\$35
Family (2 adults & 4 children)	\$75	\$112
<b>YEAR-ROUND MAIN POOL PASS:</b> Valid from the date of purchase. This includes all drop-in water workout classes.		
Adults Only	\$115	\$173
CIL Member	\$91	\$137
<b>RESIDENT CARD:</b> To receive resident rates when attending drop-in admission activities or registering for classes by phone, Kettering residents or persons working in Kettering must produce identification. The Resident Card will speed these processes and is valid for two years from date of purchase.		Youth (3 - 17): \$5/resident Adult: \$5/resident Family: \$20/resident
<b>POOL RENTAL:</b>	\$100/hr.	\$200/hr.

- A Family Pass consists of 2 adults and 4 children.
- Passes not only make your visits to the Recreation Complex more economical, they are convenient to use and speed your entrance into the facilities. Passes may be purchased at the Kettering Recreation Complex, 2900 Glengarry Dr.
- Swim passes may be applied to all public swim and drop-in water workout sessions through May 28, 2010. (The pool will have limited hours during the week of May 24 – 28.
- A senior adult must be a Charles I. Lathrem Senior Center member or pay adult rates. Fees are for one-time admittance. Admission is required to re-enter.
- Spectators are required to pay a \$1 admission fee. To avoid the larger areas of our complex being an unsupervised gathering location and to ensure that paying customers enjoy attendance, we are charging a spectator fee in the aquatic and ice arena facilities. Any teens 13 to 17 years of age who are not swimming or skating are required to pay the fee. Adults 18 and older who are not supervising a child on a one-to-one basis will be required to pay the fee. Any adult bringing in children under the age of 13 to the facility will not pay the spectator fee.
- Children 8 years old and under must be accompanied into the water by an individual 13 years of age or older.
- Please use gender-appropriate locker rooms with school-age children.
- If you are a person with a disability and would like more information regarding accessibility of the facilities, please call 296-2587. Patrons who require assistance to participate in our drop-in activities are required to pay admission, but their attendants are admitted at no charge.

**As a department, we are committed to provide positive experiences for all users. Please tell us how we are doing by calling 296-2454. Good or bad, we want to hear from you.**

### SUMMER 2010 WATER PARK FEES

	Res.	Non-Res.
<b>SEASONAL WATER PARK PASS:</b> Early Bird Sale! May 1 – June 1, 2010 \$5 off all Individual Passes \$30 off Family Passes		
Youth (3 - 17)	\$44	\$69
Adult	\$57	\$88
CIL Member	\$50	\$78
Family (2 adults & 4 children)	\$153	\$232
<b>SEASONAL WATER PARK PASS:</b> AFTER June 28, 2010		
Youth (3 - 17)	\$31	\$47
Adult	\$39	\$59
CIL Member	\$35	\$53
Family (2 adults & 4 children)	\$100	\$150
<b>RENTALS:</b> Base Rate Per Hour; Call 296-2587.		
Water Park Only	\$185	\$370
Water Park and Main Pool	\$240	\$480

Passes may be applied to all public swim sessions from May 29, 2010 through August 1, 2010. The Family Pass includes two adults and four youth (17 and under). Each additional family member may purchase an individual pass.

Passes will be sold at a discount beginning Monday, June 28, 2010.

#### Frequently Asked Questions

- **Can I use the Water Park with my year-round Main Pool Pass?**  
Yes, Annual Main Pool Pass Holders can use the Water Park. (Please enter through the Checkpoint Station.)
- **Can Swim Punch Pass Holders use the Water Park?**  
Yes, Swim Punch Pass Holders can use the Water Park. (Please enter through the Checkpoint Station.)
- **Who can enter through the Checkpoint area during Lap Swim and Drop-In Water Workout Classes?**  
**Adult** Main Pool Pass Holders and **Adult** Water Park Pass Holders may enter through the Checkpoint Station during the sessions.
- **Who else can enter through Checkpoint during Summer Season?**  
Any Patron that holds a current Locker Pass.
- **What if I have people that need to pay the daily Water Park admission with me?**  
They can enter through Checkpoint with a current Main Pool Pass Holder during Open Swim times only. Thank you.

#### Lockers, Towels — Easy as 1-2-3!

**Kettering Recreation Complex:** Lockers and towels are available for a daily drop-in rate. Annual locker rental is also available for \$25/resident, \$39/non-resident. Annual towel rental is also available for \$32/resident, \$48/non-resident for a year. For more information, call 296-2587.

**Kettering Fitness & Wellness Center:** Daily locker and towel use is included for pass holders.

## GENERAL INFORMATION

### Poor Weather?

In the event of threatening conditions, aquatic classes will be canceled according to the department's Inclement Weather Policy as stated on Page 5. In addition, the Main Pool must close for 20 - 30 minutes whenever lightning occurs. In the event of a threatening rainstorm, a decision on whether to cancel classes will be made 30 minutes before class time. Please call the Inclement Weather Hotline at 296-3282 for up-to-date weather cancellations.

### Aquatic Job Opportunities

The Kettering Parks, Recreation and Cultural Arts Department is seeking individuals to join the Aquatic staff at the Main Pool and Water Park. Opportunities exist for Water Safety Instructors, Lifeguards and Water Park Attendants. Please call 296-2587 and ask for more details.

### Group Rate During Open Swim

Groups of 10 or more are eligible for a group rate during all scheduled open swim times (see schedule). Please call 296-2587 two weeks in advance in order to receive group rates. Businesses, organizations and special groups must pay City of Kettering taxes to be eligible for the resident discount rate.

**Note:** Please be aware that when bringing a group of children, the ratio of adults to children must be as follows: 1 adult to every 5 non-swimmers, 1 adult to every 5 - 10 swimmers. **We require that the adults be in the water with the children.** Adult accompanying youth must prove residency to receive a resident group rate.

### Special Pool Rentals

Do your kids, friends and you LOVE to swim? Renting the Kettering Pool and/or Water Park is a great way to celebrate a special event or just have fun with a group. Various hours are available before and after public swim sessions. Please call the Kettering Recreation Complex at 296-2587 for more information. Please call 14 days in advance for adequate scheduling and contracts.

### Kettering City Swim Team

The Kettering City Swim Team (KCST) is a registered United States Swimming competitive program. Team members compete at USS sponsored meets on a local, state, regional and national basis, depending upon ability.

The team members are expected to have some swimming experience. KCST is not for the novice or beginner swimmer.

The team is divided into three levels. Entry into each level is determined by age, skill and commitment. For more information, you can email the team at [KCST@ketteringoh.org](mailto:KCST@ketteringoh.org) or log onto the website at [www.kcstcobras.com](http://www.kcstcobras.com).

### Private Swim Lessons

Good News!! We offer Private Swim Lessons! If group swim lessons are not working for you and you would prefer to invest in private swim lessons with your favorite swim instructor, then please sign up by calling the Aquatic Instruction Coordinator at 296-2587 and buy a ticket at the front desk. All instructors are American Red Cross Water Safety Instructor certified and will meet with you on their own time to work on your swimming skills. Private swim lessons will take place during open swim times. Cost of private swim instruction is \$17 per half-hour lesson plus the cost of open swim. For questions, please call 296-2587 and ask for the Aquatic Instruction Coordinator.

## SWIM INSTRUCTION

### Baby Bubblers

Age(s) 6 – 18 months

This class is designed with an emphasis on safety, skills, comfort, fun and parent participation. Additional instruction will be given on basic water skills that develop coordination and confidence in the water. One parent per child is required to be in the water. Progression to the next level is determined by age.

#### Evening Classes

210200-A	T/Th	5 - 5:30 p.m.	March 30 - April 22
210200-B	T/Th	5 - 5:30 p.m.	April 27 - May 20

#### Saturday Classes

210200-C	Sat.	9 - 9:30 a.m.	April 3 - May 22
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Fee: \$32/resident; \$42/non-resident

### ABC Come Splash with Me

Age(s) 18 months – 2 years

This class will offer instruction on water exploration, bobbing, floating, gliding and basic water skills. The main goal in this class is to instruct parents or guardians in effective ways to work with toddlers. One parent per child is required to be in the water.

#### Day Classes

210201-A	M/W	11 - 11:30 a.m.	March 29 - April 21
210201-B	M/W	11 - 11:30 a.m.	April 26 - May 19

#### Evening Classes

210201-C	M/W	5 - 5:30 p.m.	March 29 - April 21
210201-D	M/W	5 - 5:30 p.m.	April 26 - May 19

#### Saturday Classes

210201-E	Sat.	9 - 9:30 a.m.	April 3 - May 22
210201-F	Sat.	9:30 - 10 a.m.	April 3 - May 22

Fee: \$32/resident; \$42/non-resident

### Rootin' Tootin' Toddlers

Age(s) 3 – 4 years

This level will build on water exploration and basic skills. Bobbing, floating, gliding and locomotion with the assistance of a parent will be the focus. New skills will include rhythmic breathing, backsculling and treading water. One parent per child is required to be in the water.

#### Day Classes

210202-A	M/W	11:30 a.m. - Noon	March 29 - April 21
210202-B	M/W	11:30 a.m. - Noon	April 26 - May 19

#### Evening Classes

210202-C	T/Th	5 - 5:30 p.m.	March 30 - April 22
210202-D	T/Th	5 - 5:30 p.m.	April 27 - May 20

#### Saturday Classes

210202-E	Sat.	9:30 - 10 a.m.	April 3 - May 22
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Fee: \$32/resident; \$42/non-resident

## NURSERY INFORMATION

Please refer to page 6 for information regarding nursery services. Nursery hours are available to you while you use the Kettering Ice Arena and Aquatics area.

### Preschool Level 1

Age(s) 4 – 5 years

There are no prerequisites for this course. The objective of Level 1 is to help children feel comfortable in the water and to enjoy the water safely. In Level 1, elementary aquatic skills are taught, which children build on as they progress through the Preschool Aquatics and Learn-to-Swim levels. At this level, children also start developing good attitudes and safe practices around the water.

#### Evening Classes

210211-A	M/W	5 - 5:30 p.m.	March 29 - April 21
210211-B	T/Th	5:30 - 6 p.m.	March 30 - April 22
210211-C	M/W	5 - 5:30 p.m.	April 26 - May 19
210211-D	T/Th	5:30 - 6 p.m.	April 27 - May 20

#### Saturday Classes

210211-E	Sat.	9 - 9:30 a.m.	April 3 - May 22
210211-F	Sat.	9:30 - 10 a.m.	April 3 - May 22

Fee: \$32/resident; \$42/non-resident

### Preschool Level 2

Age(s) 5 – 6 years

Children entering this course must have a Preschool Level 1 certificate or be able to demonstrate all of the completion requirements from Level 1. The objectives of Level 2 are to build upon the skills learned in Level 1 and give children success with fundamental skills. Children learn to float on the back without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Children continue to explore simultaneous and alternating arm and leg actions on front and back to lay the foundation for future strokes. Level 2 adds to the self-help and basic rescue skills begun in Level 1.

#### Evening Classes

210212-A	M/W	5 - 5:30 p.m.	March 29 - April 21
210212-B	M/W	5 - 5:30 p.m.	April 26 - May 19

#### Saturday Classes

210212-C	Sat.	9 - 9:30 a.m.	April 3 - May 22
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Fee: \$32/resident; \$42/non-resident

### Preschool Level 3

Age(s) 4 – 5 years

Children entering this course must have a Preschool Level 2 certificate or must be able to demonstrate all the completion requirements from Level 2. The objective of Level 3 is to build on the skills in Level 2 by providing additional guided practice. Children learn to effectively coordinate combined simultaneous arm and leg actions and alternating arm and leg actions. As in all levels, additional safety skills are learned.

#### Evening Classes

210213-A	T/Th	5:30 - 6 p.m.	March 30 - April 22
210213-B	T/Th	5:30 - 6 p.m.	April 27 - May 20

#### Saturday Classes

210213-C	Sat.	9:30 - 10 a.m.	April 3 - May 22
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Fee: \$32/resident; \$42/non-resident

#### Gift Certificates

A great idea for any occasion! Purchase gift certificates for most Parks, Recreation and Cultural Arts programs. Purchase certificates at any recreation facility.

### Adult Instruction Level 1

Age(s) 12+ years

This class is designed for those who lack comfort and/or basic swimming technique. Instruction will include flutter kick, rotary breathing, mechanics for front crawl, back crawl, and elementary backstroke. Safety skills that will be taught are bobbing, floating, gliding, treading water, and feet first surface dives.

#### Saturday Classes

210205-A	Sat.	Noon - 12:45 p.m.	April 3 - May 22
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Fee: \$38/resident; \$48/non-resident

### Adult Instruction Level 2

Age(s) 12+ years

This class is designed to continue work with front crawl, back crawl, elementary backstroke, and treading water. New stroke instruction includes the breaststroke, sidestroke and butterfly kick. New safety skills include changing directions while swimming, turning from front to back, back to front and jumping in.



#### Saturday Classes

210206-A	Sat.	Noon - 12:45 p.m.	April 3 - May 22
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Fee: \$38/resident; \$48/non-resident

### Flying Fish

Age(s) 2 – 12 years

This class offers one-on-one swim instruction for those individuals who have physical or emotional special needs. The class is designed to provide the participant with a positive water acclimation experience. This is not a therapeutic swim program. The instructors are American Red Cross Water Safety Instructors and are certified to teach swimming lessons. A parent, sibling or a responsible friend is invited to be in the water as a volunteer to assist the instructor. Participants may not register for two consecutive classes that would have them in the water for a full hour.

#### Evening Classes

210207-A	T/Th	6 - 6:30 p.m.	March 30 - April 22
210207-B	T/Th	6:30 - 7 p.m.	March 30 - April 22
210207-C	T/Th	6 - 6:30 p.m.	April 27 - May 20
210207-D	T/Th	6:30 - 7 p.m.	April 27 - May 20

#### Saturday Classes

210207-E	Sat.	Noon - 12:30 p.m.	April 3 - May 22
210207-F	Sat.	12:30 - 1 p.m.	April 3 - May 22

Fee: \$48/resident; \$60/non-resident

### CAMPS BROCHURE COMING IN LATE MARCH!

Sports, arts and preschool camps will be available in our Camps Brochure in late March.

Call 296-2587 to receive your copy or check out the schedule online in late March at [www.ketteringoh.org](http://www.ketteringoh.org).

## LEARN-TO-SWIM CLASSES

The Kettering Parks, Recreation and Cultural Arts Department provides American Red Cross Learn-to-Swim programs taught by certified Water Safety Instructors in a supportive environment. Listed here are descriptions of the programs. Participants must receive a certificate of completion before moving on to the next level. All classes are held at the Kettering Recreation Complex. If you have any questions, please call 296-2587 and ask for the Aquatic Instruction Coordinator.

Fun storybooks that reinforce the skills being taught in class are available for purchase at the front desk for only \$2. *Raffy Learns to Swim* coincides with Levels I and II. *Waddles in the Deep* coincides with Levels III and IV. Bring your book to class and your instructor will sign the certificate!

### Learn-To-Swim Level I

Age(s) 5 – 12 years

There are no prerequisites for this level. The objectives of Level I are to learn basic personal water safety information and skills, to help participants feel comfortable in the water and to enjoy the water safely. In Level I, participants learn elementary aquatic skills, which they will build on as they progress through the six Learn-to-Swim levels. At this level, participants begin developing good attitudes about swimming and water safety, good swimming habits and safe practices in and around the water.

#### Evening Classes

210221-A	M/W	5:30 - 6:15 p.m.	March 29 - April 21
210221-B	M/W	6:15 - 7 p.m.	March 29 - April 21
210221-C	T/Th	5:30 - 6:15 p.m.	March 30 - April 22
210221-E	M/W	5:30 - 6:15 p.m.	April 26 - May 19
210221-F	M/W	6:15 - 7 p.m.	April 26 - May 19
210221-G	T/Th	5:30 - 6:15 p.m.	April 27 - May 20

#### Saturday Classes

210221-I	Sat.	9 - 9:45 a.m.	April 3 - May 22
210221-J	Sat.	10 - 10:45 a.m.	April 3 - May 22
210221-K	Sat.	11 - 11:45 a.m.	April 3 - May 22

Fee: \$38/resident; \$48/non-resident

### Learn-To-Swim Level II

Age(s) 6 – 12 years

Participants entering this course must have a Level I certificate or must be able to demonstrate all the completion requirements of Level I. The objective of Level II is to give participants success with fundamental skills. Participants learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Participants continue to explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes.

#### Evening Classes

210222-A	M/W	5:30 - 6:15 p.m.	March 29 - April 21
210222-B	T/Th	6:15 - 7 p.m.	March 30 - April 22
210222-C	M/W	5:30 - 6:15 p.m.	April 26 - May 19
210222-D	T/Th	6:15 - 7 p.m.	April 27 - May 20

#### Saturday Classes

210222-E	Sat.	10 - 10:45 a.m.	April 3 - May 22
210222-F	Sat.	11 - 11:45 a.m.	April 3 - May 22

Fee: \$38/resident; \$48/non-resident

### Learn-To-Swim Level III

Age(s) 6 – 12 years

Participants entering this course must have a Level II certificate or must be able to demonstrate all the completion requirements in Level II. The objectives of Level III are for participants to learn the survival float, the elementary backstroke and to coordinate the front crawl. They are introduced to the scissors kick and the dolphin kick and build on the fundamentals of treading water. Participants also learn rules for headfirst entries and begin to learn to enter the water headfirst from the side of the pool.



#### Evening Classes

210223-A	T/Th	6:15 - 7 p.m.	March 30 - April 22
210223-B	T/Th	6:15 - 7 p.m.	April 27 - May 20

#### Saturday Classes

210223-C	Sat.	10 - 10:45 a.m.	April 3 - May 22
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Fee: \$38/resident; \$48/non-resident

### Learn-To-Swim Level IV

Age(s) 6 – 12 years

Participants entering this course must have a Level III certificate or must be able to demonstrate all the completion requirements in Level III. The objectives of Level IV are to develop confidence in the strokes learned thus far and to improve other aquatic skills. Participants improve their skills and increase their endurance by swimming familiar strokes (front crawl, elementary backstroke) for greater distances. Students also continue to build upon the scissors kick and dolphin kick by adding the arms for sidestroke and butterfly. The back crawl and the breaststroke are introduced in Level IV, as well as the basics of turning at a wall.

#### Evening Classes

210224-A	M/W	6:15 - 7 p.m.	March 29 - April 21
210224-B	M/W	6:15 - 7 p.m.	April 26 - May 19

#### Saturday Classes

210224-C	Sat.	11 - 11:45 a.m.	April 3 - May 22
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Fee: \$38/resident; \$48/non-resident

### Learn-To-Swim Level V

Age(s) 6 – 12 years

Participants entering this course must have a Level IV certificate or must be able to demonstrate all the course requirements in Level IV. The objectives of Level V are to coordinate and refine strokes. Participants refine their performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distances. Flip turns on the front and back are also introduced.



#### Evening Classes

210225-A	M/W	6:15 - 7 p.m.	March 29 - April 21
210225-B	M/W	6:15 - 7 p.m.	April 26 - May 19

#### Saturday Classes

210225-C	Sat.	11 - 11:45 a.m.	April 3 - May 22
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Fee: \$38/resident; \$48/non-resident

## Learn-To-Swim Level VI

Age(s) 6 – 11 years

Purpose: Refines the strokes so the student swims them with ease, efficiency, power and smoothness over greater distances. This class is designed with options that focus on preparing students to participate in more advanced courses including Water Safety Instructor and Lifeguard training courses. Prerequisite: A Learn-to-Swim Level V certificate or demonstrated competency in Level V skills.



### Saturday Classes

210226-A Sat. 10 - 10:45 a.m. April 3 - May 22

Fee: A: \$38/resident; \$48/non-resident

## AQUATIC PROGRAMS

### Kettering Aquatic Training School (KATS) Pre-Skills

Age(s) 14+ years

The Kettering Aquatic Training School is proud to offer a wide range of American Red Cross Aquatic courses. This Pre-Skills session will test your swimming and endurance. These tests were specifically created by the national American Red Cross to insure that participants are ready to take the full lifeguard training course.



No other testing dates will be offered. The skills testing is a required part of the lifeguard training course.

- Swim 300 yards continuously, using these strokes in the following order:
  - 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick
  - 100 yards of breaststroke using a pull, breathe, kick and glide sequence
  - 100 yards of front crawl or breaststroke or a combination of both
- Timed Event — Starting in the shallow water, swim 20 yards using front crawl or breaststroke, surface dive 7 to 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. The time is completed once the participant has exited the water and is standing up on deck.

Upon successful completion, you can register for the lifeguard training course.

Should you cancel your session or not be successful, no refunds will be available.

### Day Classes

110240-A	Sun.	11 - 11:45 a.m.	Jan. 31
110240-B	Sun.	10 - 10:45 a.m.	March 14
110240-C	Sun.	11 - 11:45 a.m.	March 14
110240-D	Sun.	10 - 10:45 a.m.	April 11
110240-E	Sun.	11 - 11:45 a.m.	April 11
110240-F	Sun.	10 - 10:45 a.m.	May 9
110240-G	Sun.	11 - 11:45 a.m.	May 9

Fee: \$7/resident; \$10/non-resident

## American Red Cross Lifeguarding

Age(s) 15+ years

This course teaches individuals the skills and knowledge necessary to prevent and respond to aquatic emergencies. It includes CPR for the Professional Rescuer and first aid. Course materials are \$52.25. Materials can be purchased at the Dayton Area Chapter of the American Red Cross, 222-0124. Materials must be purchased before the first day of class. You must pass pre-skills prior to registering for this class.



110241-A	Fri.	5:30 - 9 p.m.	Feb. 5, 12
	Sat.	9 a.m. - 6 p.m.	Feb. 6, 13
	Sun.	9 a.m. - 6 p.m.	Feb. 7, 14

110241-B	Fri.	5:30 - 9 p.m.	March 19, 26
	Sat.	9 a.m. - 6 p.m.	March 20, 27
	Sun.	9 a.m. - 6 p.m.	March 21, 28

110241-C	Fri.	5:30 - 9 p.m.	April 16, 23
	Sat.	9 a.m. - 6 p.m.	April 17, 24
	Sun.	9 a.m. - 6 p.m.	April 18, 25

110241-D	Fri.	5:30 - 9 p.m.	May 14, 21
	Sat.	9 a.m. - 6 p.m.	May 15, 22
	Sun.	9 a.m. - 6 p.m.	May 16, 23

Fee: \$90/resident; \$112/non-resident

### Lifeguarding Today Challenge

Age(s) 15+ years

Participants are not required to hold a current American Red Cross Lifeguard Training Certification card to register for this class. This course is designed to be presented in a "Challenge" format. This means that participants will not receive any instruction. Participants will be expected to demonstrate all current Lifeguard Training skills, CPR for the Professional Rescuer skills, as well as pass all three written examinations. Participants who pass all requirements will receive a 1-year certification in CPR for the Professional Rescuer/AED, a 3-year certification in First Aid and a 3-year certification in Lifeguard Training.

210242-A	Sun.	8 a.m. - 1 p.m.	May 2
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Fee: \$35/resident; \$45/non-resident

### CPR for the Professional Rescuer

Age(s) 11+ years

This course is for individuals with a duty to respond in an emergency, which includes care for respiratory and cardiac emergencies, two-rescuer CPR and the use of a resuscitation mask and a bag valve mask. This course is accepted by the American Heart Association as a prerequisite for advanced cardiac life support. This course will give the participant a one-year certificate in CPR for the Professional Rescuer which includes adult, infant, child CPR, two-man CPR and AED.

### Saturday Classes

210215-A	Sat.	9 a.m. - 5 p.m.	May 1
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Fee: \$55/resident; \$65/non-resident

### CPR Professional Challenge

Age(s) 15+ years

This is a challenge course. Participants are not required to hold a current American Red Cross CPR for the Professional Rescuer/AED certification. Due to the "Challenge" format, there will be no instruction offered during this session. Students will be expected to demonstrate all applicable skills as well as pass the written exam. This course will give the participant a one-year certificate in CPR for the Professional Rescuer/AED.

### Saturday Classes

210216-A	Sat.	2 - 4 p.m.	May 8
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Fee: \$20/resident; \$25/non-resident

## Discover SCUBA!

Age(s) 12+ years

The thrill of a lifetime begins with Discover Scuba Diving. Have you always wondered what it would be like to breathe underwater? This is your opportunity! Aquatic Realm Scuba Center and Kettering Recreation Complex have teamed up to make your dream a reality. **This single class experience introduces you to Scuba Diving in the controlled and safe environment of Aquatic Realm Scuba Center's heated indoor pool.** Minimum age is 12 years old, and a parent or guardian of anyone under the age of 18 is required to be present at the experience. The course fee is non-refundable. Come on, what are you waiting for? It's time to discover the thrills that Scuba diving has to offer!



### Saturday Classes

210246-A	Sat.	Noon - 1:30 p.m.	April 3
210246-B	Sat.	Noon - 1:30 p.m.	May 8
210246-C	Sat.	Noon - 1:30 p.m.	June 5

Fee: \$25/resident; \$30/non-resident

## WATER ACTIVITIES FOR FITNESS

The Kettering Recreation Complex offers a variety of fitness activities that take place in the pool. Descriptions of these activities follow. Please refer to the accompanying schedule. See descriptions for specific dates on water fitness classes.

### Lap Swimming

Reassess your goals and increase your mileage as you swim for fitness, a leading form of cardiovascular exercise! Remember there are 72 lengths to a mile in the Kettering Recreation Complex pool, and for good cardiovascular fitness, all that is required is to exercise for a minimum of 30 minutes, three times each week. Certain hours have been set aside for those 18 and up to swim laps.

### Deep Water Workout

This is a basic deep-water class. Benefits include no impact, improved flexibility, improved muscle strength and cardiovascular fitness. Vests, belts, hand buoys and kick boards are provided. **This is a drop-in class, and you may pay daily or use your swim pass for admission.**

### Water Workout

This class consists of aerobic routines, stretching and toning performed in the chest to shoulder deep water. Not only is this class fun and much less likely to cause injury, but the natural buoyancy of the water makes even a beginner feel graceful and competent. The resistance from the water gives you a first-rate workout. No swimming skills necessary. **This is a drop-in class, and you may pay daily or use your swim pass for admission.**

### Gift Certificates

A great idea for any occasion! Purchase gift certificates for most Parks, Recreation and Cultural Arts programs. Purchase certificates at any recreation facility.

## Drop-In Water Exercise Schedule

Effective March 29 – May 21, 2010

Age(s): 16+ years

All programs are co-ed and are held in the Main Pool.

Times	Mon.	Tues.	Wed.	Thurs.	Fri.
8 – 8:55 a.m.	WWO		WWO		WWO
8 – 8:55 a.m.	Deep	Deep	Deep	Deep	Deep
8:30 - 9:25 a.m.		WWO		WWO	
9 – 9:55 a.m.	WWO		WWO		WWO
9 – 9:55 a.m.	Deep	Deep	Deep	Deep	Deep
5:35 – 6:30 p.m.	WWO		WWO		
5:35 – 6:30 p.m.	Deep		Deep		
6 – 6:55 p.m.	Deep		Deep		

### Special Notes and/or Hours:

The 8 – 8:55 a.m. class is limited to 25 students.

There are no classes offered from May 24 – May 28. A limited swim schedule will be provided during this week due to staff training and summer preparations.

### Drop-in Water Exercise Fees

Drop-in	Resident	Non-Resident
Adult	\$3.50	\$7
CIL Member	\$3.25	\$6.50

For pass and punch card options, call 296-2587.

### Water Walking

Age(s) 16+ years

This class consists of basic water aerobic activities such as walking, jogging and side-stepping along with toning and strength training exercises in shoulder deep water. No swimming skills are necessary. All ages will benefit from water walking and everyone enjoys the camaraderie that comes from joining this class.

### Day Classes

210230-A	M/W/F	10 - 10:55 a.m.	March 29 - May 21
210230-B	T/Th	1 - 1:55 p.m.	March 30 - May 20

Fee: A: \$72/resident; \$96/non-resident  
B: \$48/resident; \$64/non-resident

### Registered Water Workout

Age(s) 16+ years

This class is the same as our drop-in water workout class. However, if you want to ensure your space in class or you prefer a later morning class, you now have an option. Swim passes are not valid for this class.

### Day Classes

210231-A	T/Th	10 - 10:55 a.m.	March 30 - May 20
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Fee: \$48/resident; \$64/non-resident

### Maternity Aqua Shape-Up

Age(s) 16+ years

Congratulations New and Expecting Mommies! Are you looking for a way to stay in shape and help prepare for the delivery of your new bundle of joy? Or are you looking for a way to ease tension and get your body back into shape after the delivery of your new baby? Maternity Aqua Shape-Up is a low impact Aerobic workout teamed up with strength training exercises aimed at the lower back, abdomen, arms and legs. DOCTOR'S PERMISSION IS REQUIRED. A doctor's note must be presented in order to register for this class.

### Evening Classes

210235-A	T/Th	6 - 6:55 p.m.	March 30 - May 20
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Fee: \$60/resident; \$76/non-resident