

# aquatic PROGRAMS



Tammy Brown is the aquatics supervisor. To contact her call 296-3267 or email Tammy.Brown@ketteringoh.org.

The Pool Schedule is subject to change. Notice of changes will be posted on the website ([www.ketteringoh.org](http://www.ketteringoh.org)) as well as at the Kettering Recreation Complex. Feel free to call 296-2587 to verify the schedule.

## MAIN POOL AND SPA SWIMMING SCHEDULE

Effective January 2, 2012 through March 31, 2012

Day of Week	Lap Swim (8 lanes) 13+ years old	Limited Lane Lap Swim 13+ years old	Open Swim All Ages Welcome!	Whirlpool, Sauna and Steam Room 18+ ONLY
Monday	5:30 - 8 a.m. Noon - 2 p.m.	8 - 9 a.m. (3 lanes) 9 - 10 a.m. (2 lanes) 10 - 11 a.m. (3 lanes) 11 - noon (5 lanes) <b>*3:30 - 5 p.m. (2 lanes) Feb. 27*</b> 5:30 - 9:30 p.m. (1 lane)	Starting February 27 3:30 - 5 p.m.	5:30 a.m. - 2 p.m. 3:30 - 9:30 p.m.
Tuesday	5:30 - 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 lanes) 7 - 9:30 p.m. (1 lane)	3:30 - 5 p.m.	5:30 a.m. - 2 p.m. 3:30 - 9:30 p.m.
Wednesday	5:30 - 8 a.m. Noon - 2 p.m.	8 - 9 a.m. (3 lanes) 9 - 10 a.m. (2 lanes) 10 - 11 a.m. (1 lane) 11 a.m. - noon (3 lanes) <b>*3:30 - 5 p.m. (2 lanes) Feb. 29*</b> 5:30 - 9:30 p.m. (1 lane)	Starting February 29 3:30 - 5 p.m.	5:30 a.m. - 2 p.m. 3:30 - 9:30 p.m.
Thursday	5:30 - 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 lanes) 7 - 9:30 p.m. (1 lane)	3:30 - 5 p.m.	5:30 a.m. - 2 p.m. 3:30 - 9:30 p.m.
Friday	5:30 - 8 a.m. 11 a.m. - 1:30 p.m.	8 - 9 a.m. (3 lanes) 9 - 10 a.m. (2 lanes) 10 - 11 a.m. (3 lanes) <b>*3:30 - 5 p.m. (2 lanes) Mar 2*</b> 5 - 7 p.m. (2 lanes)	Starting March 2 3:30 - 5 p.m.	5:30 a.m. - 1:30 p.m. 3:30 - 7 p.m.
Saturday	7 - 9 a.m.	1 - 7:30 p.m. (2 lanes)	2 - 7:30 p.m.	7 a.m. - 7:30 p.m.
Sunday	Noon - 1 p.m.	1 - 5 p.m. (2 lanes)	1 - 5 p.m.	Noon - 5 p.m.

## WINTER 2011 SWIMMING FEES

BEGINNING JAN. 2, 2012	RES.	NON-RES.
<b>ADMISSION</b>		
Youth (3-17)	\$3.50	\$7
Adult	\$4	\$8
Lathrem member	\$3.75	\$7.50
Spectator Fee	\$1	\$1
<b>PUNCH PASS</b>	\$40	\$80
<b>SWIMMING PASS</b> Reduced rates beginning January 2, 2012		
Youth (3-17)	\$40	\$60
Adult	\$55	\$82
Lathrem member	\$45	\$68
Family (2 adults, 4 children)	\$150	\$225
<b>YEAR-ROUND MAIN POOL SWIM PASS</b>		
Adult	\$125	\$188
Lathrem member	\$99	\$149
<b>YEAR-ROUND LOCKER PASS</b>		
Adult	\$25	\$39
<b>YEAR-ROUND TOWEL RENTAL PASS</b>		
Adult	\$32	\$48
<b>MAIN POOL RENTAL</b>		
Adult	\$120/hr.	\$240/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 Drive.
- Swim passes may be applied to all public swim and drop-in water workout sessions through May 26, 2012.
- A senior adult must be a Charles I. Lathrem Center member or pay adult rates. Fees are for one-time admittance. Admission is required to re-enter.

### Special Admission Guidelines

The purpose of the spectator fee is to avoid the Ice Arena, Pool and Water Park becoming an unsupervised gathering location, and to ensure that paying customers enjoy their visit to our facilities. To accomplish this goal we are charging a Spectator Fee (\$1) in the Aquatic and Ice Arena (when it applies).

#### Guidelines: Qualify for Spectator Fee

- An older adult who is here with younger children, simply to observe and not participate in any activities (water and/or ice).
- Limit – One adult per child qualifies for the spectator fee.

#### Guidelines: Do Not Qualify for Spectator Fee

- Any teen 13 - 17 years of age who is not swimming or skating is **required** to pay the appropriate resident or non-resident drop-in rate.
- Any customer 8 years of age or younger is required to be accompanied by someone 13 or older, and they do not qualify for the spectator fee.
- Any adult customer that does not arrive when the child arrives

#### Admission for People with Disabilities:

- If you are a person with a disability and would like information regarding accessibility of the facility, 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**.

For more information, call 937.296.2587.

## SPECIAL POOL AND SPA HOURS 2012

- Dec. 12 - 30 Extra lap lanes available call 296-2587
- Dec. 19 - Jan.1 Water workout classes canceled
- Dec. 24 Christmas Eve: Lap Swim 8 a.m. - 1 p.m.; Open Swim 1 - 4 p.m.; Pool and Spa Close at 4 p.m.
- Dec. 25 Christmas Day: Closed
- Dec. 26 Holiday Lap Swim: Noon - 1 p.m.; Open swim 1 - 5 p.m.
- Dec. 31 New Year's Eve: Adult/Lap Swim 8 a.m.- 1 p.m.; Open Swim 1 - 4 p.m.; Pool and Spa Close at 4 p.m.
- Jan. 1 New Year's Day: Closed
- Jan. 6 Closing at 1:30 p.m. for a Swim Meet
- Jan. 7 Closing Pool and Spa area at 4 p.m. for a Swim Meet
- Jan. 16 MLK Day: Open Swim: 3:30 - 5 p.m.
- Jan. 20, 21, 22 Pool and Spa area Closed all three days for a Swim Meet \*Swim Lessons will still be conducted on Saturday.
- Feb. 20 Presidents' day open swim 3:30 - 5 p.m.
- March 26 - 30 Kettering Schools Spring Break: Open Swim 3:30 - 5 p.m. every day.

**December 21 – Jan. 3**  
**Kettering City Schools Closed - WINTER BREAK**

## GENERAL INFORMATION

### Poor Weather?

When Kettering schools are closed, all classes are canceled. When Kettering schools are on delay, classes will run if the instructor can teach. In the event of a threatening snowstorm, 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, Waterpark Attendants and Water Workout Instructors. 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). Businesses, organizations and special groups must pay City of Kettering taxes to be eligible for the resident discount rate. Please call 296-2587 for more information.

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. Adults accompanying youth must verify residency to receive a resident group rate.



www.ketteringoh.org

## Special Pool Rentals

Are you looking to make a splash at your next special event? Renting the Kettering Recreation Complex Pool is the perfect option! Various hours are available. Please call in advance to set up a time. For more information please call the Kettering Recreation Complex at 296-2587.



## Private Swim Lessons

All ages

Private swim lessons are designed with you in mind. Private swim lessons are based on individualized instruction and meeting the participant at their level. Lessons are for one participant and one instructor. No swimming experience required. Private lessons are offered during open swim times. (Please refer to the Main Pool swimming schedule) The cost for private lessons is \$17 per 30-minute lesson, plus the open swim fee or use of valid Main Pool pass. The participant will be matched up with an instructor based upon their skill level and availability. Request for a specific instructor are accepted. Please contact the Aquatic Instruction Coordinator, 296-2587, if you have any questions or would like to schedule a time for private lessons.

## 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. An additional emphasis will be added on parent fitness while helping their child adjust to the water. **\*Class will not meet on: March 26, March 28, March 31, April 7.**



#### Evening Classes

110200-A	M/W	5:30 - 6 p.m.	Jan. 9 - 25
110200-B	M/W	5:30 - 6 p.m.	Jan. 30 - Feb. 15
110200-C	M/W	5:30 - 6 p.m.	Feb. 20 - March 14
110200-D	M/W	5:30 - 6 p.m.	March 19 - April 18*

#### Saturday Classes

110200-E	Sat.	9:30 - 10 a.m.	Jan. 14 - March 3
110200-F	Sat.	9:30 - 10 a.m.	March 10 - May 12*

Fee: \$24/resident; \$31.50/non-resident  
\$32/resident; \$42/non-resident

## ABC Come Splash with Me

Age(s) 18 months - 2 years old

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. **\*Class will not meet on: March 26, March 28, March 31, April 7.**

#### Day Classes

110201-A	M/W	11 - 11:30 a.m.	Jan. 9 - 25
110201-B	M/W	11 - 11:30 a.m.	Jan. 30 - Feb. 15
110201-C	M/W	11 - 11:30 a.m.	Feb. 20 - March 14
110201-D	M/W	11 - 11:30 a.m.	March 19 - April 18*

#### Evening Classes

110201-E	M/W	5:30 - 6 p.m.	Jan. 9 - 25
110201-F	M/W	5:30 - 6 p.m.	Jan. 30 - Feb. 15
110201-G	M/W	5:30 - 6 p.m.	Feb. 20 - March 14
110201-H	M/W	5:30 - 6 p.m.	March 19 - April 18*

#### Saturday Classes

110201-I	Sat.	9 - 9:30 a.m.	Jan. 14 - March 3
110201-J	Sat.	9:30 - 10 a.m.	March 10 - May 12*

Fee: \$24/resident; \$31.50/non-resident  
\$32/resident; \$42/non-resident

## Rootin' Tootin' Toddlers

Age(s) 3 - 4

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 rotary breathing, back sculling, backstroke and treading water. One parent per child is required to be in the water. **\*Class will not meet on: March 26, March 28, March 27, March 29, March 31, April 7.**



#### Day Classes

110202-A	M/W	11:30 a.m. - Noon	Jan. 9 - 25
110202-B	M/W	11:30 a.m. - Noon	Jan. 30 - Feb. 15
110202-C	M/W	11:30 a.m. - Noon	Feb. 20 - March 14
110202-D	M/W	11:30 a.m. - Noon	March 19 - April 18*

#### Evening Classes

110202-E	T/Th	5 - 5:30 p.m.	Jan. 10 - 26
110202-F	T/Th	5 - 5:30 p.m.	Jan. 31 - Feb. 16
110202-G	T/Th	5 - 5:30 p.m.	Feb. 21 - March 15
110202-H	T/Th	5 - 5:30 p.m.	March 20 - April 19*

#### Saturday Classes

110202-I	Sat.	9 - 9:30 a.m.	Jan. 14 - March 3
110202-J	Sat.	9 - 9:30 a.m.	March 10 - May 12*

Fee: \$24/resident; \$31.50/non-resident  
\$32/resident; \$42/non-resident

## Lockers, Towels — Easy as 1-2-3!

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.

## Preschool Level 1

Age(s) 4 - 5

Prerequisites: Must be 4 years old. No swimming skills necessary, comfortable without parent.

Skills/Activities: enter and exit water, blow bubbles through nose and mouth, submerging face, front and back floats and glides, alternating arm stroke with kicking with assistance on front and back, arm and leg action for treading water.

Next level based on instructor's recommendation: Preschool Level 1 or Preschool Level 2 or Learn-to-Swim level 1 if 6 years old. **\*Class will not meet on: March 27, March 29, March 31, April 7**

### Evening Classes

110211-A	T/Th	5 - 5:30 p.m.	Jan. 10 - 26
110211-B	T/Th	5 - 5:30 p.m.	Jan. 31 - Feb. 16
110211-C	T/Th	5 - 5:30 p.m.	Feb. 21 - March 15
110211-D	T/Th	5 - 5:30 p.m.	March 20 - April 19*
110211-E	T/Th	5 - 5:30 p.m.	March 20 - April 19*

### Saturday Classes

110211-F	Sat.	9:30 - 10 a.m.	Jan. 14 - March 3
110211-G	Sat.	9:30 - 10 a.m.	March 10 - May 12*

Fee: \$24/resident; \$31.50/non-resident  
\$32/resident; \$42/non-resident

## Preschool Level 2

Age(s) 4 - 5

Prerequisite: Preschool Level 1 Certificate or have demonstrated to the aquatics instruction coordinator the Preschool Level 1 passing requirements

Skills/Activities: Enter and exit water, bobbing, retrieve submerged object, front and back floats and glides, roll from front to back and back to front, tread water, combined arm and leg action on front and back, finning arm action on back.



Next level based on instructor's recommendation: Preschool Level 2 or Preschool Level 3 or Learn-to-Swim Level 2 if 6 years old. **\*Class will not meet on: March 27, March 29, March 31, April 7**

### Evening Classes

110212-A	T/Th	5:30 - 6 p.m.	Jan. 10 - 26
110212-B	T/Th	5:30 - 6 p.m.	Jan. 31 - Feb. 16
110212-C	T/Th	5:30 - 6 p.m.	Feb. 21 - March 15
110212-D	T/Th	5:30 - 6 p.m.	March 20 - April 19*
110212-F	T/Th	6 - 6:30 p.m.	March 1 - 24

### Saturday Classes

110212-E	Sat.	9:30 - 10 a.m.	Jan. 14 - March 3
110212-G	Sat.	9 - 9:30 a.m.	Jan. 8 - March 12
110212-H	Sat.	9:30 - 10 a.m.	March 10 - May 12*

Fee: \$24/resident; \$31.50/non-resident  
\$32/resident; \$42/non-resident  
\$30/resident; \$40/non-resident

## Gift Certificates

A great idea for any occasion! Purchase gift certificates at any facility for most programs.

## Preschool Level 3

Age(s) 4 - 5

Prerequisite: Preschool Level 2 Certificate or have demonstrated to the aquatics instruction coordinator the Preschool Level 2 passing requirements.

Skills/Activities: Jumping into deep water, fully submerge and hold breath, bobbing, front, jellyfish and tuck floats, recovering from front and back floats and glides, tread water using arm and leg actions, combined arm and leg actions on front and back independently.

Next level based on instructor's recommendation: Preschool Level 3 or Learn-to-Swim Level 3 if 6 years old. **\*Class will not meet on: March 27, March 29, March 31, April 7**

### Evening Classes

110213-A	T/Th	5:30 - 6 p.m.	Jan. 10 - 26
110213-B	T/Th	5:30 - 6 p.m.	Jan. 31 - Feb. 16
110213-C	T/Th	5:30 - 6 p.m.	Feb. 21 - March 15
110213-D	T/Th	5:30 - 6 p.m.	March 20 - April 19*

### Saturday Classes

110213-E	Sat.	9:30 - 10 a.m.	Jan. 14 - March 3
110213-F	Sat.	9:30 - 10 a.m.	March 10 - May 12*

Fee: \$24/resident; \$31.50/non-resident  
\$32/resident; \$42/non-resident

## Adult Instruction Level I

Age(s) 13 +

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. **\*Class will not meet on: March 31, April 7**

### Saturday Classes

110205-A	Sat.	Noon - 12:45 p.m.	Jan. 14 - March 3
110205-B	Sat.	Noon - 12:45 p.m.	March 10 - May 12*

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



## Adult Instruction Level II

Age(s) 13 +

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. **\*Class will not meet on: March 31, April 7**

### Saturday Classes

110206-A	Sat.	Noon - 12:45 p.m.	Jan. 14 - March 3
110206-B	Sat.	Noon - 12:45 p.m.	March 10 - May 12*

Fee: \$38/resident; \$48/non-resident  
\$43/resident; \$53/non-resident

## Flying Fish

Age(s) 4 - 14

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. **\*Class will not meet on: March 31, April 7**

### Evening Classes

110207-E	T/Th	5 - 5:30 p.m.	Feb. 27 - March 25
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### Saturday Classes

110207-A	Sat.	Noon - 12:30 p.m.	Jan. 14 - March 3
110207-B	Sat.	12:30 - 1 p.m.	Jan. 14 - March 3
110207-C	Sat.	1 - 1:30 p.m.	Jan. 14 - March 3
110207-D	Sat.	1:30 - 2 p.m.	Jan. 14 - March 3
110207-F	Sat.	Noon - 12:30 p.m.	March 10 - May 12*
110207-G	Sat.	12:30 - 1 p.m.	March 10 - May 12*
110207-H	Sat.	1 - 1:30 p.m.	March 10 - May 12*
110207-I	Sat.	1:30 - 2 p.m.	March 10 - May 12*

Fee: \$32/resident; \$42/non-resident  
\$48/resident; \$60/non-resident

## LEARN-TO-SWIM CLASSES



### Learn-To-Swim Classes

The Kettering Parks, Recreation and Cultural Arts Department provide American Red Cross swim programs taught by Water Safety instructors in a supportive environment. Descriptions of the classes are listed below. Participants must receive a certificate of completion or demonstrate competency in the skills prior to moving on to the

next level. All classes are held at the Kettering Recreation Complex Main Pool. 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 \$2. *Raffy Learns to Swim* coincides with Levels I and II. *Waddles in the Deep* coincides with Levels III & IV. Bring your book to class and your instructor will sign the certificate!

### Registering In Advance

**Watching a good activity die is painful. There is a point when, if there are not enough registrants, an activity is canceled. Signing up on the day of the activity will not resurrect it! Please register at least seven days prior to the beginning of the activity.**

## Learn-to-Swim Level 1

Age(s) 6 - 13

### Level 1: Introduction to Water Skills

Helps participants feel comfortable in the water.

**Prerequisite:** Must be 6 years old. No swimming skills necessary.

**Skills/Activities:** enter and exit water, blow bubbles through nose and mouth, bobbing, retrieve submerged object, front and back floats and glides, treading water, alternating and simultaneous arm and leg actions on front and back, combined arm and leg action on front and back.

Next level based on instructor's recommendation: Learn-to-Swim Level 1 or 2. **\*Class will not meet on: March 26, March 28, March 27, March 29, March 31, April 7**

### Evening Classes

110221-A	M/W	6 - 6:45 p.m.	Jan. 9 - 25
110221-B	T/Th	6 - 6:45 p.m.	Jan. 10 - 26
110221-C	M/W	6 - 6:45 p.m.	Jan. 30 - Feb. 15
110221-D	T/Th	6 - 6:45 p.m.	Jan. 31 - Feb. 16
110221-E	M/W	6 - 6:45 p.m.	Feb. 20 - March 14
110221-F	T/Th	6 - 6:45 p.m.	Feb. 21 - March 15
110221-G	M/W	6 - 6:45 p.m.	March 19 - April 18*
110221-H	T/Th	6 - 6:45 p.m.	March 20 - April 19*

### Saturday Classes

110221-I	Sat.	10 - 10:45 a.m.	Jan. 14 - March 3
110221-J	Sat.	11 - 11:45 a.m.	Jan. 14 - March 3
110221-K	Sat.	10 - 10:45 a.m.	March 10 - May 12*
110221-L	Sat.	11 - 11:45 a.m.	March 10 - May 12*

Fee: \$28.50/resident; \$36/non-resident  
\$38/resident; \$48/non-resident

## Learn-to-Swim Level 2

Age(s) 6 - 13

### Level 2: Fundamental Aquatic Skills

Gives participants success with fundamental skills.

**Prerequisite:** Learn-to-Swim Level 1 Certificate or Preschool Level 2 Certificate or have demonstrated to the aquatics instruction coordinator the Learn-to-swim Level 1 passing requirements.

**Skills/Activities:** Fully submerge and hold breath, bobbing, retrieve submerged object, front, jellyfish and tuck floats, front and back floats and glides, roll from back to front and front to back, tread water, combined arm and leg action on front and back, finning arm action on back, everything done independently and comfortably.

Next level based on instructor's recommendation: Learn-to-Swim Level 2 or 3. **\*Class will not meet on: March 26, March 28, March 31, April 7**

### Evening Classes

110222-A	M/W	6 - 6:45 p.m.	Jan. 9 - 25
110222-B	M/W	6 - 6:45 p.m.	Jan. 30 - Feb. 15
110222-C	M/W	6 - 6:45 p.m.	Feb. 20 - March 14
110222-D	M/W	6 - 6:45 p.m.	March 19 - April 18*

### Saturday Classes

110222-E	Sat.	10 - 10:45 a.m.	Jan. 14 - March 3
110222-F	Sat.	11 - 11:45 a.m.	Jan. 14 - March 3
110222-G	Sat.	10 - 10:45 a.m.	March 10 - May 12*
110222-H	Sat.	11 - 11:45 a.m.	March 10 - May 12*

Fee: \$28.50/resident; \$36/non-resident  
\$38/resident; \$48/non-resident

### Learn-to-Swim Level 3

Age(s) 6 - 13

#### Level 3: Stroke Development

Builds on the skills in level 2 through additional guided practice in deeper water.

**Prerequisite:** Learn-to-Swim Level 2 Certificate or Preschool Level 3 Certificate or have demonstrated to the aquatics instruction coordinator the Learn-to-Swim Level 2 requirements.

**Skills/Activities:** Jumping into deep water, sitting and kneeling dives, rotary breathing, survival float, change from vertical to horizontal position on front and back, tread water, flutter, dolphin, scissor, and breaststroke kicks, front crawl and elementary backstroke.

Next level based on instructor's recommendation: Learn-to-Swim Level 3 or 4. **\*Class will not meet on: March 27, March 29**

#### Evening Classes

110223-A	T/Th	5:15 - 6 p.m.	Jan. 10 - 26
110223-B	T/Th	5:15 - 6 p.m.	Jan. 31 - Feb. 16
110223-C	T/Th	5:15 - 6 p.m.	Feb. 21 - March 15
110223-D	T/Th	5:15 - 6 p.m.	March 20 - April 19*

#### Saturday Classes

110223-E	Sat.	10 - 10:45 a.m.	Jan. 14 - March 3
110223-F	Sat.	10 - 10:45 a.m.	March 10 - May 12

Fee: \$28.50/resident; \$36/non-resident  
\$38/resident; \$48/non-resident

### Learn-to-Swim Level 4

Age(s) 6 - 13

#### Level 4: Stroke Improvement

Develops confidence in the skills learned and improves other aquatic skills.

**Prerequisite:** Learn-to-Swim Level 3 Certificate or have demonstrated to the aquatics instruction coordinator the Learn-to-swim Level 3 passing requirements.

**Skills/Activities:** Standing dives, underwater swimming, feet first surface dive, survival swimming, front crawl and backstroke open turns, treading water using two different kicks, front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly, flutter and dolphin kicks on back.

Next level based on instructor's recommendation: Learn-to-Swim Level 4 or 5 **\*Class will not meet on: March 27, March 29, March 31, April 7**

#### Evening Classes

110224-A	T/Th	6 - 6:45 p.m.	Jan. 10 - 26
110224-B	T/Th	6 - 6:45 p.m.	Jan. 31 - Feb. 16
110224-C	T/Th	6 - 6:45 p.m.	Feb. 21 - March 15
110224-D	T/Th	6 - 6:45 p.m.	March 20 - April 19*

#### Saturday Classes

110224-E	Sat.	11 - 11:45 a.m.	Jan. 14 - March 3
110224-F	Sat.	11 - 11:45 a.m.	March 10 - May 12*

Fee: \$28.50/resident; \$36/non-resident  
\$38/resident; \$48/non-resident

### Learn-to-Swim Level 5

Age(s) 6 - 13

#### Level 5: Stroke Refinement

Provides further coordination and refinement of strokes.

**Prerequisite:** Learn-to-Swim Level 4 Certificate or have demonstrated to the aquatics instruction coordinator the Learn-to-swim Level 4 passing requirements.

**Skills/Activities:** Shallow angle dives to front stroke, tread water, tuck and pike surface dives, submerge completely, flip turns, sculling, front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly.

Next level based on instructor's recommendation: Learn-to-Swim Level 5 or 6. **\*Class will not meet on: March 27, March 29, March 31, April 7**

#### Evening Classes

110225-A	T/Th	6 - 6:45 p.m.	Jan. 10 - 26
110225-B	T/Th	6 - 6:45 p.m.	Jan. 31 - Feb. 16
110225-C	T/Th	6 - 6:45 p.m.	Feb. 21 - March 15
110225-D	T/Th	6 - 6:45 p.m.	March 20 - April 19*

#### Saturday Classes

110225-F	Sat.	10 - 10:45 a.m.	Jan. 14 - March 3
110225-G	Sat.	10 - 10:45 a.m.	March 10 - May 12*

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



### Learn-to-Swim Level 6

Age(s) 6 - 13

#### Level 6: Swimming Skill and Proficiency

Refines the strokes so that student swims with ease, efficiency, power, and smoothness over greater distances. Designed with options that focus on preparing students to participate in more advanced classes, including Water Safety Instructor and Lifeguard training courses.

**Prerequisite:** Learn-to-Swim Level 5 Certificate or have demonstrated competency in Level 5 skills. Helps participants learn the lifelong benefits of swimming. **\*Class will not meet on: March 31, April 7**

#### Saturday Classes

110226-A	Sat.	11 - 11:45 a.m.	Jan. 14 - March 3
110226-B	Sat.	11 - 11:45 a.m.	March 10 - May 12*

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



## One-on-One Swim Lesson

Age(s) All

Do you or your child need a one-on-one swim lesson with one of our highly qualified American Red Cross Water Safety Instructors? We are offering half hour classes with the purpose of helping you or your child reduce fears and/or work on skills to help you advance through our group swim lesson classes. Sign up now and take advantage of One-On-One Swim Lessons!

### Day Classes

110208-A	M	3:30 - 4 p.m.	March 26
110208-B	M	4 - 4:30 p.m.	March 26
110208-C	M	4:30 - 5 p.m.	March 26
110208-D	T	3:30 - 4 p.m.	March 27
110208-E	T	4 - 4:30 p.m.	March 27
110208-F	T	4:30 - 5 p.m.	March 27
110208-G	W	3:30 - 4 p.m.	March 28
110208-H	W	4 - 4:30 p.m.	March 28
110208-I	W	4:30 - 5 p.m.	March 28
110208-J	Th	3:30 - 4 p.m.	March 29
110208-K	Th	4 - 4:30 p.m.	March 29
110208-L	Th	4:30 - 5 p.m.	March 29
110208-M	F	3:30 - 4 p.m.	March 30
110208-N	F	4 - 4:30 p.m.	March 30
110208-O	F	4:30 - 5 p.m.	March 30

Fee: \$10/resident; \$15/non-resident

## AQUATIC PROGRAMS

### Kettering Aquatic Training School

Age(s) 15+

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 7-10 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.	10 - 10:45 a.m.	Jan. 29
110240-B	Sun.	11 - 11:45 a.m.	Jan. 29
110240-C	Sun.	10 - 11:45 a.m.	March 11
110240-D	Sun.	11 - 11:45 a.m.	March 11
110240-E	Sun.	10 - 10:45 a.m.	April 1
110240-F	Sun.	11 - 11:45 a.m.	April 1
110240-G	Sun.	10 - 10:45 a.m.	April 29
110240-I	Sun.	11 - 11:45 a.m.	April 29

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

## American Red Cross Lifeguarding

Age(s) 15 +

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 must be obtained before the first day of class. Please download materials from [www.redcross.org](http://www.redcross.org). You must pass pre-skills prior to registering for this class.

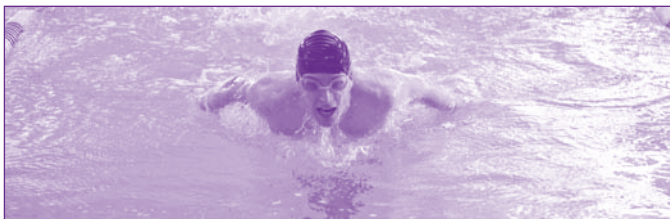
### Evening Classes

110241-A	F - Sun.	Feb. 3 - 12	
	2/3	Fri.	5:30 - 9 p.m.
	2/10	Fri.	5:30 - 9 p.m.
	2/4	Sat.	9 a.m. - 6 p.m.
	2/11	Sat.	9 a.m. - 6 p.m.
	2/5	Sun.	9 a.m. - 6 p.m.
	2/12	Sun.	9 a.m. - 6 p.m.
110241-B	F - Sun.	March 16 - 25	
	3/16	Fri.	5:30 - 9 p.m.
	3/23	Fri.	5:30 - 9 p.m.
	3/17	Sat.	9 a.m. - 6 p.m.
	3/24	Sat.	9 a.m. - 6 p.m.
	3/18	Sun.	9 a.m. - 6 p.m.
	3/25	Sun.	9 a.m. - 6 p.m.
110241-C	F - Sun.	April 13 - 22	
	4/13	Fri.	5:30 - 9 p.m.
	4/20	Fri.	5:30 - 9 p.m.
	4/14	Sat.	9 a.m. - 6 p.m.
	4/21	Sat.	9 a.m. - 6 p.m.
	4/15	Sun.	9 a.m. - 6 p.m.
	4/22	Sun.	9 a.m. - 6 p.m.
110241-D	F - Sun.	May 4 - 13	
	5/4	Fri.	5:30 - 9 p.m.
	5/11	Fri.	5:30 - 9 p.m.
	5/5	Sat.	9 a.m. - 6 p.m.
	5/12	Sat.	9 a.m. - 6 p.m.
	5/6	Sun.	9 a.m. - 6 p.m.
	5/13	Sun.	9 a.m. - 6 p.m.

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



## SWIM TEAM



### Stroke & Swim Clinic

Age(s) 5 +

These clinics are designed for any young person who has a sincere interest in swimming. The purpose of this class is to improve upon the techniques of the participants' swimming strokes. The clinics will be taught by the Kettering City Swim Team coaches and senior swimmers. Pre-registration is required. For more information please visit the KCST website: [www.kcstcobras.org](http://www.kcstcobras.org)

#### Evening Classes

110220-A	F	6 - 7 p.m.	Jan. 6
110220-B	F	6 - 7 p.m.	Feb. 10
110220-C	F	6 - 7 p.m.	March 9

Fee: \$10/resident; \$15/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 schedule that will be available one week prior to the season beginning. 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 13 and up to swim laps.

### DEEP WATER WORKOUT

We offer a basic deep-water workout class. Benefits include no impact, improved flexibility, improved muscle strength and cardiovascular fitness. Belts, hand buoys and kick boards are provided. **For the drop-in class, 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. For the drop-in class, you may pay daily or use your swim pass for admission.

### Home School Aquatic Fitness

This time is designed for students who are home schooled to earn gym credits as well as get acclimated with the water or improve swimming skills. Students need to be working on skills throughout the time they are in the water. Skills can vary from bobbing and floating to swimming laps and diving from the side. This time is not to be used as Open Swim. The diving boards and slide will NOT be open during these times. An adult is required to be on the pool deck with the child and may need to accompany the child in the water at the lifeguard's discretion. Monday and Wednesday, Noon - 2 p.m.; Friday, Noon - 1:30 p.m.

For more information, call 937.296.2587.

## Water Walking

Age(s) 16 +

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. **\*Class will not meet on: Feb. 17**

#### Day Classes

110230-A	M/W/F	10 - 10:55 a.m.	Jan. 9 - Feb. 3
110230-B	T/Th	1 - 1:55 p.m.	Jan. 10 - Feb. 2
110230-C	M/W/F	10 - 10:55 a.m.	Feb. 6 - March 2*
110230-D	T/Th	1 - 1:55 p.m.	Feb. 7 - March 1
110230-E	M/W/F	10 - 10:55 a.m.	March 5 - 30
110230-F	T/Th	1 - 1:55 p.m.	March 6 - 29

Fee: A,E: \$39/resident; \$54/non-resident  
B,D,F: \$26/resident; \$36/non-resident  
C: \$35.75/resident; \$49.50/non-resident

## Registered Water Workout

Age(s) 16 +

This is the same class 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

110231-A	M/W/F	9 - 9:55 a.m.	Jan. 9 - Feb. 3
110231-B	T/Th	10 - 10:55 a.m.	Jan. 10 - Feb. 2
110231-C	M/W/F	9 - 9:55 a.m.	Feb. 6 - March 2
110231-D	T/Th	10 - 10:55 a.m.	Feb. 7 - March 1
110231-E	M/W/F	9 - 9:55 a.m.	March 5 - 30
110231-F	T/Th	10 - 10:55 a.m.	March 6 - 29

Fee: \$39/resident; \$54/non-resident  
\$26/resident; \$36/non-resident  
\$35.75/resident; \$49.50/non-resident

## Deep Water Workout

Age(s) 16 +

This is a basic deep-water exercise class. Benefits include no impact, improved flexibility, improved muscle strength and cardiovascular fitness. Belts, noodles and hand weights are available or you are welcome to bring your own. Swim passes are not valid for this class. **\*Class will not meet on: Feb. 19**

#### Day Classes

110232-A	M/W/F/Sat.	8 - 8:55 a.m.	Jan. 3 - 28
110232-B	T/Th	8 - 8:55 a.m.	Jan. 4 - 27
110232-D	M/W/F	8 - 8:55 a.m.	Jan. 31 - Feb. 25*
110232-E	T/Th	8 - 8:55 a.m.	Feb. 1 - 24
110232-G	M/W/F	8 - 8:55 a.m.	Feb. 28 - March 25
110232-H	T/Th	8 - 8:55 a.m.	March 1 - 24

#### Evening Classes

110232-C	T/Th	6 - 6:55 p.m.	Jan. 4 - 27
110232-F	T/Th	6 - 6:55 p.m.	Feb. 1 - 24
110232-I	T/Th	6 - 6:55 p.m.	March 1 - 24

Fee: A, G: \$39/resident; \$54/non-resident  
B,C,E,F,H,I: \$26/resident; \$36/non-resident  
D: \$35.75/resident; \$49.50/non-resident

## Drop-In Water Exercise

Visit [ketteringoh.org](http://ketteringoh.org) for the current drop-in water exercise schedule and applicable fees.



### Maternity Aqua Shape-Up

Age(s) 16 +

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

110235-A	T/Th	6 - 6:55 p.m.	Jan. 10 - Feb. 2
110235-B	T/Th	6 - 6:55 p.m.	Feb. 7 - March 1
110235-C	T/Th	6 - 6:55 p.m.	March 6 - 29

Fee: \$30/resident; \$38/non-resident

### Discover SCUBA!

Age(s) 12 +

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!



#### Evening Classes

110246-A	W	6 - 7:30 p.m.	Feb. 8
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#### Saturday Classes

110246-B	Sat.	Noon - 1:30 p.m.	Jan. 21
110246-C	Sat.	Noon - 1:30 p.m.	Feb. 25
110246-D	Sat.	Noon - 1:30 p.m.	March 3

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

### Aquatic Realm SCUBA Class

Age(s) 12 +

Transforming your life as a PADI Open Water Diver is as easy as 1- 2- 3. 1.) Take a class online, 2.) Go pool diving, 3.) Get certified! Kettering Recreation Complex and Aquatic Realm Scuba Center are prepared to make you a lifelong PADI Open Water Diver. Your first class is an orientation class where all course requirements are explained. With academics completed through online training and the pool diving in the heated indoor pool at Aquatic Realm, this class fits any busy schedule. Training dives and personal dive equipment are required for certification and are not included in this class but available through Aquatic Realm at an additional cost. One orientation class is mandatory and students under 18 must have a parent or guardian present. A lab fee of \$250 is due and payable to Aquatic Realm Scuba Center at the orientation class. More details and requirements are available at registration or at [www.aquaticrealmscuba.com/ketteringrec.htm](http://www.aquaticrealmscuba.com/ketteringrec.htm)

#### Day Classes

110245-A	Sun.	4 - 5:30 p.m.	Jan. 15
110245-C	Sun.	4 - 5:30 p.m.	Feb. 12
110245-E	Sun.	4 - 5:30 p.m.	March 18

#### Evening Classes

110245-B	W	6 - 7:30 p.m.	Jan. 25
110245-D	W	6 - 7:30 p.m.	Feb. 22
110245-F	W	6 - 7:30 p.m.	March 28

Fee: \$20/resident; \$25/non-resident

**Together Strive for Excellence  
through Innovation  
and Positive Experiences**

## AQUATICS

increase endurance ◊ make new friends ◊ boost tourism  
dive right in ◊ enjoy nature ◊ be self sufficient in the water  
cool off ◊ preserve sea life ◊ gain job skills ◊ create memories  
stay out of trouble ◊ ride a wave ◊ train to be a lifeguard  
burn calories ◊ bond with people from different backgrounds  
protect oceans, lakes and ponds ◊ patronize local business  
reduce stress ◊ have a family adventure ◊ try different strokes  
provide safe places to play ◊ splash and laugh and blow bubbles  
lose weight ◊ increase mobility ◊ stroll the beach ◊ learn to swim  
improve self-confidence ◊ regulate your breathing ◊ save lives  
instill teamwork ◊ explore the deep sea ◊ keep our water clean  
create a ripple effect ◊ get heart-healthy ◊ have fun in the sun

**THE BENEFITS ARE ENDLESS...™**