LODGE & COMMUNITY CENTER
Matthew Murphy
Aquatics Coordinator, 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
24950 Riding Center Drive
South Riding, VA 20152
571-258-3456

FRANKLIN PARK POOL
Rick Quest
Park Manager, Richard.Quest@loudoun.gov
17501 Franklin Park Dr,
Purcellville, VA 20132
540-338-7492

ROUND HILL AQUATICS CENTER
Genie Rovang
Manager, rhac@loudoun.gov
17010 Evening Star Drive
Round Hill, VA 20141

LOVETTSVILLE COMMUNITY CENTER POOL
Darby Charles
Manager, lovcc@loudoun.gov
57 E Broad Way,
Lovettsville, VA 20180
540-822-5508
Please follow this color focus guide when selecting courses.

**STARBABIES™ & STARTOTS™**
- trust & comfort
- body postions
- submersion
- air recovery & roll over
- forward movement

**STARFISH STARKIDS™ & SWIM SCHOOL™**
- trust & submersion
- body position & air recovery
- forward movement & direction change
- rotary movement
- integrated movement

**STARFISH STROKE ACADEMY™**
- freestyle
- backstroke
- butterfly
- breaststroke
- endurance

For full Starfish Swimming Curriculum™ please scan:
STARBABIES™ & STARTOTS™

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: Claude Moore Rec & Comm Ctr
Activity Number: 473171
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STARTOTS™
(Ages 18 months-3 years) 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.
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Activity Number: 473271
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Location: Round Hill Aquatics
Activity Number: 432170
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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 on the interest list and you will be contacted when lessons become available; or contact the center for more information.

PRIVATE: 4 lessons $150
SEMI-PRIVATE: 4 lessons $100 per swimmer

CLAUDE MOORE RECREATION & COMMUNITY CENTER
ACTIVITY NUMBER: 473073-01

DULLES SOUTH RECREATION & COMMUNITY CENTER
ACTIVITY NUMBER: 405299-01

ROUND HILL AQUATIC CENTER
EMAIL: RHAC@LOUDOUN.GOV
## STARKIDS™

### STARKIDS

(Ages 3-5) Students will practice submersion with recovery to the surface, breath control, jumping in and climbing out, as well as learning important safety skills and behavior around water. No pre-requisites or swim evaluation needed for entry into this class. Progression to the next level is contingent on meeting the pre-requisites of the StarKids RED class.

**Location:** Claude Moore Rec & Comm Ctr  
**Activity Number:** 473371

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**Location:** Dulles South Rec & Comm Ctr

**Activity Number:** 405275

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**Location:** Franklin Park

**Activity Number:** 466150

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**Location:** Lovettsville Com Ctr

**Activity Number:** 428101

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**Location:** Round Hill Aquatics

**Activity Number:** 432171

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## STARKIDS

(Ages 3-5) This class focuses on forward movement and changing direction in the water, and will introduce treading water, swimming underwater, streamline kicking, arm pulls, combined kick and pull on front and back, and breath control. Pre-requisites for this class: Jump in, submerge, recover for air, roll onto back for 5 seconds.

**Location:** Claude Moore Rec & Comm Ctr

**Activity Number:** 473372

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**Location:** Dulles South Rec & Comm Ctr

**Activity Number:** 405276

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**STARKIDS™**

(Ages 3-5) This class focuses on rotary and integrated movement in the water. Students will practice kicking, pulling, streamline, side glide, and side breathing with the benchmark of swimming 10yds with some rotary breathing. Pre-requisites for this class: Jump in, submerge, recover for air, kick and pull forward 10 ft on front and back, change direction and return to wall, using swim-roll-swim to breathe technique.

Location: Claude Moore Rec & Comm Ctr
Activity Number: 473374
01 $90 Tu,Th 7/5-7/28 5:50pm-6:20pm
02 $90 Sa 6/4-7/9 10:20am-10:50am
03 $57 Sa 7/16-8/13 10:20am-10:50am

**SWIMSCHOOL™**

(Ages 6-12) This beginner clinic 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, as well as learning important safety skills and behavior around water. No Pre-requisites or swim evaluation needed for entry into this class.

Location: Claude Moore Rec & Comm Ctr
Activity Number: 473381
Sec Fee Day Date Time
01 $45 M,W 6/20-6/29 5:10pm-5:40pm
02 $45 M,W 7/18-7/27 5:10pm-5:40pm
03 $45 Sa 6/4-6/25 9:00am-9:30am
04 $34 Sa 7/30-8/13 9:00am-9:30am

Location: Dulles South Rec & Comm Ctr
Activity Number: 405279
Sec Fee Day Date Time
01 $45 M-Th 6/27-7/30 4:40pm-5:10pm
02 $45 M-Th 7/18-7/21 4:40pm-5:10pm
03 $45 M-Th 8/1-8/4 4:40pm-5:10pm
04 $45 M-Th 8/15-8/18 4:40pm-5:10pm

Location: Franklin Park
Activity Number: 466250
01 $45 M-Th 6/20-6/29 9:15am-9:45am
02 $45 M-Th 6/27-6/30 9:15am-9:45am

Location: Lovettsville Com Ctr
Activity Number: 428201
01 $90 M-Th 6/20-6/30 9:05am-9:35am
02 $68 Tu,Th 7/12-7/28 5:30pm-6:00pm
03 $90 Tu,Th 8/2-8/25 5:30pm-6:00pm

Location: Round Hill Aquatics
Activity Number: 432174
Sec Fee Day Date Time
01 $90 M-Th 7/4-7/14 8:30am-9:00am
02 $90 M-Th 7/18-7/28 8:30am-9:00am

**SWIMSCHOOL™**

(Ages 6-12) This clinic will practice front and back float, front and back streamline, and rolling from front to back to front while focusing on body positioning and air recovery in the water. Pre-requisites for this class: Assisted submersion, relaxed for 5 seconds; then come up to breathe or swim evaluation needed for entry into this class.

Location: Claude Moore Rec & Comm Ctr
Activity Number: 473382
Sec Fee Day Date Time
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02 $79 M,W 7/6-7/27 5:50pm-6:10pm
03 $68 M,W 8/1-8/17 5:50pm-6:10pm
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05 $57 Sa 7/16-8/13 9:40am-10:10am

Location: Dulles South Rec & Comm Ctr
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<td>7/18-7/28</td>
<td>7:20pm-7:50pm</td>
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<td>Tu,Th</td>
<td>8/2-8/25</td>
<td>7:20pm-7:50pm</td>
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<td>07</td>
<td>$57</td>
<td>Sa</td>
<td>7/16-8/31</td>
<td>10:20am-10:50am</td>
</tr>
<tr>
<td>Location: Dulles South Rec &amp; Comm Ctr</td>
<td>Activity Number: 405281</td>
<td>01</td>
<td>$79</td>
<td>M,W</td>
<td>6/20-7/13</td>
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<td>02</td>
<td>$68</td>
<td>M,W</td>
<td>8/8-8/24</td>
<td>5:20pm-5:50pm</td>
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<td>03</td>
<td>$68</td>
<td>Tu,Th</td>
<td>7/12-7/28</td>
<td>5:20pm-5:50pm</td>
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<td>04</td>
<td>$45</td>
<td>Sa</td>
<td>7/23-8/13</td>
<td>9:50am-10:20am</td>
</tr>
<tr>
<td>Location: Franklin Park</td>
<td>Activity Number: 466270</td>
<td>01</td>
<td>$90</td>
<td>M-Th</td>
<td>7/4-7/14</td>
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<td>02</td>
<td>$90</td>
<td>M-Th</td>
<td>7/18-7/28</td>
<td>9:15am-9:45am</td>
</tr>
<tr>
<td>Location: Lovettsville Com Ctr</td>
<td>Activity Number: 428203</td>
<td>01</td>
<td>$90</td>
<td>M-Th</td>
<td>7/18-7/28</td>
</tr>
<tr>
<td></td>
<td>02</td>
<td>$90</td>
<td>M-Th</td>
<td>8/1-8/11</td>
<td>9:40am-10:10am</td>
</tr>
<tr>
<td>Location: Round Hill Aquatics</td>
<td>Activity Number: 432273</td>
<td>01</td>
<td>$68</td>
<td>Sa</td>
<td>6/4-7/16</td>
</tr>
<tr>
<td></td>
<td>02</td>
<td>$90</td>
<td>M,W</td>
<td>6/6-6/29</td>
<td>4:45pm-5:15pm</td>
</tr>
</tbody>
</table>

**SWIMSCHOOL™ (Ages 6-12)**

This class focuses on forward movement and direction change in the water. Class will introduce treading water, swimming underwater, streamline kicking, arm pulls, combined kick and pull on front and back, and breath control. Pre-requisites for this class: Jump in, submerge, recover for air, roll onto back for 5 seconds.

| Activity Number: 405280 | 01 | $79 | M,W   | 6/20-7/13 | 5:20pm-5:50pm|
|                        | 02 | $68 | M,W   | 8/8-8/24  | 5:20pm-5:50pm|
|                        | 03 | $68 | Tu,Th  | 7/12-7/28 | 5:20pm-5:50pm|
|                        | 04 | $45 | Sa   | 7/23-8/13 | 9:50am-10:20am|
| Location: Franklin Park | Activity Number: 466270 | 01 | $90 | M-Th   | 7/4-7/14  | 9:15am-9:45am|
|                        | 02 | $90 | M-Th   | 7/18-7/28 | 9:15am-9:45am|
| Location: Lovettsville Com Ctr | Activity Number: 428203 | 01 | $90 | M-Th   | 7/18-7/28 | 9:05am-9:35am|
|                        | 02 | $90 | M-Th   | 8/1-8/11  | 9:40am-10:10am|
| Location: Round Hill Aquatics | Activity Number: 432273 | 01 | $68 | Sa   | 6/4-7/16  | 9:00am-9:30am|
|                        | 02 | $90 | M,W   | 6/6-6/29  | 4:45pm-5:15pm|

**SWIMSCHOOL™**

(Ages 6-12) This class will practice kicking, pulling, streamline, side glide, and side breathing with the benchmark of swimming 10yds with some rotary breathing and overarm pulls. Class will introduce diving and survival floating. Pre-requisites for this class: Jump in, submerge, recover for air, kick-and-pull forward 10 ft on front and back, change direction and return to wall, using swim-roll-swim to breathe technique.

| Activity Number: 405280 | 01 | $79 | M,W   | 6/6-6/29  | 7:10pm-7:40pm|
|                        | 02 | $79 | M,W   | 7/6-7/27  | 7:10pm-7:40pm|
|                        | 03 | $68 | M,W   | 8/1-8/17  | 7:10pm-7:40pm|
|                        | 04 | $90 | Tu,Th  | 6/7-6/30  | 7:20pm-7:50pm|
|                        | 05 | $90 | Tu,Th  | 7/5-7/28  | 7:20pm-7:50pm|
|                        | 06 | $68 | Tu,Th  | 8/2-8/18  | 7:20pm-7:50pm|
|                        | 07 | $57 | Sa   | 7/16-8/31 | 10:20am-10:50am|
| Location: Dulles South Rec & Comm Ctr | Activity Number: 473384 | 01 | $68 | M,W   | 6/6-6/29  | 7:10pm-7:40pm|
|                        | 02 | $68 | Tu,Th  | 6/21-7/7  | 6:00pm-6:30pm|
|                        | 03 | $79 | M,W   | 8/2-8/23  | 6:00pm-6:30pm|
|                        | 04 | $45 | Sa   | 6/23-7/16 | 11:15am-11:45am|
|                        | 05 | $45 | Sa   | 7/23-8/13 | 11:15am-11:45am|
| Location: Franklin Park | Activity Number: 466280 | 01 | $90 | M-Th   | 7/4-7/14  | 9:15am-9:45am|
|                        | 02 | $90 | M-Th   | 7/18-7/28 | 9:15am-9:45am|
| Location: Round Hill Aquatics | Activity Number: 432274 | 01 | $68 | Sa   | 6/4-7/16  | 10:30am-11:00am|
ADULT SWIMSCHOOL

(Ages 18 & Up) This 45-min. intermediate-level class for adults focuses on forward movement in the water through learning gliding, arm and leg movements, and breath control; as well as water safety skills such as a survival float and treading water. Pre-requisites: Jump in, submerge, and recover for air, roll onto back for 5 seconds. Progresses into Adult Stroke Academy.

Location: Claude Moore Rec & Comm Ctr
Activity Number: 473672
Sec Fee Day Date Time
01 $68 Tu 6/7-6/28 7:40pm-8:25pm
03 $102 Tu,Th 8/2-8/18 7:40pm-8:25pm

Location: Dulles South Rec & Comm Ctr
Activity Number: 405576
01 $102 M,W 8/8-8/24 7:20pm-8:05pm

TEEN SWIMSCHOOL

(Ages 13-17) This 45-min. beginning swim class for teens focuses on growing comfortable in the water while also learning essential water safety skills. Students will work on submersion with breath control and recovery to the surface, and front and back floating. No Pre-requisites or swim evaluation needed for entry into this class.

Location: Dulles South Rec & Comm Ctr
Activity Number: 405475
Sec Fee Day Date Time
01 $119 M,W 6/20-7/13 7:20pm-8:05pm

ADULT SWIMSCHOOL

(Ages 18 & Up) This 45-min. beginning swim class for adults focuses on growing comfortable in the water while also learning essential water safety skills. Students will work on submersion with breath control and recovery to the surface, and front and back floating. No Pre-requisites or swim evaluation needed for entry into this class.

Location: Claude Moore Rec & Comm Ctr
Activity Number: 473671
Sec Fee Day Date Time
01 $136 M,W 6/6-6/29 6:00pm-6:45pm
02 $119 M,W 7/6-7/27 6:00pm-6:45pm
03 $102 M,W 8/1-8/17 6:00pm-6:45pm

Location: Dulles South Rec & Comm Ctr
Activity Number: 405575
01 $102 Tu,Th 6/21-7/7 7:20pm-8:05pm
STROKE ACADEMY

(Ages 6-12) This class will focus on freestyle and backstroke, with an introduction to breaststroke and butterfly. Students will practice drills and learn techniques to develop efficient strokes. Pre-requisites:

Start in side-glide, swim overarm pulls with kick 30 ft with rotary breathing or pass a swim evaluation.

Location: Claude Moore Rec & Comm Ctr
Activity Number: 473481

Location: Dulles South Rec & Comm Ctr
Activity Number: 405283

Location: LoVettsville Com Ctr
Activity Number: 428204

Location: Round Hill Aquatics
Activity Number: 405285

STROKE ACADEMY

(Ages 6-12) This 45-minute class is the most advanced Stroke Academy class and will incorporate all four strokes, freestyle, backstroke, butterfly, while working on building endurance. Students will also practice starts and turns and racing dives. Pre-requisites: Able to perform multiple lengths of freestyle and backstroke during class and perform at least 4 strokes of butterfly in good form.

Location: Claude Moore Rec & Comm Ctr
Activity Number: 473483

Location: Dulles South Rec & Comm Ctr
Activity Number: 405285

Location: Round Hill Aquatics
Activity Number: 405285

TEEN STROKE ACADEMY

(Ages 13-17) This 45-minute class will teach freestyle, backstroke, and breaststroke, as well as water safety skills. Pre-requisites: Must have achieved all SwimSchool benchmarks or have passed a swim evaluation.

ADULT STROKE ACADEMY

(Ages 18 & Up) This 45-minute class will teach freestyle, backstroke, and breaststroke, as well as water safety skills. Pre-requisites: Must have achieved all SwimSchool benchmarks or have passed a swim evaluation.

Location: Claude Moore Rec & Comm Ctr
Activity Number: 473673

Sec Fee Day Date Time
01 $45 Tu 6/7-6/28 6:00pm-6:30pm
02 $45 Tu 7/5-7/26 6:00pm-6:30pm
03 $68 Tu,Th 8/2-8/18 5:20pm-5:50pm

Sec Fee Day Date Time
01 $68 M,W 7/18-8/3 6:40pm-7:10pm
02 $68 Tu,Th 8/2-8/23 6:40pm-7:10pm
03 $79 Tu,Th 8/2-8/23 6:40pm-7:10pm
04 $45 Sa 7/23-8/13 11:50am-12:20pm

Sec Fee Day Date Time
01 $90 M,Th 8/2-8/23 7:20pm-8:05pm
02 $119 Tu,Th 8/2-8/23 7:20pm-8:05pm
03 $102 Tu,Th 8/2-8/23 6:50pm-7:35pm
04 $102 Tu,Th 8/2-8/23 6:50pm-7:35pm
05 $90 M,W 8/1-8/24 11:15am-11:45am

Sec Fee Day Date Time
01 $68 Sa 6/4-7/16 11:15am-11:45am
02 $90 M,W 6/6-6/29 6:15pm-6:45pm
03 $68 M,W 7/11-7/27 6:15pm-6:45pm
04 $57 Sa 7/23-8/20 11:15am-11:45am
05 $90 M,W 8/1-8/24 11:15am-11:45am

Sec Fee Day Date Time
01 $90 M,W 6/6-6/29 6:00pm-6:30pm
02 $90 M,W 6/6-6/29 6:00pm-6:30pm
03 $68 M,W 7/6-7/27 6:00pm-6:30pm
04 $68 M,W 7/6-7/27 6:00pm-6:30pm
05 $68 M,W 8/1-8/24 6:00pm-6:30pm

Sec Fee Day Date Time
01 $90 M,Th 8/1-8/3 6:00pm-6:30pm
02 $90 M,Th 8/1-8/3 6:00pm-6:30pm
03 $68 M,W 8/21-7/7 6:00pm-6:30pm
04 $68 M,W 8/21-7/7 6:00pm-6:30pm
05 $68 M,W 8/21-7/7 6:00pm-6:30pm

Sec Fee Day Date Time
01 $68 M,W 6/6-6/29 6:15pm-6:45pm
02 $68 M,W 6/6-6/29 6:15pm-6:45pm
03 $68 M,W 6/6-6/29 6:15pm-6:45pm
04 $68 M,W 6/6-6/29 6:15pm-6:45pm
05 $68 M,W 6/6-6/29 6:15pm-6:45pm

Sec Fee Day Date Time
01 $68 M,W 7/11-7/27 6:15pm-6:45pm
02 $68 M,W 7/11-7/27 6:15pm-6:45pm
03 $68 M,W 7/11-7/27 6:15pm-6:45pm
04 $68 M,W 7/11-7/27 6:15pm-6:45pm
05 $68 M,W 7/11-7/27 6:15pm-6:45pm

Location: Dulles South Rec & Comm Ctr
Activity Number: 405284

Location: Round Hill Aquatics
Activity Number: 432276

Location: Round Hill Aquatics
Activity Number: 405285

Location: Round Hill Aquatics
Activity Number: 405285

Location: Claude Moore Rec & Comm Ctr
Activity Number: 473482

Location: Claude Moore Rec & Comm Ctr
Activity Number: 473482

Location: Claude Moore Rec & Comm Ctr
Activity Number: 473673

Sec Fee Day Date Time
01 $68 Tu 7/5-7/26 7:40pm-8:25pm
02 $68 Tu 7/5-7/26 7:40pm-8:25pm
03 $68 Tu 7/5-7/26 7:40pm-8:25pm
04 $68 Tu 7/5-7/26 7:40pm-8:25pm
05 $68 Tu 7/5-7/26 7:40pm-8:25pm

Location: Dulles South Rec & Comm Ctr
Activity Number: 405284

Location: Round Hill Aquatics
Activity Number: 432276

Location: Round Hill Aquatics
Activity Number: 405285

Location: Round Hill Aquatics
Activity Number: 405285

Location: Claude Moore Rec & Comm Ctr
Activity Number: 473482

Location: Claude Moore Rec & Comm Ctr
Activity Number: 473482

Location: Claude Moore Rec & Comm Ctr
Activity Number: 473673

Sec Fee Day Date Time
01 $68 Tu 7/5-7/26 6:00pm-6:30pm
02 $68 Tu 7/5-7/26 6:00pm-6:30pm
03 $68 Tu,Th 8/2-8/18 5:20pm-5:50pm
04 $68 Tu,Th 8/2-8/18 5:20pm-5:50pm
05 $68 Tu,Th 8/2-8/18 5:20pm-5:50pm
LIFEGUARD & TRAINING

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: 473495
Sec Fee Day Date Time
01 $80 Sa 6/4 4:00pm-6:00pm
02 $80 Sa 7/23 4:00pm-6:00pm

BABYSITTING TRAINING & CPR
(Ages 11-15) 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: 473496
Sec Fee Day Date Time
01 $80 Sa 6/4 9:00am-4:00pm

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: 473497
Sec Fee Day Date Time
01 $350 Sa,Su 7/30-7/31 10:00am-6:00pm

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 Red Cross certificate for LIFEGUARD/FIRST AID/CPR/AED, complete the online session for the Lifeguard Instructor course and complete the pre-course session. A link to the online material will be provided.
Location: Claude Moore Rec & Comm Ctr
Activity Number: 473493
Sec Fee Day Date Time
01 $360 F-Su 6/17-6/19 5:00pm-9:00pm
02 $360 F-Su 7/8-7/10 8:00am-6:00pm
03 $360 F-Su 8/5-8/7 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: 473492
Sec Fee Day Date Time
01 $100 Sa,Su 6/4-6/5 10:00am-3:30pm
02 $100 Sa,Su 7/23-7/24 10:00am-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: 473491
Sec  Fee  Day Date  Time
01  $360  M-Th  6/27-6/30  9:00am-4:00pm
02  $360  M-Th  8/8-8/11  9:00am-4:00pm
Location: Dulles South Rec & Comm Ctr
Activity Number: 405478
Sec  Fee  Day Date  Time
01  $360  M,F-Su 6/24-6/27  9:00am-5:00pm
02  $360  M,F-Su 7/22-7/25  9:00am-5:00pm
03  $360  M,F-Su 8/19-8/22  9:00am-5:00pm

JUNIOR LIFEGUARD 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. This camp includes the CPR/AED/First Aid certificate. 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: 473899
Sec  Fee  Day Date  Time
01  $250  M-F  6/20-6/24  9:00am-4:00pm
02  $250  M-F  7/18-7/22  9:00am-4:00pm