Angel ParrisWheeler  
Aquatics Manager  
Angel.Parriswheeler@loudoun.gov  
742 Miller Drive  
Leesburg VA 20177  
571-367-8388

CLAUDE MOORE RECREATION & 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

ROUND HILL AQUATICS CENTER  
Genie Rovang  
Aquatics Center 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™**
- trust & comfort
- body postitions
- 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:
**STAR BABIES**

(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: 173171

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**STARTOTS**

(Ages 18 months-3 years) This Parent/Child class will incorporate toys, songs, and games to splash and play as children learn elementary water safety skills and develop trust and comfort in the water with their parent. Class will introduce sliding and jumping in, going under the water, breath control, recovering to floating position, and returning to the wall, and then climbing out to safety, with assistance. Class also teaches body positions and movement in the water, and front and back float. Children will learn about the safe use of lifejackets in the water and Reach or Throw...Don't Go.

Location: Claude Moore Rec/Comm Ctr
Activity Number: 173271

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Location: Round Hill Aquatics
Activity Number: 132170

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STARKIDS

STARKIDS (Ages 3-5) This beginner 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, and 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: 173371

Sec  Fee  Day  Date     Time
01  $34  M,W  9/7-9/14  5:20pm-5:50pm
02  $45  M,W  10/3-10/12  5:20pm-5:50pm

Location: Dulles South Rec & Comm Ctr
Activity Number: 105602

Sec  Fee  Day  Date     Time
01  $45  M,W  9/7-9/19  3:30pm-4:00pm
02  $45  M,W  10/5-10/19  3:30pm-4:00pm
03  $45  M,W  11/9-11/21  3:30pm-4:00pm
04  $45  Tu,Th  9/20-9/29  3:30pm-4:00pm
05  $45  Tu,Th  10/18-10/27  3:30pm-4:00pm
06  $34  Tu,Th  11/15-11/22  3:30pm-4:00pm

Location: Round Hill Aquatics
Activity Number: 132171

Sec  Fee  Day  Date     Time
01  $68  Tu,Th  9/13-9/29  4:00pm-4:30pm
02  $90  Tu,Th  10/4-10/27  4:00pm-4:30pm
03  $68  Tu,Th  11/1-11/17  4:00pm-4:30pm

STARKIDS

STARKIDS RED class.

Location: Dulles South Rec & Comm Ctr
Activity Number: 105603

Sec  Fee  Day  Date     Time
01  $79  Tu,Th  11/1-11/22  5:10pm-5:40pm

Location: Round Hill Aquatics
Activity Number: 132172

Sec  Fee  Day  Date     Time
01  $68  Sa  9/10-10/15  9:45am-10:15am
02  $68  Tu,Th  9/13-9/29  4:00pm-4:30pm
03  $90  Tu,Th  10/4-10/27  4:00pm-4:30pm
04  $57  Sa  10/22-11/19  9:45am-10:15am
05  $68  Tu,Th  11/1-11/17  4:00pm-4:30pm
STARKIDS™

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. Progression to the next level is contingent on meeting the pre-requisites of the StarKids BLUE/GREEN class.

Location: Claude Moore Rec/Comm Ctr
Activity Number: 173373

Sec  Fee  Day  Date      Time
01  $79  Tu, Th  11/1-11/22  6:00pm-6:30pm

Location: Dulles South Rec & Comm Ctr
Activity Number: 105604

01  $79  M, W  10/3-10/26  4:10pm-4:50pm
02  $79  M, W  10/3-10/26  6:20pm-6:50pm
03  $68  M, W  11/2-11/21  5:00pm-5:30pm
04  $90  Tu, Th  9/6-9/29  5:00pm-5:30pm
05  $90  Tu, Th  9/6-9/29  6:20pm-6:50pm
06  $90  Tu, Th  10/4-10/27  4:10pm-4:50pm
07  $79  Tu, Th  11/1-11/22  4:10pm-4:50pm
08  $79  Tu, Th  11/1-11/22  5:40pm-6:10pm

Location: Round Hill Aquatics
Activity Number: 132173

01  $68  Sa  9/10-10/15  9:45am-10:15am
02  $68  M, W  9/12-9/28  4:00pm-4:30pm
03  $68  Tu, Th  9/13-9/29  4:45pm-5:15pm
04  $90  M, W  10/3-10/26  4:00pm-4:30pm
05  $90  Tu, Th  10/4-10/27  4:45pm-5:15pm
06  $57  Sa  10/22-11/19  9:45am-10:15am
07  $68  M, W  10/31-11/16  4:00pm-4:30pm
08  $68  Tu, Th  11/1-11/17  4:45pm-5:15pm

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. Class will introduce diving and survival floating. Pre-requisites for this class: Jump in, submerge, recover for air, kick and pull forward 3 m/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: 173374

Sec  Fee  Day  Date      Time
01  $79  Tu, Th  11/1-11/29  6:40pm-7:10pm

Location: Dulles South Rec & Comm Ctr
Activity Number: 105605

01  $68  M, W  11/9-11/21  5:00pm-5:30pm
02  $90  Tu, Th  10/4-10/27  5:40pm-6:10pm
03  $90  Tu, Th  10/4-10/27  7:00pm-7:30pm
04  $79  Tu, Th  11/1-11/22  6:20pm-6:50pm

Location: Round Hill Aquatics
Activity Number: 132174

01  $68  Tu, Th  9/13-9/29  4:45pm-5:15pm
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**SWIM SCHOOL**

(Ages 6-12) 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, 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 Swim School RED class.

Location: Claude Moore Rec/Comm Ctr
Activity Number: 173381
Sec Fee Day Date Time
01 $45 M,W 9/19-9/28 5:20pm-5:50pm
02 $45 M,W 11/7-11/16 5:20pm-5:50pm
Location: Dulles South Rec & Comm Ctr
Activity Number: 105606
01 $45 M,W 9/21-10/3 3:30pm-4:00pm
02 $45 M,W 10/24-11/10 3:30pm-4:00pm
03 $45 Tu,Th 11/6-9/15 3:30pm-4:00pm
04 $45 Tu,Th 10/4-10/13 3:30pm-4:00pm
05 $45 Tu,Th 10/14-10/23 3:30pm-4:00pm
Location: Round Hill Aquatics
Activity Number: 132271
01 $68 Tu,Th 9/13-9/29 5:30pm-6:00pm
02 $90 Tu,Th 10/4-10/27 5:30pm-6:00pm
03 $68 Tu,Th 11/1-11/17 5:30pm-6:00pm

**SWIM SCHOOL**

(Ages 6-12) This class focuses on body position and air recovery. Students will practice front and back float, front and back streamline, and rolling from front to back to front. 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. Progression to the next level is contingent on meeting the pre-requisites of the Swim School YELLOW class.

Location: Claude Moore Rec/Comm Ctr
Activity Number: 173381
Sec Fee Day Date Time
01 $45 M,W 9/21-10/3 3:30pm-4:00pm
02 $45 M,W 10/24-11/10 3:30pm-4:00pm
03 $45 Tu,Th 11/6-9/15 3:30pm-4:00pm
04 $45 Tu,Th 10/4-10/13 3:30pm-4:00pm
05 $45 Tu,Th 10/14-10/23 3:30pm-4:00pm
Location: Round Hill Aquatics
Activity Number: 132271
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02 $90 Tu,Th 10/4-10/27 5:30pm-6:00pm
03 $68 Tu,Th 11/1-11/17 5:30pm-6:00pm

**SWIM SCHOOL**

(Ages 6-12) This class focuses on forward movement and direction change in the water. Class will introduce treading water, swimming underwater, streamline kicking, combined kick and pull on front and back, overarm pulls, rolling from side to back, and breath control. Pre-requisites for this class: Jump in, submerge, recover for air, roll onto back with kicking and finning for 5 seconds. Progression to the next level is contingent on meeting the pre-requisites of the Swim School BLUE/GREEN class.

Location: Claude Moore Rec/Comm Ctr
Activity Number: 173383
Sec Fee Day Date Time
01 $79 M,W 9/17-9/28 6:40pm-7:10pm
02 $79 M,W 10/3-10/26 6:40pm-7:10pm
03 $90 M,W 11/2-11/30 6:40pm-7:10pm
Location: Dulles South Rec & Comm Ctr
Activity Number: 105608
Sec Fee Day Date Time
01 $79 M,W 9/17-9/28 6:20pm-6:50pm
02 $79 M,W 10/3-10/26 5:40pm-6:10pm
03 $68 M,W 11/2-11/30 5:40pm-6:10pm
04 $90 Tu,Th 9/6-9/29 5:40pm-6:10pm
05 $90 Tu,Th 9/6-9/29 6:20pm-6:50pm
06 $90 Tu,Th 10/4-10/27 6:20pm-6:50pm
07 $90 Tu,Th 10/4-10/27 5:40pm-6:10pm
08 $90 Tu,Th 10/4-10/27 6:20pm-6:50pm
09 $79 Tu,Th 11/1-11/22 6:20pm-6:50pm
Location: Round Hill Aquatics
Activity Number: 132273
01 $68 Sa 9/10-10/15 10:30am-11:00am
02 $68 Tu,Th 9/13-9/29 6:15pm-6:45pm
03 $68 Tu,Th 9/13-9/29 5:30pm-6:00pm
04 $68 M,W 10/3-10/26 4:45pm-5:15pm
05 $68 Tu,Th 10/4-10/27 5:30pm-6:00pm
06 $57 Sa 10/22-11/19 9:00am-9:30am
07 $68 M,W 10/31-11/16 4:45pm-5:15pm
08 $68 Tu,Th 11/1-11/17 5:30pm-6:00pm
### Swim School

**Ages 6-12** 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. Class will introduce diving and survival floating. Pre-requisites for this class: Jump in, submerge, recover for air, kick and pull forward 3 m/10 ft on front and back, change direction and return to wall, using swim-roll-swim to breathe technique. Progression to the next level is contingent on meeting the pre-requisites of the Stroke Academy WHITE/RED class.

- **Location:** Claude Moore Rec/Comm Ctr
- **Activity Number:** 173384

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

### Teen Swim School

**Ages 12-17** This 45-min. intermediate-level class for teens 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. Students can progress to Teen Stroke Academy once they are able to jump in, recover for air, kick-and-pull on their front or back 25 feet, change direction in the water, survival float, and tread water at least 30 seconds.

- **Location:** Dulles South Rec & Comm Ctr
- **Activity Number:** 105614

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### Adult Swim School

**Ages 18 & Up** This beginning swim class for adults is 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. No Pre-requisites or swim evaluation needed for entry into this class. Progression to the next level is contingent on being able to enter the water, submerge, return to the surface to breathe, and going into a back float for 5 seconds.

- **Location:** Claude Moore Rec/Comm Ctr
- **Activity Number:** 173671

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

### Teen Swim School

**Ages 12-17** This 45-min. intermediate-level class for adults is 45-minutes long and focuses on forward movement through stroke development, gliding and breath control. Students will learn water safety skills such as a survival float and treading water. Students can progress to Adult Stroke Academy once they are able to start in side glide, swim overarm pulls with kick 30 feet with rotary breathing or pass a swim evaluation.

- **Location:** Dulles South Rec & Comm Ctr
- **Activity Number:** 105611

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### Adult Swim School

**Ages 18 & Up** This intermediate-level class for adults is 45-minutes long and focuses on forward movement through stroke development, gliding and breath control. Students will learn water safety skills such as a survival float and treading water. Students can progress to Adult Stroke Academy once they are able to start in side glide, swim overarm pulls with kick 30 feet with rotary breathing or pass a swim evaluation.

- **Location:** Dulles South Rec & Comm Ctr
- **Activity Number:** 173672

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</table>
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. Promotion to the next level is contingent on meeting the pre-requisites of Stroke Academy YELLOW/BLUE.

Location: Claude Moore Rec/Comm Ctr
Activity Number: 173481

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Location: Dulles South Rec & Comm Ctr
Activity Number: 105610

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Location: Round Hill Aquatics
Activity Number: 132275

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<td>M, W</td>
<td>10/31-11/16</td>
<td>5:30pm-6:00pm</td>
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STROKE ACADEMY  (Ages 6-12) This class will review freestyle and backstroke and will focus on learning the proper technique for breaststroke and butterfly. Pre-requisites: Pass the Stroke Academy WHITE/RED benchmarks or pass a swim evaluation. Promotion to the next level is contingent on meeting the pre-requisites of Stroke Academy GREEN.

Location: Claude Moore Rec/Comm Ctr
Activity Number: 173482

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Location: Dulles South Rec & Comm Ctr
Activity Number: 105611

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Location: Round Hill Aquatics
Activity Number: 132276

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</table>
STROKE ACADEMY (Ages 6-12) This 45-minute class is the most advanced Stroke Academy class and will incorporate all four strokes: freestyle, backstroke, breaststroke, and butterfly, while working on building endurance. Students will also practice starts, turns, and racing dives. Pre-requisites: Able to perform multiple lengths of freestyle and backstroke, 25 yards of breaststroke, and at least 4 strokes of butterfly in good form.

Location: Claude Moore Rec/Comm Ctr
Activity Number: 173483

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Location: Dulles South Rec & Comm Ctr
Activity Number: 105612

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ADULT STROKE ACADEMY (Ages 18 & up) This class will allow students to develop all 4 strokes at their own pace. Students will practice drills and learn techniques to develop efficient strokes. Pre-requisites: Start in side-glide, swim overarm pulls with kick 30 feet with rotary breathing or pass a swim evaluation.

Location: Claude Moore Rec/Comm Ctr
Activity Number: 173673

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<td>7:40pm-8:25pm</td>
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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: 173895
Sec Fee Day Date Time
01 $80 Sa 9/24-9/24 4:30pm-6:30pm
02 $80 Sa 10/15-10/15 4:30pm-6:30pm

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: 173896
Sec Fee Day Date Time
01 $80 Sa 10/15-10/15 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: 173897
Sec Fee Day Date Time
01 $350 Sa,Su 10/8-10/9 10:00am-6:00pm
02 $350 Sa,Su 11/5-11/6 10:00am-6:00pm

LIFEGUARD INSTRUCTOR LGI
(Ages 17 & up) Prepares Lifeguard instructor candidates to teach American Red Cross Lifeguard, Lifeguard Blend- ed 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: 173893
Sec Fee Day Date Time
01 $360 Sa,Su 10/1-10/2 8:00am-6:00pm

LIFEGUARD REVIEW WITH OXYGEN
(Ages 15 & up) With successful completion of this course, students will be recertified as a Lifeguard with Oxygen training 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: 173892
Sec Fee Day Date Time
01 $100 Sa,Su 9/17-9/25 9:00am-4:00pm
02 $100 Sa,Su 10/1-10/2 8:00am-6:00pm

LIFEGUARDING WITH OXYGEN
(Ages 15 & up) With successful completion of this course, students will be certified as a Lifeguard with Oxygen training through the American Red Cross. To pass the swim test you must be able to complete a 300-yard swim, tread water for 2 mins with legs only, get a 10lb brick from the bottom of at least 9ft of water and be able to swim it to the side. Attendance is mandatory and you must be on-time for all classes to meet certification requirements. Bring a swimsuit and towel to every class. Pre-requisites: Must be 15 by the last class and pass the swim test.
Location: Claude Moore Rec/Comm Ctr
Activity Number: 173891
Sec Fee Day Date Time
01 $360 Sa,Su 9/30 5:00pm-9:00pm
02 $360 Sa,Su 10/29-10/30 9:00am-3:30pm

Location: Dulles South Rec & Comm Ctr
Activity Number: 105617
Sec Fee Day Date Time
01 $360 F 9/30 5:00pm-9:00pm
02 $360 F 10/21-10/23 9:00am-5:00pm
03 $75 F 11/18-11/20 9:00am-5:00pm