

Covington Recreation Guide

Summer 2014



*New athletic programs
come to the city's parks
& recreation department*

*Unique summer camps
will help kids pass the
time this summer*

*All new programs
scheduled just for
kids and teens*



Covington
parksandrecreation

Register online at www.CovingtonWA.gov or call
the Covington Aquatic Center at (253) 480-2480.

Details inside 

Kid and Teen Programs

Kids Programs

BRICKS 4 KIDZ

The **Bricks 4 Kidz**® LEGO® program teaches S.T.E.M. initiative and provide an atmosphere for kids to build unique creations, learn & play and have loads of fun using LEGO® bricks.

ANIMAL GROSSOLOGY

Spend the week discovering the zany biology of animals as we explore fascinating facts about the animal kingdom, focusing on a “creature of the day”. Build a different animal LEGO® model each day and fill your “Animal Grossology” booklet with crazy and cool facts to become a certified Bricks 4 Kidz Grossologist!

3241 | Mon-Fri | June 23-June 27 | 9:00am-12:00pm
Ages 6-12 | \$175.00 | Community Room in City Hall

BRICK OLYMPICS

Explore Olympic games ranging from gymnastics to biking to soccer! Campers love the way the models move and the fun they have playing with them after they're built - hitting a plastic golf ball with the mini-golf model, watching the gymnast spin around the bar and many more exciting challenges!

3242 | Mon-Fri | June 23-June 27 | 1:00pm-4:00pm
Ages 6-12 | \$175.00 | Community Room in City Hall

ENGINEERING CHALLENGE-FOR KIDS!

Build things, float things, make things go! Using the Engineering Design Process, and everyday materials like straws, balloons, paperclips and tape, you'll team up to solve a different challenge each day. Get some science and physics know-how to help you in your quest, and then test your design and try to make it even better. Participants may attend a single class day, or the entire week. Preregistration required.

3253 | Mon-Thur | July 07-July 10 | 1:00pm-3:00pm
Ages 8-12 | \$75.00 | Community Room in City Hall

3254 | Mon-Thur | Aug 18-Aug 21 | 1:00pm-3:00pm
Ages 8-12 | \$75.00 | Community Room in City Hall

DAVINCI'S PLAYGROUND SERIES

In this 4-day series, we'll explore and create as Leonardo DaVinci did: as an artist, a scientist, an engineer, an inventor, and more! Daily themes are: Monday - Bodies in Motion; Tuesday - How You See It; Wednesday - Making Waves; and Thursday - Simple Machines. Preregistration Required.

3251 | Mon-Thur | July 07-July 10 | 9:00am-12:00pm
Ages 8-12 | \$110.00 | Community Room in City Hall

3252 | Mon-Thur | Aug 18-Aug 21 | 9:00am-12:00pm
Ages 8-12 | \$110.00 | Community Room in City Hall

STEAMBOAT STUDIO

Steamboat Studio offers unique and engaging classes for kids and adults. Our programs draw from diverse elements of art, science, engineering, and culture, with an emphasis on hands-on learning and

exploration to create fun, engaging programs that will bring out the artist, inventor, and innovator in you!

PASSPORT TO ART AND CULTURE

Travel around the world of art and culture! Explore a different country or region each day and create artwork and crafts inspired by them. You'll explore the cultural traditions of each region, including art, music, and food. It's a journey for all the senses! Preregistration required.

3246 | Mon-Thur | June 30-July 03 | 9:00am-12:00pm
Ages 8-12 | \$110.00 | Community Room in City Hall

3247 | Mon-Thur | Aug 11-Aug 14 | 9:00am-12:00pm
Ages 8-12 | \$110.00 | Community Room in City Hall

K-6 ARTS AND CRAFTS TIME

Join us for a fun and creative time making arts and crafts! Choose one of our project ideas, or come up with one of your own. We'll bring a wide variety of supplies each week including paints, pastels, pencils, paper, markers, glue, yarn, tape, and more! Limit 30 participants. Pre-registration guarantees your space in class. Drop-in on a space available basis.

3248 | Fridays | July 11-Aug 22 | 9:00am-11:00am
Ages 5-12 | \$20.00/class day or 6 session punch card \$99
Community Room in City Hall

3249 | Tuesday | July 01 and Aug 12 | 1:00pm-3:00pm
Ages 5-12 | \$20.00/class day | Community Room in City Hall

3250 | Thursday | July 03 and Aug 14 | 1:00pm-3:00pm
Ages 5-12 | \$20.00/class day | Community Room in City Hall

Teen Programs

TEEN PUNCH CARD PROGRAM

Purchase a 6-session punch card valid for any of our Summer Teen Classes for \$99!

TEEN TIME TRAVEL: ANCIENT ART AND CULTURE

Travel through time to explore the art and culture of ancient civilizations, and create historically inspired art in this fun, engaging class that's just for teens!

Greece - 3300 | Monday | July 14
Scandinavia - 3301 | Monday | July 21
Persia - 3302 | Monday | July 28
Egypt - 3303 | Monday | August 04

All Classes are 9:00am-11:00am | Ages 13+ | \$20.00 per class or \$75.00 for full sessions (4) | Community Room in City Hall

ART EXPLORATION FOR TEENS

Explore a variety of artistic techniques in a casual, relaxed atmosphere.

Clay Printmaking - 3304 | Wednesday | July 16
Sumi Ink - 3305 | Wednesday | July 23
Batik - 3306 | Wednesday | July 30
Impasto Painting - 3307 | Wednesday | August 06

Kid and Teen Programs

All classes are 9:00-11:00am | Ages 13+ | \$20.00 per class or \$75.00 for full session (4) | Community Room in City Hall

TEEN ART STUDIO

Relax and enjoy time to create anything you'd like! We'll bring a variety of supplies like oil and chalk pastels, watercolor and acrylic paints, paint brushes, drawing pencils and various art papers. Instructor will be available to answer questions and provide tips on technique. Limit 30 participants. Pre-registration recommended. Drop-in on a space available basis.

3308 | Monday | June 30 | 1:00pm-3:00pm
Ages 13+ | \$20.00

3309 | Wednesday | July 02 | 1:00pm-3:00pm
Ages 13+ | \$20.00 | Community Room in City Hall

3310 | Monday | August 11 | 1:00pm-3:00pm
Ages 13+ | \$20.00 | Community Room in City Hall

3311 | Wednesday | August 13 | 1:00pm-3:00pm
Ages 13+ | \$20.00 | Community Room in City Hall

ENGINEERING CHALLENGE, REAL WORLD EDITION

Think you can design the fastest balloon powered car? Maybe so, but can you do it in a limited time, and with a limited budget? In this fun, fast-paced class, we're adding a Real World twist to this classic design challenge. Make a quick concept sketch to "sell" your idea and get funding. Then, with your play money budget, you'll "shop" for supplies, including everyday materials like straws, balloons, tape, and cardboard, plus a few time-savers and performance enhancers for extra dough! Then you or your team will try to build your balloon-powered car before time runs out! What design choices will you make? How will your concept stack up against the rest? Will your balloon powered car win the race? Join us for a fun, fast-paced class where smart choices can help you come out on top! Limit 30 participants. Preregistration recommended. Drop-in on a space available basis

3312 | Wednesday | July 11 | 2:00pm-4:00pm
Ages 13+ | \$20.00 | Community Room in City Hall

ENGINEERING CHALLENGE, FAST & FURIOUS EDITION

We'll have 3 different fast-paced challenges that will test your knowledge, creativity, and resourcefulness. Get some quick science and physics tips to get started, then use everyday materials like craft sticks, tape, and rubber bands, to build, lift, and launch your way to success! Limit 30 participants. Preregistration recommended. Drop-in on a space available basis.

3313 | Friday | August 22 | 2:00pm-4:00pm
Ages 13+ | \$20.00 | Community Room in City Hall

SKYHAWKS SUMMER SPORTS CAMPS

Register at www.skyhawks.com | 1.800.804.3509

BASKETBALL CAMP

This fun, skill-intensive program is designed for beginning to

intermediate athletes. An active week of passing, shooting, dribbling and rebounding makes this one of our most popular programs. Boys and girls will also learn vital life lessons such as respect, teamwork and responsibility. Participants should bring a lunch, a snack, a water bottle and wear appropriate clothing and gym shoes. Each participant will receive a T-shirt, a ball, and a player evaluation.

3243 | Mon-Thur | June 30-July 03 | 9:00am-3:00pm
Ages 7-12 | \$119.00 | Kentlake High School

SOCCER CAMP

Skyhawks is the nation's #1 camp for learning the fundamentals of soccer. Using our progression curriculum, boys and girls will gain the technical skills & sport knowledge required for that next step into soccer. Please wear appropriate clothing, shin guards, and cleats or comfortable shoes. Bring a lunch, a snack, a water bottle, and sunscreen. Each participant will receive a T-shirt, a ball, and a player evaluation.

3244 | Mon-Fri | July 07-July 11 | 9:00am-3:00pm
Ages 7-12 | \$145.00 | Covington Community Park

FLAG FOOTBALL CAMP

Boys and girls learn skills on both sides of the football including the core components of passing, catching and defense - all in a fun and positive environment. Please wear appropriate clothing and running shoes. Bring a water bottle, sunscreen, and two snacks. Each participant will receive a T-shirt, a ball, and a player evaluation.

3245 | Mon-Fri | July 21-July 25 | 9:00am-12:00pm
Ages 7-12 | \$109.00 | Covington Community Park

GYMNASTICS SUMMER CAMP

Our five day Summer Gymnastic Camp will be offering crafts, T-shirt, and a gymnastics medal. We will also be working on all events, tramp, and playing in our Wacky World inflatable. All a part of a fun five days at Hart's gymnastics. Hart's will provide a simple snack and campers should bring a sack lunch. Located at Hart's Gymnastic Center.

3228 | Mon-Fri | July 14-July 18 | 8:00 am-3:00 pm
Ages 6 – 12 | \$125.00/1 child \$200/2 siblings \$250/ 3 Siblings

3229 | Mon-Fri | Aug 11-Aug 15 | 8:00 am-3:00 pm
Ages 6 – 12 | \$125.00/1 child \$200/2 siblings \$250/ 3 Siblings

KENTWOOD YOUTH TRACK & FIELD SUMMER CAMP

The Kentwood Track and Field Youth Summer Camp exists to teach participants the basic components of Track & Field. Campers will be exposed to all event areas of Track & Field and will have multiple opportunities to learn and practice. Each participant will receive a camp T-shirt and daily snacks. The camp is run by Steve Roche the head Track and Field coach at Kentwood High School, as well as assistant coaches, and current and former Kentwood athletes. Parents are encouraged to come on Friday for a camp Track Meet.

3220 | Mon-Fri | July 07-July 11 | 9:00am-12:00pm
Ages 6-14 | \$75.00 | Kentwood High School

Athletics

SUMMER ADULT SOFTBALL

The City of Covington Parks and Recreation Department is excited to announce Summer Coed Adult Softball. Softball league registration is accepted online at www.covingtonwa.gov/athletics or by calling (253) 480-2480. Don't have a team? Become a Free Agent and you will be combined to form a team. Online registration is also available for Free Agents.

FALL SPORTS - REGISTRATION COMING SOON

FALL SOCCER - YOUTH AGES 2-12

Soccer practices are weeknights and begin the week of Aug. 25. Games are Saturdays and begin Sept. 6 and end Oct. 25 (8 games). Practices and games are held at Covington schools and fields. Picture day is Saturday, Sept. 13. Coaches and sponsors are always needed. Each participant will receive a team t-shirt and new participants will receive a ball. Registration deadline is July 31, after which participants will be placed on a space available basis with a \$15 late fee.

Co-ed Team Division Toddler (Age 2) - Program Fee \$50
Co-ed Team Divisions 3/4 and 5/6 - Program Fee \$58
Gender Specific Division 7/8-Program Fee \$58
Gender Specific Divisions 9/10, 11/12 - Program Fee \$68

FLAG FOOTBALL - YOUTH AGES 7-12

Football practices are weeknights and begin the week of Aug. 25. Games are Saturdays and begin Sept. 6 and end Oct. 25 (8 games). Practices and games are held at Covington schools and fields. Picture day is Saturday, Sept. 13. Coaches and sponsors are always needed. Participants will receive a team t-shirt and new participants will receive a ball. Registration deadline is July 31, after which participants will be placed on a space available basis with a \$15 late fee.

Co-ed Team Divisions 7/8, 9/10, and 11/12- Program Fee \$68

KIDZ LOVE SOCCER

Kidz Love Soccer has been providing communities with fun, organized soccer classes and camps for children ages 2 - 12 for years. Our team of trained instructors love teaching and bring a lot of energy and enthusiasm to the soccer field. Our youth classes teach kids all the fundamentals of soccer in a high-energy, non-competitive program designed to encourage good sportsmanship and a love for sports.

MOMMY/DADDY & ME SOCCER (Ages 2-3½ years)

Introduce yourself and your toddler to the world's most popular sport! Through our age-appropriate activities, your child will be developing their large motor and socialization skills. In Mommy/Daddy & Me Soccer parents are a part of the action!

3101 | Thursdays | July 10-August 7 | 5:15-5:45pm
Ages 2-3½ | \$53.00 | Covington Community Park

TOT/PRE-SOCCER (Ages 3½-5 years)

Little tykes will enjoy running and kicking just like the big kids! Children will learn the basic techniques of the game while building self-esteem and learning to follow instructions in a nurturing teaching environment. Shin guards are required after the first meeting.

3102 | Thursdays | July 10-August 7 | 4:30-5:05pm
Ages 3½-5 | \$53.00 | Covington Community Park

INCLEMENT WEATHER HOTLINE 253.480.2490

Call for up to date Covington Parks and Recreation program/event adjustments and rainouts due to poor weather.

RECREATION & ATHLETICS REFUND POLICY

Full refunds, less ActiveNet online registration fee(s) will be given for any Recreation and Athletics program postponed, rescheduled or cancelled by the Covington Parks and Recreation Department.

Recreation and Athletics program credits and refunds must be requested at least one week prior to the start of the program. An administrative fee of \$10.00 per student will be assessed for each Recreation or Athletics program refund processed.

All Recreation and Athletics program credits and refunds requests made less than one week prior to the start of a program must be pre-approved and will only be given due to an extended illness or injury when verified by a healthcare professional and will carry a \$10.00 administrative fee per student for processing.

No program make-ups or discounts will be given for absences. No refunds or credits will be given once a program has begun. Some programs have specific refund policies. Please check prior to registration.

SOCCER 1 (Ages 5-6 years)

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting.

3203 | Thursdays | July 10-August 7 | 3:45-4:30 pm
Ages 5-6 | \$53.00 | Covington Community Park

SOCCER 2 – SKILLZ & SCRIMMAGES (Ages 7-10 years)

Kidz will enjoy advanced skill building: dribbling, passing, receiving, shooting, etc. in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. All skill levels are welcome to come enjoy the world's most popular sport! Each participant receives a Kidz Love Soccer jersey! Shin guards are required.

3204 | Thursdays | July 10-August 7 | 6:00-6:45 pm
Ages 7-10 | \$63.00 | Covington Community Park

Fitness

ZUMBA

Come join the "Fitness Party" and dance your way to fitness using fun, high-energy Latin and international rhythms. It's easy to do, effective and exhilarating! No experience is necessary.

3406 | Tue/Thur | July 1- July 31 | 5:30-6:30pm
Ages 14+ | \$50.00 10 classes or Punch Card 5 Visits \$30

3407 | Tue/Thur | Aug 4- Aug 28 | 5:30-6:30pm
Ages 14+ | \$40.00 8 classes or Punch Card 5 Visits \$30

Gymnastics & Dance

HART'S GYMNASTIC CENTER

The following classes will be held at Hart's Gymnastic Center www.hartsgymnastics.com

GYMNASTICS-GIRLS (Ages 6 – 12 years)

At Hart's Gymnastic Center we combine the fun with fitness while offering you the best gymnastic instruction in the Northwest!

3208 | Mondays | July 07- July 28 | 5:00-5:55 pm | \$58.00
3209 | Mondays | July 07- July 28 | 6:00-6:55 pm | \$58.00
3210 | Wednesdays | July 09- July 30 | 5:00-5:55 pm | \$58.00
3211 | Wednesdays | July 09- July 30 | 6:00-6:55 pm | \$58.00
3212 | Saturdays | July 12- Aug 02 | 10:00-10:55 am | \$58.00
3213 | Saturdays | July 12- Aug 02 | 11:00-11:55 am | \$58.00
3214 | Mondays | Aug 04- Aug 25 | 5:00-5:55 pm | \$58.00
3215 | Mondays | Aug 04- Aug 25 | 6:00-6:55 pm | \$58.00
3216 | Wednesdays | Aug 06- Aug 27 | 5:00-5:55 pm | \$58.00
3217 | Wednesdays | Aug 06- Aug 27 | 6:00-6:55 pm | \$58.00
3218 | Saturdays | Aug 09- Aug 30 | 10:00-10:55 am | \$58.00
3219 | Saturdays | Aug 09- Aug 30 | 11:00-11:55 am | \$58.00

GYMNASTICS-BOYS (Ages 6 – 12 years)

Boys will learn beginning level skills on the six Olympic men's events while also enjoying the trampoline and loose foam pits.

3226 | Wednesdays | July 9-July 30 | 5:00-5:55 pm | \$58.00
3227 | Wednesdays | Aug 6- Aug 27 | 5:00-5:55 pm | \$58.00

GYMNASTICS-PRESCHOOL (Ages 3 - 5 years)

In the Preschool classes your child will be introduced to basic movement and gymnastics.

3105 | Mondays | July 7-July 28 | 5:00-5:45 pm | \$50.00
3106 | Wednesdays | July 9-July 30 | 3:00-3:45 pm | \$50.00
3107 | Wednesdays | July 9-July 30 | 5:00-5:45 pm | \$50.00
3108 | Saturdays | July 12-Aug 02 | 10:00-10:45 am | \$50.00
3109 | Saturdays | July 12-Aug 02 | 11:00-11:45 am | \$50.00
3110 | Mondays | Aug 04-Aug 25 | 5:00-5:45 pm | \$50.00
3111 | Wednesdays | Aug 06-Aug 27 | 3:00-3:45 pm | \$50.00
3112 | Wednesdays | Aug 06-Aug 27 | 5:00-5:45 pm | \$50.00
3113 | Saturdays | Aug 09-Aug 30 | 10:00-10:45 am | \$50.00
3114 | Saturdays | Aug 09-Aug 30 | 11:00-11:45 am | \$50.00

GYMNASTICS-MOVEMENT (Ages 16 mos. - 3 years)

Our Parent & Tot class is the ideal place to have organized safe fun exploring movement with your child in a gymnastic environment.

3103 | Saturdays | July 12-Aug 02 | 9:00-9:45 am | \$50.00
3104 | Saturdays | Aug 09-Aug 30 | 9:00-9:45 am | \$50.00

DANCE ARTS COVINGTON

All dance classes will be held at Dance Arts studio - 31040 E Lake Morton Dr SE Kent, WA 98042.

DISNEY PRINCESSES AND FRIENDS (Ages 5 – 8 years)

Each day we will focus on a different princess and incorporate dancing, acting, arts, and crafts to go with the theme. A performance for family and friends will be held on the last day of each camp. Wear comfortable clothes to move in and ballet slippers.

3224 | Mon-Thur | June 16-June 20 | 10:00am-12:30pm | \$120.00
3225 | Mon-Thur | June 23-June 27 | 10:00am-12:30pm | \$120.00
3228 | Mon-Thur | July 14- July 18 | 10:00am-12:30pm | \$120.00
3229 | Mon-Thur | July 21-July 25 | 10:00am-12:30pm | \$120.00
3230 | Mon-Thur | July 28- Aug 01 | 10:00am-12:30pm | \$120.00

POP STARS (Ages 9 – 13 years)

Have you ever wanted to star in a music video? Well now here's your chance! Students will get to create their own video performance incorporating dancing, lip syncing, fashion, Please bring a water bottle and a snack. Parents are welcome to observe the performances on the last day of camp. Wear comfortable clothes to move in and clean sneakers.

3231 | Mon-Thur | June 16-June 20 | 10:00am-12:30pm | \$120.00
3232 | Mon-Thur | June 23-June 27 | 10:00am-12:30pm | \$120.00
3233 | Mon-Thur | July 14- July 18 | 10:00am-12:30pm | \$120.00
3234 | Mon-Thur | July 21-July 25 | 10:00am-12:30pm | \$120.00
3235 | Mon-Thur | July 28- Aug 01 | 10:00am-12:30pm | \$120.00

DANCE BOOT CAMP (Ages 11 – 15 years)

Get in Shape, have fun, and make new friends! Students will work out to a combination of ballet, jazz, contemporary, and hip hop styles. Bring a water bottle! Wear comfortable clothes to move in and clean tennis shoes. Bring ballet slippers, and jazz shoes, or foot undeez if you have them, but not mandatory to participate.

3236 | Mon-Thur | June 16-June 20 | 12:30pm-2:30pm | \$120.00
3237 | Mon-Thur | June 23-June 27 | 12:30pm-2:30pm | \$120.00
3238 | Mon-Thur | July 14- July 18 | 12:30pm-2:30pm | \$120.00
3239 | Mon-Thur | July 21-July 25 | 12:30pm-2:30pm | \$120.00
3240 | Mon-Thur | July 28- Aug 01 | 12:30pm-2:30pm | \$120.00

Aquatics

COVINGTON AQUATIC CENTER

All Parent & Child, Preschool & Child, and Learn-to-Swim Aquatics classes are scheduled for 30 minutes with availability scheduled between the listed time ranges.

PARENT & CHILD AQUATICS

This is a split-level class of both Parent & Child Level 1 and Level 2. A parent or guardian must accompany the infant or child in the water. Our instructors follow a plan to introduce new swimming and water safety skills that are developmentally appropriate for infants and young children. It is important to understand this program is not designed to teach children to become good swimmers or survive in the water on their own, rather we teach infants and young children to enter and exit the water safely, feel comfortable in the water, submerge and explore breath control, explore floating on the back and front, and play safely in the water.

3111.01 | Sun | June 29- August 24 | 9:30-12:00pm | Ages 6 mo-4 yrs | \$54.00 (CDF \$44.00) 8 classes (No class 7/6/14)

3111.26 | Mon-Fri | June 16- June 27 | 8:00-12:00pm | Ages 6 mo-4 yrs | \$67.50 (CDF \$55.00) 10 classes

3211.26 | Mon-Fri | June 30-July 11 | 8:00-12:00pm | Ages 6 mo-4 yrs | \$60.75 (CDF \$49.50) 9 classes (No class 7/4/14)

3311.26 | Mon-Fri | July 14-July 25 | 8:00-12:00pm | Ages 6 mo-4 yrs | \$67.50 (CDF \$55.00) 10 classes

3411.26 | Mon-Fri | July 28-August 8 | 8:00-12:00pm | Ages 6 mo-4 yrs | \$67.50 (CDF \$55.00) 10 classes

3511.26 | Mon-Fri | August 11-August 22 | 8:00-12:00pm | Ages 6 mo-4 yrs | \$67.50 (CDF \$55.00) 10 classes

3111.24 | Mon/Wed | June 23- July 23 | 4:00-7:00pm | Ages 6 mo-4 yrs | \$67.50 (CDF \$55.00) 10 classes

3211.24 | Mon/Wed | July 28-August 27 | 4:00-7:00pm | Ages 6 mo-4 yrs | \$67.50 (CDF \$55.00) 10 classes

3111.35 | Tue/Thu | June 24- July 24 | 4:00-7:00pm | Ages 6 mo-4 yrs | \$67.50 (CDF \$55.00) 10 classes

3211.35 | Tue/Thu | July 29-August 28 | 4:00-7:00pm | Ages 6 mo-4 yrs | \$67.50 (CDF \$55.00) 10 classes

3111.06 | Fri | June 27-August 29 | 4:00-7:00pm | Ages 6 mo-4 yrs | \$60.75 (CDF \$49.50) 9 classes (No class 7/4/14)

3111.07 | Sat | June 28-August 30 | 9:00-12:00pm | Ages 6 mo-4 yrs | \$60.75 (CDF \$49.50) 9 classes (No class 7/5/14)

PRESCHOOL AQUATICS

For each level of Preschool Aquatics, our instructors follow a plan to introduce new swimming and water safety skills that are developmentally appropriate for young children. Certain milestones are necessary for successful completion of each Preschool Aquatics level. It is quite common for children to participate in several sessions of a level before they are able to successfully demonstrate all the skills

to move on. That's okay! It is not important how quickly they move through a level, but that they acquire each skill.

PRESCHOOL AQUATICS LEVEL 1

Milestones include: entering the water independently using the ladder, steps, or side and travel at least five yards; submerging mouth and blowing bubbles for at least three seconds; exiting the water safely; gliding on front for at least two body lengths; rolling to back and floating for three seconds; and recovering to a vertical position.

3121.01 | Sun | June 29- August 24 | 9:30-12:00pm | Ages 4-5 | \$76.00 (CDF \$62.00) 8 classes (No class 7/6/14)

3121.26 | Mon-Fri | June 16- June 27 | 8:00-12:00pm | Ages 4-5 | \$95.00 (CDF \$77.50) 10 classes

3221.26 | Mon-Fri | June 30-July 11 | 8:00-12:00pm | Ages 4-5 | \$85.50 (CDF \$69.75) 9 classes (No class 7/4/14)

3321.26 | Mon-Fri | July 14-July 25 | 8:00-12:00pm | Ages 4-5 | \$95.00 (CDF \$77.50) 10 classes

3421.26 | Mon-Fri | July 28-August 8 | 8:00-12:00pm | Ages 4-5 | \$95.00 (CDF \$77.50) 10 classes

3521.26 | Mon-Fri | August 11-August 22 | 8:00-12:00pm | Ages 4-5 | \$95.00 (CDF \$77.50) 10 classes

3121.24 | Mon/Wed | June 23- July 23 | 4:00-7:00pm | Ages 4-5 | \$95.00 (CDF \$77.50) 10 classes

3221.24 | Mon/Wed | July 28-August 27 | 4:00-7:00pm | Ages 4-5 | \$95.00 (CDF \$77.50) 10 classes

3121.35 | Tue/Thu | June 24- July 24 | 4:00-7:00pm | Ages 4-5 | \$95.00 (CDF \$77.50) 10 classes

3221.35 | Tue/Thu | July 29-August 28 | 4:00-7:00pm | Ages 4-5 | \$95.00 (CDF \$77.50) 10 classes

3121.06 | Fri | June 27-August 29 | 4:00-7:00pm | Ages 4-5 | \$85.50 (CDF \$69.75) 9 classes (No class 7/4/14)

3121.07 | Sat | June 28-August 30 | 9:00-12:00pm | Ages 4-5 | \$85.50 (CDF \$69.75) 9 classes (No class 7/5/14)

PRESCHOOL AQUATICS LEVEL 2

Milestones include: gliding on front at least two body lengths; rolling to back, floating on back for five seconds then recovering to a vertical position; gliding on back for at least two body lengths; rolling to front, floating for five seconds then recovering to a vertical position; swimming using combined arm and leg actions on front for three body lengths; and rolling to back, floating for five seconds, rolling to front then continuing to swim on front for three body lengths.

3122.01 | Sun | June 29- August 24 | 9:30-12:00pm | Ages 4-5 | \$76.00 (CDF \$62.00) 8 classes (No class 7/6/14)

3122.26 | Mon-Fri | June 16- June 27 | 8:00-12:00pm | Ages 4-5 | \$95.00 (CDF \$77.50) 10 classes

Aquatics

3222.26| Mon-Fri| June 30-July 11 | 8:00-12:00pm
Ages 4-5 | \$85.50 (CDF \$69.75) 9 classes (No class 7/4/14)

3322.26| Mon-Fri| July 14-July 25 | 8:00-12:00pm
Ages 4-5 | \$95.00 (CDF \$77.50) 10 classes

3422.26| Mon-Fri| July 28-August 8 | 8:00-12:00pm
Ages 4-5 | \$95.00 (CDF \$77.50) 10 classes

3522.26| Mon-Fri| August 11-August 22 | 8:00-12:00pm
Ages 4-5 | \$95.00 (CDF \$77.50) 10 classes

3122.24| Mon/Wed| June 23- July 23 | 4:00-7:00pm
Ages 4-5 | \$95.00 (CDF \$77.50) 10 classes

3222.24| Mon/Wed| July 28-August 27 | 4:00-7:00pm
Ages 4-5 | \$95.00 (CDF \$77.50) 10 classes

3122.35| Tue/Thu| June 24- July 24 | 4:00-7:00pm
Ages 4-5 | \$95.00 (CDF \$77.50) 10 classes

3222.35| Tue/Thu| July 29-August 28 | 4:00-7:00pm
Ages 4-5 | \$95.00 (CDF \$77.50) 10 classes

3122.06| Fri| June 27-August 29 | 4:00-7:00pm
Ages 4-5 | \$85.50 (CDF \$69.75) 9 classes (No class 7/4/14)

3122.07| Sat| June 28-August 30 | 9:00-12:00pm
Ages 4-5 | \$85.50 (CDF \$69.75) 9 classes (No class 7/5/14)

PRESCHOOL AQUATICS LEVEL 3

Milestones include: stepping from the side into chest-deep water; moving into a front float for five seconds, rolling to back, floating for five seconds then recovering to a vertical position; moving into a back float for five seconds, rolling to front then recovering to a vertical position; pushing off and swimming using combined arm and leg actions on front for five body lengths; rolling to back, floating for 15 seconds, rolling to front then continuing to swim for five body lengths.

3123.01| Sun| June 29- August 24 | 9:30-12:00pm
Ages 4-5 | \$76.00 (CDF \$62.00) 8 classes (No class 7/6/14)

3123.26| Mon-Fri| June 16- June 27 | 8:00-12:00pm
Ages 4-5 | \$95.00 (CDF \$77.50) 10 classes

3223.26| Mon-Fri| June 30-July 11 | 8:00-12:00pm
Ages 4-5 | \$85.50 (CDF \$69.75) 9 classes (No class 7/4/14)

3323.26| Mon-Fri| July 14-July 25 | 8:00-12:00pm
Ages 4-5 | \$95.00 (CDF \$77.50) 10 classes

3423.26| Mon-Fri| July 28-August 8 | 8:00-12:00pm
Ages 4-5 | \$95.00 (CDF \$77.50) 10 classes

3523.26| Mon-Fri| August 11-August 22 | 8:00-12:00pm
Ages 4-5 | \$95.00 (CDF \$77.50) 10 classes

3123.24| Mon/Wed| June 23- July 23 | 4:00-7:00pm
Ages 4-5 | \$95.00 (CDF \$77.50) 10 classes

3223.24| Mon/Wed| July 28-August 27 | 4:00-7:00pm

Ages 4-5 | \$95.00 (CDF \$77.50) 10 classes

3123.35| Tue/Thu| June 24- July 24 | 4:00-7:00pm
Ages 4-5 | \$95.00 (CDF \$77.50) 10 classes

3223.35| Tue/Thu| July 29-August 28 | 4:00-7:00pm
Ages 4-5 | \$95.00 (CDF \$77.50) 10 classes

3123.06| Fri| June 27-August 29 | 4:00-7:00pm
Ages 4-5 | \$85.50 (CDF \$69.75) 9 classes (No class 7/4/14)

3123.07| Sat| June 28-August 30 | 9:00-12:00pm
Ages 4-5 | \$85.50 (CDF \$69.75) 9 classes (No class 7/5/14)

LEARN TO SWIM AQUATICS

For every level of Learn-to-Swim, our instructors follow a plan to introduce new swimming and water safety skills and build on previously learned skills. It is common for children to participate in several sessions of a Learn-to-Swim level before they successfully demonstrate each skill to move on.

LEARN TO SWIM AQUATICS LEVEL 1

Milestones include: entering the water independently using ladder, steps, or side; traveling at least five yards, bobbing three times then safely exiting the water; gliding on front supported at least two body lengths; rolling to a back float for three seconds with support; and recovering to a vertical position with support.

3131.01| Sun| June 29- August 24 | 9:30-12:00pm
Ages 6-15 | \$76.00 (CDF \$62.00) 8 classes (No class 7/6/14)

3131.26| Mon-Fri| June 16- June 27 | 8:00-12:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3231.26| Mon-Fri| June 30-July 11 | 8:00-12:00pm
Ages 6-15 | \$85.50 (CDF \$69.75) 9 classes (No class 7/4/14)

3331.26| Mon-Fri| July 14-July 25 | 8:00-12:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3431.26| Mon-Fri| July 28-August 8 | 8:00-12:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3531.26| Mon-Fri| August 11-August 22 | 8:00-12:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3131.24| Mon/Wed| June 23- July 23 | 4:00-7:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3231.24| Mon/Wed| July 28-August 27 | 4:00-7:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3131.35| Tue/Thu| June 24- July 24 | 4:00-7:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3231.35| Tue/Thu| July 29-August 28 | 4:00-7:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3131.06| Fri| June 27-August 29 | 4:00-7:00pm
Ages 6-15 | \$85.50 (CDF \$69.75) 9 classes (No class 7/4/14)

Aquatics

3131.07| Sat| June 28-August 30 | 9:00-12:00pm
Ages 6-15 | \$85.50 (CDF \$69.75) 9 classes (No class 7/5/14)

LEARN TO SWIM AQUATICS LEVEL 2

Milestones include: stepping from the side into chest-deep water; moving into a front float for five seconds, rolling to back, floating for five seconds then recovering to a vertical position; moving into a back float for five seconds, rolling to front then recovering to a vertical position; and pushing off and swimming using combined arm and leg actions on front for five body lengths, rolling to the front then continue swimming for five body lengths.

3132.01| Sun| June 29- August 24 | 9:30-12:00pm
Ages 6-15 | \$76.00 (CDF \$62.00) 8 classes (No class 7/6/14)

3132.26| Mon-Fri| June 16- June 27 | 8:00-12:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3232.26| Mon-Fri| June 30-July 11 | 8:00-12:00pm
Ages 6-15 | \$85.50 (CDF \$69.75) 9 classes (No class 7/4/14)

3332.26| Mon-Fri| July 14-July 25 | 8:00-12:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3432.26| Mon-Fri| July 28-August 8 | 8:00-12:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3532.26| Mon-Fri| August 11-August 22 | 8:00-12:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3132.24| Mon/Wed| June 23- July 23 | 4:00-7:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3232.24| Mon/Wed| July 28-August 27 | 4:00-7:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3132.35| Tue/Thu| June 24- July 24 | 4:00-7:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3232.35| Tue/Thu| July 29-August 28 | 4:00-7:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3132.06| Fri| June 27-August 29 | 4:00-7:00pm
Ages 6-15 | \$85.50 (CDF \$69.75) 9 classes (No class 7/4/14)

3132.07| Sat| June 28-August 30 | 9:00-12:00pm
Ages 6-15 | \$85.50 (CDF \$69.75) 9 classes (No class 7/5/14)

LEARN TO SWIM AQUATICS LEVEL 3

Milestones include: Learn-to-Swim Level 3 include: jumping into deep water from the side; swimming the front crawl for 15 yards; maintaining position by treading or floating for 30 seconds; and swimming the elementary backstroke for 15 yards.

3133.01| Sun| June 29- August 24 | 9:30-12:00pm | Ages 6-15 |
\$76.00 (CDF \$62.00) 8 classes (No class 7/6/14)

3133.26| Mon-Fri| June 16- June 27 | 8:00-12:00pm | Ages 6-15 |
\$95.00 (CDF \$77.50) 10 classes

3233.26| Mon-Fri| June 30-July 11 | 8:00-12:00pm | Ages 6-15 |
\$85.50 (CDF \$69.75) 9 classes (No class 7/4/14)

3333.26| Mon-Fri| July 14-July 25 | 8:00-12:00pm | Ages 6-15 | \$95.00
(CDF \$77.50) 10 classes

3433.26| Mon-Fri| July 28-August 8 | 8:00-12:00pm | Ages 6-15 |
\$95.00 (CDF \$77.50) 10 classes

3533.26| Mon-Fri| August 11-August 22 | 8:00-12:00pm | Ages 6-15 |
\$95.00 (CDF \$77.50) 10 classes

3133.24| Mon/Wed| June 23- July 23 | 4:00-7:00pm | Ages 6-15 |
\$95.00 (CDF \$77.50) 10 classes

3233.24| Mon/Wed| July 28-August 27 | 4:00-7:00pm | Ages 6-15 |
\$95.00 (CDF \$77.50) 10 classes

3133.35| Tue/Thu| June 24- July 24 | 4:00-7:00pm | Ages 6-15 |
\$95.00 (CDF \$77.50) 10 classes

3233.35| Tue/Thu| July 29-August 28 | 4:00-7:00pm | Ages 6-15 |
\$95.00 (CDF \$77.50) 10 classes

3133.06| Fri| June 27-August 29 | 4:00-7:00pm | Ages 6-15 | \$85.50
(CDF \$69.75) 9 classes (No class 7/4/14)

3133.07| Sat| June 28-August 30 | 9:00-12:00pm | Ages 6-15 | \$85.50
(CDF \$69.75) 9 classes (No class 7/5/14)

LEARN TO SWIM AQUATICS LEVEL 4

Milestones include: swimming the front crawl for 25 yards; swimming the elementary backstroke for 25 yards; swimming the breaststroke for 15 yards; swimming the back crawl for 15 yards; and open turns on the front and back.

3134.01| Sun| June 29- August 24 | 9:30-12:00pm
Ages 6-15 | \$76.00 (CDF \$62.00) 8 classes (No class 7/6/14)

3134.26| Mon-Fri| June 16- June 27 | 8:00-12:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3234.26| Mon-Fri| June 30-July 11 | 8:00-12:00pm
Ages 6-15 | \$85.50 (CDF \$69.75) 9 classes (No class 7/4/14)

3334.26| Mon-Fri| July 14-July 25 | 8:00-12:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3434.26| Mon-Fri| July 28-August 8 | 8:00-12:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3534.26| Mon-Fri| August 11-August 22 | 8:00-12:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3134.24| Mon/Wed| June 23- July 23 | 4:00-7:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3234.24| Mon/Wed| July 28-August 27 | 4:00-7:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3134.35| Tue/Thu| June 24- July 24 | 4:00-7:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

Aquatics

3134.35 | Tue/Thu | July 29-August 28 | 4:00-7:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3134.06 | Fri | June 27-August 29 | 4:00-7:00pm
Ages 6-15 | \$85.50 (CDF \$69.75) 9 classes (No class 7/4/14)

3134.07 | Sat | June 28-August 30 | 9:00-12:00pm
Ages 6-15 | \$85.50 (CDF \$69.75) 9 classes (No class 7/5/14)

LEARN TO SWIM AQUATICS LEVEL 5

Milestones include: performing a shallow-angle dive into deep water; swimming the front crawl for 50 yards; swimming the breaststroke for 25 yards; and swimming the back crawl for 25 yards.

3135.01 | Sun | June 29- August 24 | 9:30-12:00pm
Ages 6-15 | \$76.00 (CDF \$62.00) 8 classes (No class 7/6/14)

3135.26 | Mon-Fri | June 16- June 27 | 8:00-12:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3235.26 | Mon-Fri | June 30-July 11 | 8:00-12:00pm
Ages 6-15 | \$85.50 (CDF \$69.75) 9 classes (No class 7/4/14)

3335.26 | Mon-Fri | July 14-July 25 | 8:00-12:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3435.26 | Mon-Fri | July 28-August 8 | 8:00-12:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3535.26 | Mon-Fri | August 11-August 22 | 8:00-12:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3135.24 | Mon/Wed | June 23- July 23 | 4:00-7:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3235.24 | Mon/Wed | July 28-August 27 | 4:00-7:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3135.35 | Tue/Thu | June 24- July 24 | 4:00-7:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3235.35 | Tue/Thu | July 29-August 28 | 4:00-7:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3135.06 | Fri | June 27-August 29 | 4:00-7:00pm
Ages 6-15 | \$85.50 (CDF \$69.75) 9 classes (No class 7/4/14)

3135.07 | Sat | June 28-August 30 | 9:00-12:00pm
Ages 6-15 | \$85.50 (CDF \$69.75) 9 classes (No class 7/5/14)

LEARN TO SWIM AQUATICS LEVEL 6

Milestones include: swimming 500 yards continuously using any three strokes of choice, swimming at least 50 yards of each stroke; jumping into deep water and performing a survival float for five minutes; and performing a surface dive, retrieving an object from the bottom of the pool at a depth of 7-10 feet, returning to the surface and returning to the starting point. Once participants complete Level 6 they may want to continue to further refine their strokes or are eligible to participate in our Competitive Swimming class. Participants that are 11-14 years of age are also eligible to participate in our Aquatic Volunteer Academy, which is the first step to becoming a volunteer junior lifeguard and

swim lesson instructor aide.

3136.01 | Sun | June 29- August 24 | 9:30-12:00pm
Ages 6-15 | \$76.00 (CDF \$62.00) 8 classes (No class 7/6/14)

3136.26 | Mon-Fri | June 16- June 27 | 8:00-12:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3236.26 | Mon-Fri | June 30-July 11 | 8:00-12:00pm
Ages 6-15 | \$85.50 (CDF \$69.75) 9 classes (No class 7/4/14)

3336.26 | Mon-Fri | July 14-July 25 | 8:00-12:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3436.26 | Mon-Fri | July 28-August 8 | 8:00-12:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3536.26 | Mon-Fri | August 11-August 22 | 8:00-12:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3136.24 | Mon/Wed | June 23- July 23 | 4:00-7:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3236.24 | Mon/Wed | July 28-August 27 | 4:00-7:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3136.35 | Tue/Thu | June 24- July 24 | 4:00-7:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3236.35 | Tue/Thu | July 29-August 28 | 4:00-7:00pm
Ages 6-15 | \$95.00 (CDF \$77.50) 10 classes

3136.06 | Fri | June 27-August 29 | 4:00-7:00pm
Ages 6-15 | \$85.50 (CDF \$69.75) 9 classes (No class 7/4/14)

3136.07 | Sat | June 28-August 30 | 9:00-12:00pm
Ages 6-15 | \$85.50 (CDF \$69.75) 9 classes (No class 7/5/14)

COMPETITIVE SWIM TRAINING

Competitive Swim Training focuses on the four competitive swimming strokes (crawlstroke, back crawl, breaststroke, and butterfly), swimming drills, endurance, interval training, starts turns, and other competitive swimming skills. Students must be at a Learn-to-Swim Level 6 skill level in the competitive swimming strokes in order to participate in this class.

Competitive Swim Training classes are scheduled for 1-hour with availability scheduled between the listed time ranges.

3151.01 | Sun | June 29- August 24 | 9:30-12:00pm
All Ages | \$120.00 (CDF \$100.00) 8 classes (No class 7/6/14)

3151.26 | Mon-Fri | June 16- June 27 | 8:00-12:00pm
Ages 6-15 | \$150.00 (CDF \$125.00) 10 classes

3251.26 | Mon-Fri | June 30-July 11 | 8:00-12:00pm
Ages 6-15 | \$135 (CDF \$112.50) 9 classes (No class 7/4/14)

3351.26 | Mon-Fri | July 14-July 25 | 8:00-12:00pm
Ages 6-15 | \$150.00 (CDF \$125.00) 10 classes

Aquatics

3451.26 | Mon-Fri | July 28-August 8 | 8:00-12:00pm
Ages 6-15 | \$150.00 (CDF \$125.00) 10 classes

3551.26 | Mon-Fri | August 11-August 22 | 8:00-12:00pm
Ages 6-15 | \$150.00 (CDF \$125.00) 10 classes

3151.24 | Mon/Wed | June 23- July 23 | 4:00-7:00pm
Ages 6-15 | \$150.00 (CDF \$125.00) 10 classes

3251.24 | Mon/Wed | July 28-August 27 | 4:00-7:00pm
Ages 6-15 | \$150.00 (CDF \$125.00) 10 classes

3151.35 | Tue/Thu | June 24- July 24 | 4:00-7:00pm
Ages 6-15 | \$150.00 (CDF \$125.00) 10 classes

3251.35 | Tue/Thu | July 29-August 28 | 4:00-7:00pm
Ages 6-15 | \$150.00 (CDF \$125.00) 10 classes
3151.06 | Fri | June 27-August 29 | 4:00-7:00pm
Ages 6-15 | \$135 (CDF \$112.50) 9 classes (No class 7/4/14)

3151.07 | Sat | June 28-August 30 | 9:00-12:00pm
Ages 6-15 | \$135 (CDF \$112.50) 9 classes (No class 7/5/14)

ADVANCED SWIM TRAINING

This Class is intended for competitive swimmers or lap swimmers, at least 13 years old, who wish to practice their skills, improve their technique, and continue to develop their swimming endurance.

Advanced Swim Training classes are scheduled for one hour with availability scheduled between the listed time ranges.

3161.35 | Tue/Thu | June 24- July 24 | 4:00-7:00pm
Ages 13-Adult | \$95.00 (CDF \$77.50) 10 classes

3261.35 | Tue/Thu | July 29-August 28 | 4:00-7:00pm
Ages 13-Adult | \$95 (CDF \$77.50) 10 classes

3161.07 | Sat | June 28-August 30 | 9:00-12:00pm
Ages 13-Adult | \$85.50 (CDF \$69.75) 9 classes (No class 7/5/14)

LIFEGUARD TRAINING

The American Red Cross Lifeguarding course teaches candidates the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries.

COURSE PREREQUISITES: To enroll in the Lifeguarding course, you must be at least 15 years of age before the last scheduled class session. Please bring proof of age on the first day (driver's license, state identification, birth certificate, or passport). To participate in the lifeguarding course, you must be able to demonstrate the following skills: 300-yard swim - swim 300 yards continuously demonstrating breath control and rhythmic breathing using either the front crawl or breaststroke, or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used. tread water - tread water for two minutes using only the legs and candidates must place their hands under the armpits and keep their head above water; timed event - starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 12 feet, retrieve a 10-pound brick, return

to the surface, swim 20 yards on the back to return to the starting point with both hands on the brick and exit the water without using a ladder or steps. Must be completed within one minute and 40 seconds. Swim goggles are not allowed. Candidates should not swim the return distance underwater. Please bring a swimsuit and towel for the skills evaluation on the first day and for every class.

3191.76 | Sat, Tue-Fri | June 21- June 27 | 8:00-3:00pm
Ages 15-Adult | \$240.00 (CDF \$200.00)

3291.06 | Fri | July 25- August 29 | 3:00-8:00pm
Ages 15-Adult | \$240.00 (CDF \$200.00)

PRIVATE SWIMMING LESSONS

One-on-one swimming lessons are tailored to meet the student's needs. Private lessons are booked individually from available instructors with water space during lessons, although students may enroll in multiple private classes, creating their own "session," depending upon their desired schedule and goals. Private lessons can be structured to allow more individual instruction with standard swimming curriculum or specifically focus on the skills that a student needs to get to the next level. Instructors will work with the students to meet their individual swimming goals. Multiple students may enroll in a lesson on the same transaction at a customer request over-the-phone or in-person at the Covington Aquatic Center, subject to Semi-Private Swimming Lesson fees. Private swimming lessons are scheduled in 30-minute increments.

All Days | Times Vary | All Ages | \$35.00 (CDF \$29.00)
Semi-Private Fees (per student): \$22.00 (CDF \$18.00)

DASH & SPLASH

Dash over to the Covington Aquatic Center and splash into the fun! This great summer day camp keeps you moving with outdoor group games and activities for the first hour, followed by an hour of in-water activities led by our certified American Red Cross Lifeguard and Water Safety Instructors. There will also be opportunities to participate in skill building sessions, such as learning to dive or improving diving or swimming skills. Participants should wear comfortable workout clothing and running shoes to each class and bring a swimming suit, towel, water bottle, and sunscreen. Public swims immediately follow the Dash & Splash camp from 2-4 P.M. throughout the summer. Participants may stay for the public swims by paying the drop-in rate or purchasing an Aqua Membership. A summer Aqua Membership is included in the "Dash & Splash Package."

3181.35.1200 | Tue/Thu | June 24- July 24 | 12:00-2:00pm
Ages 6-14 | \$95.00 (CDF \$77.50)

3281.35.1200 | Tue/Thu | July 29- August 28 | 12:00-2:00pm
Ages 6-14 | \$95.00 (CDF \$77.50)

Dash & Splash Package: Our special summertime Dash & Splash package includes both sessions of Dash & Splash and a 3-Month Youth Aqua Membership - all for the price of a standard 3-Month Aqua Membership! Swim all summer long and enjoy our Dash & Splash camp, all at an affordable price!

Dash & Splash Package \$112.50 (CDF \$93.75)

Aquatics

AQUATIC VOLUNTEER ACADEMY

The Aquatic Volunteer Academy (AVA) course uses a combination of junior lifeguard and Instructor aide training to teach water safety, drowning prevention, and basic swim instruction skills. The course will help develop swimming skills, introduce critical life saving techniques, and cover basic emergency response. Please be aware that while AVA teaches water safety, it is not a lifeguard certification class. Upon successful completion of the course, participants will be eligible to begin volunteering at the Covington Aquatic Center as Junior Lifeguards and Instructor Aides.

COURSE PREREQUISITES: 11-15 years of age, able to swim front crawl stroke for 25 yards, able to tread water for one minute, able to swim under water for 10 feet. The skills evaluation will occur on the first day of the course. Please bring a swimsuit and towel for the skills evaluation and every class. (100% attendance and participation required for successful completion.)

3193.35.1200 | Mon/Wed/Fri | August 4- August 8
2:00-5:00pm | Ages 11-15 | \$40.00 (CDF \$30.00)

DROP-IN DEEP WATER EXERCISE CLASSES

Deep Water Exercise Classes give one of the greatest aerobic and toning workouts available with absolutely no impact to the body's joints. Workouts during this one-hour drop-in class include the use of Hydro-Fit™ equipment provided by the pool. No swimming is required.

Sun, Mon, Tue, Wed, Thu, Fri, Sat | 9:30-10:30am | All Ages

Tue, Thu | 8:00-9:00pm | All Ages

DROP-IN SHALLOW WATER EXERCISE CLASSES

This is a low impact class that provides a great aerobic and cardiovascular workout with muscle toning. No swimming is required.

Mon, Tue, Wed, Thu, Fri | 8:30-9:30am | All Ages

Water Exercise Classes (Per Class)*

Youth/Adult | \$8.25 (CDF \$6.75) | 10-Visit Card \$74.25 (CDF \$60.75)
Senior/Disabled | \$6.50 (CDF \$5.25) | 10-Visit Card \$58.50 (CDF \$47.25)
*Save money with WaterX or Aqua Plus Memberships!

POOL SCHEDULE

Sundays

9:30am - 10:30am Deep Water Exercise Class
9:30am - 12:00pm Swimming Lessons
11:30am - 1:00pm Lap Swim
12:00pm - 1:00pm Family Swim
1:00pm - 2:00pm Public Swim (with Octopus!)
*Private Parties available starting at 2:00pm

Mondays / Wednesdays

5:30am - 7:00am Lap Swim & Family Swim
7:30am - 12:00pm Swimming Lessons
8:30am - 9:30am Shallow Water Exercise
9:30am - 10:30am Deep Water Exercise
11:30am - 1:00pm Lap Swim
12:00pm - 1:00pm Family Swim
2:00pm - 4:00pm Public Swim (w/Magic Carpet!)
4:00pm - 7:00pm Swimming Lessons
7:00pm - 8:00pm Public Swim
*Mon night = Half-Public Swim Only
8:00pm - 9:00pm Lap Swim & Family Swim

Tuesdays / Thursdays

7:30am - 12:00pm Swimming Lessons

8:30am - 9:30am
9:30am - 10:30am
11:30am - 1:00pm
12:00pm - 1:00pm
2:00pm - 4:00pm
4:00pm - 7:00pm
7:00pm - 8:00pm
8:00pm - 9:00pm

Fridays

5:30am - 7:00am Lap Swim & Family Swim
7:30am - 12:00pm Swimming Lessons
8:30am - 9:30am Shallow Water Exercise
9:30am - 10:30am Deep Water Exercise
11:30am - 1:00pm Lap Swim
12:00pm - 1:00pm Family Swim
2:00pm - 4:00pm Public Swim (w/ Magic Carpet!)
4:00pm - 7:00pm Swimming Lessons
7:00pm - 8:00pm Lap Swim & Half-Public Swim
8:00pm - 10:00pm Promo Public Swim (w/Octopus!)

Saturdays

9:30am - 10:30am Deep Water Exercise Class

Shallow Water Exercise
Deep Water Exercise
Lap Swim
Family Swim
Public Swim (w/ Magic Carpet!)
Swimming Lessons
Public Swim (w/ Magic Carpet!)
Lap Swim & Deep Water Exercise

9:30am - 12:00pm Swimming Lessons
11:30am - 1:00pm Lap Swim
12:00pm - 1:00pm Family Swim
1:00pm - 2:00pm Public Swim (with Octopus!)
2:00pm - 3:00pm Public Swim (with Octopus!)
*Private Parties available starting at 3:00pm

PRIVATE PARTY RENTALS

The pool and a party room are available for private rental by the hour during designated times and when there are no conflicting programs or private user groups scheduled. Pool rentals are fully lifeguarded and include all available amenities.

Private Party Rentals (per hour)

1-25 Swimmers | \$150.00 (CDF \$125.00)
26-60 Swimmers | \$195.00 (CDF \$160.00)
61-90 Swimmers | \$235.00 (CDF \$195.00)
91-120 Swimmers | \$260.00 (CDF \$215.00)
121-150 Swimmers | \$280.00 (CDF \$230.00)
Party Room | \$45.00 (CDF \$35.00)

AQUATICS CLASS LOCATION AND CONTACT INFORMATION

All aquatics classes are located at the Covington Aquatic Center
18230 SE 240th St, Covington, WA 98042,
next to Tahoma High School.

Phone: (253) 480-2480
Email Address: parks@covingtonwa.gov
Website: www.covingtonwa.gov/cac

Please note that schedule and program information is subject to change.
For the most up-to-date information, please visit www.covingtonwa.gov/cac.

DON'T MISS THESE GREAT SPECIAL EVENTS!



Saturday, July 19 & Sunday, July 20



Fridays - July 25, Aug. 1 & Aug. 8



Saturday, Aug. 16 | 10 a.m.-2 p.m.

**Community Tree Lighting
Celebration**



Saturday, Dec. 6

Registration Information

Online

Class information and details can be viewed online at www.CovingtonWA.gov. You must create a user account if you want to register and pay online.

Phone

Register for your favorite class by calling the Covington Aquatic Center at (253) 480-2480.

Mail

Or, mail in a printed form to sign up for classes. Forms can be downloaded from the web or picked up at Covington City Hall at 16720 SE 271st St. in Covington.