LOCATIONS & CONTACT

**CLAUDE MOORE RECREATION & COMMUNITY CENTER**

Matthew Murphy  
Aquatics Programmer, Matthew.M.Murphy@loudoun.gov  
46105 Loudoun Park Lane  
Sterling, VA 20164  
571-258-3600

**DULLES SOUTH RECREATION & COMMUNITY CENTER**

Michael Skarke  
Aquatics Coordinator, Michael.Skarke@loudoun.gov  
Michele Ramsey  
Aquatics Programmer, Michele.Ramsey@loudoun.gov  
24950 Riding Center Drive  
South Riding, VA 20152  
571-258-3456

**ROUND HILL AQUATICS CENTER**

Genie Rovang  
Manager, rhac@loudoun.gov  
17010 Evening Star Drive  
Round Hill, VA 20141  
571-258-3562
Please follow this color focus guide when selecting courses.

**STARBABIES™ & STARTOTS™ COLOR FOCUSES**

- trust & comfort
- body postitions
- submersion
- air recovery & roll over
- forward movement

**STARFISH SWIM SCHOOL™ COLOR FOCUSES**

- trust & submersion
- body position & air recovery
- forward movement & direction change
- rotary movement
- integrated movement

**STARFISH STROKE SCHOOL™ COLOR FOCUSES**

- freestyle
- backstroke
- butterfly
- breaststroke
- endurance

For full Starfish Swimming Curriculum™ please scan:
**PRIVATE & SEMI-PRIVATE LESSONS**

Private and Semi-Private lessons are scheduled for 30-minute sessions and are dependent on the availability of instructors and pool availability. These lessons are on a first-come, first-serve basis. Semi-Private fees are per student. Please enroll in the interest list and you will be contacted when lessons become available; or contact the center for more information.

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<td>PRIVATE:</td>
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<td><strong>4 lessons $150</strong></td>
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<td><strong>4 lessons $100 per swimmer</strong></td>
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**STARBABIES™**

*(Ages 6-18 months)* This Parent/Child class will focus on building trust and confidence between children and parents in the water. Children will use toys, sing songs, and play games to splash and play as they learn elementary water safety skills and grow comfortable in the water with their parent.

**Location:** Dulles South Rec & Comm Ctr  
**Activity Number:** 205175

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**Location:** Round Hill Aquatics  
**Activity Number:** 232159

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**STARTOTS™**

*(Ages 18 months-3 years)* This Parent/Child class will work on developing trust and comfort in the water, body positions and movement in the water, floats, water entry and safety skills. The class will incorporate toys, sing songs, and games to splash and learn basic water safety skills.

**Location:** Dulles South Rec & Comm Ctr  
**Activity Number:** 205176

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**Location:** Round Hill Aquatics  
**Activity Number:** 232160

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**CLAUDE MOORE RECREATION & COMMUNITY CENTER**  
**ACTIVITY NUMBER:** 273073-01

**DULLES SOUTH RECREATION & COMMUNITY CENTER**  
**ACTIVITY NUMBER:** 205299-01

**ROUND HILL AQUATIC CENTER**  
**EMAIL:** RHAC@LOUDOUN.GOV
**STARFISH SWIM SCHOOL™**

**SWIMSCHOOL (Ages 3-5)**

This class focuses on creating trust and confidence in the water through creative, fun activities. Students will practice submersion with recovery to the surface, breath control, jumping in and climbing out, front and back float, front and back streamlining, and rolling from front to back to front.

**Location:** Claude Moore Rec & Comm Ctr  
**Activity Number:** 273371

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**Location:** Dulles South Rec & Comm Ctr  
**Activity Number:** 205276

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<td>07</td>
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**Location:** Claude Moore Rec & Comm Ctr  
**Activity Number:** 232261

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**Activity Number:** 273372

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**Location:** Dulles South Rec & Comm Ctr  
**Activity Number:** 205278

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**Location:** Round Hill Aquatics  
**Activity Number:** 232262

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**SWIMSCHOOL (Ages 3-5)**

Focuses on integrated movement in the water through gliding, overarm pulls, and side breathing with the benchmark of swimming 10yds with some rotary breathing. Class will introduce diving and survival floating.

**Location:** Dulles South Rec & Comm Ctr  
**Activity Number:** 205277

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**SWIMSCHOOL (Ages 6-12)**

Focuses on creating trust and confidence in the water through creative, fun activities. Students will practice submersion with recovery to the surface, front and back float, front and back streamlining, and rolling front to back to front.

**Location:** Claude Moore Rec & Comm Ctr  
**Activity Number:** 273381

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**Location:** Dulles South Rec & Comm Ctr  
**Activity Number:** 205278

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**Location:** Round Hill Aquatics  
**Activity Number:** 232261

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**SWIMSCHOOL (Ages 6-12)**

Focuses on forward movement, direction changes, and rotary movement in the water. Class will introduce treading water, swimming underwater, streamline kicking, combined kick and pull on front and back, forward and side-gliding, overarm pulls, rolling from side to back, and breath control.

**Location:** Claude Moore Rec & Comm Ctr  
**Activity Number:** 273382

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<td>Tu,Th 2/8-2/24</td>
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45-minutes long and focuses on learning essential water safety skills and growing comfortable being in and moving through the water. Students will work on submersion with breath control and recovery to the surface, and front and back floating.

**Location:** Dulles South Rec & Comm Ctr  
**Activity Number:** 205475

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As a survival float and treading water.

**Location:** Dulles South Rec & Comm Ctr  
**Activity Number:** 205476

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45-minutes long and focuses on learning essential water safety skills and growing comfortable in the water. Students will work on submersion with breath control and recovery to the surface, and front and back floating.

**Location:** Claude Moore Rec & Comm Ctr  
**Activity Number:** 273571

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45-minutes long and focuses on forward movement in the water through learning gliding, arm and leg movements, and breath control; as well as learns water safety skills such as a survival float and treading water.

**Location:** Dulles South Rec & Comm Ctr  
**Activity Number:** 205475

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45-minutes long and focuses on learning essential water safety skills and growing comfortable in the water. Students will work on submersion with breath control and recovery to the surface, and front and back floating.

**Location:** Dulles South Rec & Comm Ctr  
**Activity Number:** 205476

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Activity Number: 205279

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Activity Number: 205575

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Activity Number: 232262
STARFISH STROKE SCHOOL™

Location: Dulles South Rec & Comm Ctr
Activity Number: 205576
01 $102 Sa 12/4-1/22 11:50am-12:35pm

STROKESCHOOL
(Ages 6-12) This class will help students refine the freestyle stroke with side breathing, as well as learn the proper technique for backstroke. Pre-requisites: pass all Swim School Benchmarks, or pass a swim evaluation.
Location: Claude Moore Rec & Comm Ctr
Activity Number: 273481
Sec Fee Day Date Time
01 $79 Tu,Th 12/2-12/30 5:20pm-5:50pm
02 $90 Tu,Th 1/4-1/27 5:20pm-5:50pm
03 $90 Tu,Th 2/1-2/24 5:20pm-5:50pm
04 $45 M,W 12/20-12/29 4:40pm-5:10pm
05 $45 M,W 1/3-1/12 4:40pm-5:10pm
Location: Dulles South Rec & Comm Ctr
Activity Number: 205281
01 $57 M,W 11/29-12/15 6:50pm-7:20pm
02 $57 M,W 12/2-12/16 6:50pm-7:20pm
03 $79 Tu,Th 12/2-12/30 6:00pm-6:30pm
04 $79 Tu,Th 12/2-12/16 6:10pm-6:40pm
05 $45 M,W 1/3-1/12 6:50pm-7:20pm
Location: Round Hill Aquatics
Activity Number: 232264
01 $45 M,W 1/3-1/12 4:40pm-5:10pm
02 $45 M,W 12/20-12/29 4:40pm-5:10pm
03 $79 M,W 2/2-2/28 6:50pm-7:20pm
04 $79 M,W 2/2-2/28 6:10pm-6:40pm
05 $68 M,W 1/3-1/12 6:50pm-7:20pm

STROKESCHOOL
(Ages 6-12) This class will include a short review of freestyle and backstroke but will focus on learning the proper technique for breaststroke. Pre-requisites: pass the Stroke School White/Red benchmarks, or pass a swim evaluation.
Location: Claude Moore Rec & Comm Ctr
Activity Number: 273482
Sec Fee Day Date Time
01 $79 Tu,Th 12/2-12/30 6:00pm-6:30pm
02 $90 M,W 1/3-1/26 5:30pm-6:00pm
03 $90 M,W 1/3-1/26 6:50pm-7:20pm
04 $57 Tu,Th 12/2-12/30 6:00pm-6:30pm
05 $57 Tu,Th 12/2-12/16 6:50pm-7:20pm
06 $90 Tu,Th 12/4-1/27 6:10pm-6:40pm
07 $90 Tu,Th 2/1-2/24 6:10pm-6:40pm
Location: Dulles South Rec & Comm Ctr
Activity Number: 205282
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04 $79 Tu,Th 2/3-2/24 6:50pm-7:20pm
07 $57 Sa 1/29-2/26 11:10am-11:40am
Location: Round Hill Aquatics
Activity Number: 232265
01 $68 M,W 11/29-12/15 6:15pm-6:45pm
02 $90 M,W 1/3-1/26 6:15pm-6:45pm
03 $79 Sa 1/8-2/19 11:15am-11:45am
04 $68 M,W 2/7-2/23 6:15pm-6:45p

STROKESCHOOL
(Ages 6-12) This 45-minute class is the most advanced Stroke School class and will incorporate all four strokes while working on building endurance. Students will also learn starts and turns, as well as racing dives.
Location: Claude Moore Rec & Comm Ctr
Activity Number: 273483
Sec Fee Day Date Time
01 $119 Tu,Th 12/2-12/30 6:50pm-7:20pm
02 $136 Tu,Th 1/4-1/27 6:50pm-7:35pm
03 $136 Tu,Th 2/1-2/24 6:50pm-7:35pm
04 $68 M,W 12/20-12/29 6:10pm-6:55pm
05 $68 M,W 1/3-1/12 6:10pm-6:55pm
06 $68 M,W 1/3-1/12 6:10pm-6:55pm
07 $57 Sa 1/29-2/26 11:10am-11:40am

STROKESCHOOL
(Ages 13-17) This intermediate-level class is for students who have achieved all of the Swim School benchmarks, or have passed a swim evaluation. This class will refine freestyle, and teach backstroke and breaststroke.
Location: Dulles South Rec & Comm Ctr
Activity Number: 205477
Sec Fee Day Date Time
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02 $85 M,W 12/1-12/15 7:30pm-8:15pm
03 $85 M,W 12/1-12/15 7:30pm-8:15pm
Location: Claude Moore Rec & Comm Ctr
Activity Number: 273482
Sec Fee Day Date Time
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02 $85 M,W 12/1-12/15 7:30pm-8:15pm
03 $85 M,W 12/1-12/15 7:30pm-8:15pm

TEEN STROKESCHOOL
(Ages 18 & up) This intermediate-level class is for students who have achieved all of the Swim School benchmarks, or have passed a swim evaluation. This class will refine freestyle, and teach backstroke and breaststroke.
Location: Dulles South Rec & Comm Ctr
Activity Number: 205477
Sec Fee Day Date Time
01 $85 M,W 12/1-12/15 7:30pm-8:15pm
02 $85 M,W 12/1-12/15 7:30pm-8:15pm
03 $85 M,W 12/1-12/15 7:30pm-8:15pm
Location: Dulles South Rec & Comm Ctr
Activity Number: 205577
Sec Fee Day Date Time
01 $68 M,W 12/21-12/30 7:00pm-7:45pm
02 $68 M,W 1/4-1/13 7:00pm-7:45pm
Location: Dulles South Rec & Comm Ctr
Activity Number: 205577
Sec Fee Day Date Time
01 $85 Sa 1/29-2/26 11:50am-12:35pm
ADULT & PEDIATRIC FIRST AID/CPR/AED
(Ages 12 & up) This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children and infants and meets OSHA/workplace requirements. This is a blended learning course including an online portion and an instructor-led classroom skill session. The online portion must be completed prior to attending the in-class portion and must be taken on a PC or tablet with a high-speed Internet connection. Allow approximately 2 hours 30 minutes to complete the online portion. Upon successful completion of this course, you will receive a digital certificate for Adult and Pediatric First Aid/CPR/AED valid for two years.

Location: Claude Moore Rec & Comm Ctr
Activity Number: 273195

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<tr>
<td>01</td>
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<td>12/18</td>
<td>4:00pm-6:00pm</td>
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<tr>
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<td>1/22</td>
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<td>03</td>
<td>$80</td>
<td>Sa</td>
<td>2/19</td>
<td>4:00pm-6:00pm</td>
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BABYSITTING TRAINING & CPR
(Ages 11-16) This class provides youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will teach participants basic childcare, leadership skills, how to develop a babysitting business and ways to keep themselves and others safe and help children behave. The course also includes first aid and Pediatric CPR training.

Location: Claude Moore Rec & Comm Ctr
Activity Number: 273196

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<td>Sa</td>
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<td>9:00am-4:00pm</td>
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<tr>
<td>02</td>
<td>$80</td>
<td>Sa</td>
<td>2/12</td>
<td>9:00am-4:00pm</td>
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</tbody>
</table>

CERTIFIED POOL OPERATOR CPO
(Ages 16 & up) This program covers state regulations, swimming pool calculations, filter types and filter selection, circulation systems and pumps, water chemistry and balancing, water testing, spas and warm water pools and aquatic facility management and safety.

Location: Claude Moore Rec & Comm Ctr
Activity Number: 273197

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<tr>
<td>01</td>
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<td>12/4-12/5</td>
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<tr>
<td>03</td>
<td>$350</td>
<td>Sa, Su</td>
<td>2/5-2/6</td>
<td>10:00am-6:00pm</td>
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LIFEGUARD & TRAINING

JUNIOR LIFEGUARDING CAMP
(Ages 11-14) Are you looking to be a future lifeguard but are not quite old enough yet? This week long camp will build the foundational knowledge and skills to be a future lifeguard. Participants will develop water safety knowledge and swimming skills needed for the lifeguard test in addition to fun games and activities throughout the week. Please wear a bathing suit and bring: a towel, lunch, water, and a snack each day. Certificate of completion does not indicate individual is trained to be a lifeguard.

Location: Claude Moore Rec & Comm Ctr
Activity Number: 273193
Sec Fee Day Date Time
01 $200 M-Th 12/27-12/30 9:00am-4:00pm

LIFEGUARD INSTRUCTOR LGI
(Ages 17 & up) Prepares Lifeguard instructor candidates to teach American Red Cross Lifeguard, Lifeguard Blended Learning, Shallow Water Lifeguard, Aquatic Attraction Lifeguard, Waterpark Skills, CPR/AED for Professional Rescuers and Bloodborne Pathogens Training. Prerequisites:
Minimum age: 17 years, possess a current American Red Cross Lifeguard Certificate and pass the swim test.

Location: Claude Moore Rec & Comm Ctr
Activity Number: 273193
Sec Fee Day Date Time
01 $360 F 2/4 5:00pm-9:00pm
Sa-Su 2/5-2/6 8:00am-6:00pm

LIFEGUARD REVIEW
(Ages 15 & up) With successful completion of this course, students will be recertified as a Lifeguard through the American Red Cross. To pass the swim test you must be able to complete a 300-yard swim, get a 10lb brick from the bottom of at least 9ft of water and be able to swim it to the side and tread water for 2 minutes with legs only. Bring a swimsuit and towel to every class. Attendance is mandatory. Must be on-time for all classes. Pre-requisites: Must hold a current American Red Cross Lifeguard Certificate and pass the swim test.

Location: Claude Moore Rec & Comm Ctr
Activity Number: 273192
Sec Fee Day Date Time
01 $100 Sa,Su 12/18-12/19 9:00am-3:30pm
02 $100 Sa,Su 1/22-1/23 9:00am-3:30pm

LIFEGUARDING WITH OXYGEN
(Ages 15 & up) With successful completion of this course, students will be certified as a Lifeguard through the American Red Cross. To pass the swim test you must be able to complete a 300 yard swim, get a 10lb brick from the bottom of at least 9ft of water and be able to swim it to the side and tread water for 2 mins with legs only. Bring a swim suit and towel to every class. Attendance is mandatory. Must be on-time for Pre-requisite test date and classes. Pre-requisites: Must be 15 by the last class. Must have passed the swim test at one of the pre-requisite test dates and have completed the online portion before the first day of class.

Location: Claude Moore Rec & Comm Ctr
Activity Number: 205478
Sec Fee Day Date Time
01 $360 M-Th 12/20-12/23 9:00am-3:30pm
02 $360 Sa,Su 1/22-1/23 9:00am-3:30pm

Location: Dulles South Rec & Comm Ctr
Activity Number: 205478
Sec Fee Day Date Time
01 $360 M,F-Su 12/17-12/20 9:00am-5:00pm
02 $360 M,F-Su 1/20-1/23 9:00am-5:00pm
03 $360 M,F-Su 2/18-2/21 9:00am-5:00pm