POOL ADMITTANCE

• All swimmers must present an RCBC ID with a current fitness center sticker and sign in at the lifeguard station.

• Membership is required for anyone using the pool, except for patrons registering for swim lessons or aquatics programs.

• Membership is discounted for alumni and free for current RCBC students, full-time faculty, and staff. All others must purchase one of the following membership packages:

MEMBERSHIP LEVELS

GRAY (Pool & Gymnasium)
$55 annually plus the purchase of a punch card
Adult: $30/10 punches
Child/Senior: $20/10 punches
Alumni: $50 (punch card not required)

MAROON (Pool, Gymnasium, Wellness Center, and Sauna)

<table>
<thead>
<tr>
<th>Membership</th>
<th>ANNUAL</th>
<th>SEMESTER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult 18-59</td>
<td>$240</td>
<td>$95</td>
</tr>
<tr>
<td>Adult 60+</td>
<td>$180</td>
<td>$75</td>
</tr>
<tr>
<td>One Parent &amp; Child(ren)</td>
<td>$415</td>
<td>$125</td>
</tr>
<tr>
<td>Two Parents &amp; Child(ren)</td>
<td>$565</td>
<td>$210</td>
</tr>
<tr>
<td>Alumni</td>
<td>$180</td>
<td>$75</td>
</tr>
</tbody>
</table>

Children 5 years of age and under are free.

Membership questions should be directed to the Fitness Center at (609) 894-9311 or (856) 222-9311, ext. 1435

Automatic Swim Lift Available
This lift makes RCBC’s pool accessible to the physically challenged. Please call for more information.

Splash Parties at RCBC!
If you are interested in scheduling or finding out more information regarding Splash Parties, see our ad in this section.

Lifeguards are always on duty when the pool is open.

Scan the QR code to link directly to the RCBC Registration page.

THE POOL IS CLOSED

Sept. 3, 4, & 5, 2016 Labor Day
Nov. 24 – 27, 2016 Thanksgiving

SWIM • SAFETY • RESCUE CLASSES
RECREATION SWIM • SPLASH PARTIES

The college pool is located on the Pemberton campus.

Please call
(609) 894-4278
for Aquatics information including updates and memberships.

REGISTER FOR RCBC’S AQUATICS CLASSES ON THE WEB AT RCBC.EDU

LIMITED ENROLLMENT – CLASSES FILL VERY QUICKLY

POOL MEMBERSHIP IS NOT NEEDED TO REGISTER FOR CLASSES
CHILDRENS SWIM LESSONS
American Red Cross Learn-To-Swim Program
All children are taught important water safety skills in conjunction with progressive stroke development during classes.

AQUA TOTS (AGES 6 MOS. +)
Your child’s earliest water experience. Parents participate in the pool with their child—learning basic swim skills and water safety. SWIM DIAPERS AND TIGHT FITTING PLASTIC PANTS ARE REQUIRED FOR CHILDREN UNDER THREE YEARS OF AGE.

WEEKDAY MORNINGS
Cost: $121
CFP 001 07 – 11 Sessions Pemberton
(No class Nov. 23)
Cost: $121
CFP 001 05 – 11 Sessions Pemberton
Thurs., 11:00-11:30 am Sept. 22 – Dec. 8
(No class Nov. 24)
Cost: $110
CFP 001 06 – 11 Sessions Pemberton
Fri., 9:45 – 10:15 am Sept. 23 – Nov. 19

WEEKDAY EVENINGS
Cost: $88
CFP 001 40 – 8 Sessions Pemberton
Mon., 5:50 – 6:20 pm Sept. 19 – Nov. 7
Cost: $88
CFP 001 41 – 8 Sessions Pemberton
Tues., 5:55 – 6:25 pm Sept. 20 – Nov. 8
Cost: $88
CFP 001 42 – 8 Sessions Pemberton
Wed., 5:20 – 5:50 pm Sept. 21 – Nov. 9

SATURDAY MORNINGS
Cost: $110
CFP 001 60 – 10 Sessions Pemberton
Sat., 9:10 – 9:40 am Sept. 17 – Nov. 19
Cost: $66
CFP 001 61 – 6 Sessions Pemberton
Sat., 9:10-9:40 am Dec. 3 – Jan. 21
(No class Dec. 24 & 31)

SUPER TOTS (AGES 3 YEARS & UP)
Your child’s earliest water experience without having their parent in the water. Students must participate in a prescreening and be able to work comfortably in the pool without their parent. Instructor to child ratio 1:3. CHILD MUST BE 3 YEARS OLD BY START DATE AND TOILET TRAINED. CALL THE AQUATICS OFFICE AT (609) 894-9311, EXT. 1010 TO ARRANGE A CONVENIENT PRESCREENING TIME.

WEEKDAY MORNINGS
Cost: $143
CFP 004 01 – 11 Sessions Pemberton
Mon., 10:00 – 10:30 am Sept. 19 – Dec. 5
(No class Nov. 21)
Cost: $143
CFP 004 09 – 11 Sessions Pemberton
Mon., 10:40 – 11:10 am Sept. 19 – Dec. 5
(No class Nov. 21)
Cost: $143
CFP 004 02 – 11 Sessions Pemberton
Tues., 10:00 – 10:30 am Sept. 20 – Dec. 6
(No class Nov. 22)
Cost: $143
CFP 004 03 – 11 Sessions Pemberton
Tues., 10:40 – 11:10 am Sept. 20 – Dec. 6
(No class Nov. 22)
Cost: $143
CFP 004 05 – 11 Sessions Pemberton
(No class Nov. 23)
Cost: $143
CFP 004 08 – 12 Sessions Pemberton
Fri., 9:05 – 9:35 am Sept. 23 – Dec. 9
(No class Nov. 25)
Cost: $143
CFP 004 14 – 11 Sessions Pemberton
Fri., 9:45 – 10:15 am Sept. 23 – Dec. 9
(No class Nov. 25)

WEEKDAY EVENINGS
Cost: $104
CFP 004 40 – 8 Sessions Pemberton
Mon., 5:50 – 6:20 pm Sept. 19 – Nov. 7
Cost: $104
CFP 004 41 – 8 Sessions Pemberton
Wed., 5:20 – 5:50 pm Sept. 21 – Nov. 9
Continued on next page.
SUPER TOTS (AGES 3 YEARS & UP) (CONTINUED)

SATURDAY MORNINGS

Cost: $130
CFP 004 60 – 10 Sessions  Pemberton
Sat., 9:10 – 9:40 am  Sept. 17 – Nov. 19

Cost: $78
CFP 004 61 – 6 Sessions  Pemberton
Sat., 9:10 – 9:40 am  Dec. 3 – Jan. 21
(No class Dec. 24 & 31)

PRE-SCHOOL LESSONS (AGES 4 YEARS & UP) (CONTINUED)

SATURDAY MORNINGS

Cost: $110
CFP 009 61 – 10 Sessions  Pemberton
Sat., 9:45 – 10:30 am  Sept. 17 – Nov. 19

Cost: $66
CFP 009 62 – 6 Sessions  Pemberton
Sat., 9:45 – 10:30 am  Dec. 3 – Jan. 21
(No class Dec. 24 & 31)

PRE-SCHOOL LESSONS (AGES 4 YEARS & UP)

Instruction is focused on water adjustment and introduction to performing basic swim skills independently with emphasis on water safety. Students are grouped according to their swimming ability.

WEEKDAY MORNINGS

Cost: $121
CFP 009 01 – 11 Sessions  Pemberton
Tues., 9:05 – 9:50 am  Sept. 20 – Dec. 6
(No class Nov. 22)

Cost: $121
CFP 009 03 – 11 Sessions  Pemberton
Thurs., 9:05 – 9:50 am  Sept. 22 – Dec. 8
(No class Nov. 24)

WEEKDAY AFTERNOONS

Cost: $121
CFP 009 11 – 11 Sessions  Pemberton
Tues., 1:00 – 1:45 pm  Sept. 20 – Dec. 6
(No class Nov. 22)

WEEKDAY EVENINGS

Cost: $88
CFP 009 40 – 8 Sessions  Pemberton
Mon., 5:00 – 5:45 pm  Sept. 19 – Nov. 7

Cost: $88
CFP 009 41 – 8 Sessions  Pemberton
Tues., 4:00 – 4:45 pm  Sept. 20 – Nov. 8

Cost: $88
CFP 009 42 – 8 Sessions  Pemberton
Wed., 4:30 – 5:15 pm  Sept. 21 – Nov. 9

Cost: $88
CFP 009 43 – 8 Sessions  Pemberton
Thurs., 4:00 – 4:45 pm  Sept. 22 – Nov. 10

You can view the NEW SWIMMER ORIENTATION online at rcbc.edu/aquatics/new-swimmer-orientation

If you have any questions or would like to schedule a tour of the facility, please call the Aquatics department at (609) 894-9311, ext. 1010.

You can view the NEW SWIMMER ORIENTATION online at rcbc.edu/aquatics/new-swimmer-orientation

If you have any questions or would like to schedule a tour of the facility, please call the Aquatics department at (609) 894-9311, ext. 1010.

You can view the NEW SWIMMER ORIENTATION online at rcbc.edu/aquatics/new-swimmer-orientation

If you have any questions or would like to schedule a tour of the facility, please call the Aquatics department at (609) 894-9311, ext. 1010.

SCOUT BADGE DAY

Earn Credit towards your swim badge through RCBC’s scouting program!

Instruction by a Certified Scout Counselor and WSI

Saturday, Sept. 17, Oct. 8, and Nov. 5 @ 12:30 pm

Call Barbara Long at (609) 894-9311, ext. 1497 or email balong@rcbc.edu to register your group.

RCBC’s Pemberton Campus Pool

Cost is $8 per Scout
**SHALLOW WATER (AGES 6 YEARS & UP)**

**LEVEL 1:** Non-swimmer, needs to develop basic aquatic skills

**LEVEL 2:** Non-swimmer, swims independently with float (front and back 5 yards)

**WEEKDAY EVENINGS**

**Cost:** $88

- **CFP 017 40 – 8 Sessions** Pemberton
  - **Mon., 4:00 – 4:50 pm** Sept. 19 – Nov. 7

- **CFP 017 41 – 8 Sessions** Pemberton
  - **Tues., 5:00 – 5:50 pm** Sept. 20 – Nov. 8

- **CFP 017 42 – 8 Sessions** Pemberton
  - **Wed., 6:00 – 6:50 pm** Sept. 21 – Nov. 9

- **CFP 017 43 – 8 Sessions** Pemberton
  - **Thurs., 5:00 – 5:50 pm** Sept. 22 – Nov. 10

**SATURDAY MORNINGS**

**Cost:** $110

- **CFP 017 61 – 10 Sessions** Pemberton
  - **Sat., 10:40 – 11:30 am** Sept. 17 – Nov. 19

- **CFP 017 62 – 10 Sessions** Pemberton
  - **Sat., 11:40 – 12:30 pm** Sept. 17 – Nov. 19

- **CFP 017 63 – 6 Sessions** Pemberton
  - **Sat., 10:40 – 11:30 am** Dec. 3 – Jan. 21
  - **(No class Dec. 24 & 31)**

- **CFP 017 64 – 6 Sessions** Pemberton
  - **Sat., 11:40 – 12:30 pm** Dec. 3 – Jan. 21
  - **(No class Dec. 24 & 31)**

**Make a SPLASH!**

*Bring your party to the pool!*

Call Barbara Long at (609) 894-9311, ext. 1497, or email balong@rcbc.edu for Splash Party Package Information!

Your party includes lifeguard supervision & a party room for cake and festivities!

**DEEP WATER (AGES 6 YEARS & UP)**

**LEVEL 3:** Beginner swimmer, swims independently without float (front and back, 5 yards)

**LEVEL 4:** Intermediate swimmer, stroke improvement

**LEVEL 5:** Experienced swimmer, stroke refinement

**WEEKDAY EVENINGS**

**Cost:** $88

- **CFP 027 40 – 8 Sessions** Pemberton
  - **Mon., 4:00 – 4:50 pm** Sept. 19 – Nov. 7

- **CFP 027 42 – 8 Sessions** Pemberton
  - **Tues., 5:00 – 5:50 pm** Sept. 20 – Nov. 8

- **CFP 027 43 – 8 Sessions** Pemberton
  - **Wed., 6:00 – 6:50 pm** Sept. 21 – Nov. 9

- **CFP 027 45 – 8 Sessions** Pemberton
  - **Thurs., 5:00 – 5:50 pm** Sept. 22 – Nov. 10

**LEVEL 3 ONLY**

**Cost:** $88

- **CFP 027 41 – 8 Sessions** Pemberton
  - **Tues., 4:00 – 4:50 pm** Sept. 20 – Nov. 8

**LEVEL 3 ONLY**

**Cost:** $88

- **CFP 027 44 – 8 Sessions** Pemberton
  - **Thurs., 4:00 – 4:50 pm** Sept. 22 – Nov. 10

**SATURDAY MORNINGS**

**Cost:** $110

- **CFP 027 61 – 10 Sessions** Pemberton
  - **Sat., 10:40 – 11:30 am** Sept. 17 – Nov. 19

- **CFP 027 62 – 10 Sessions** Pemberton
  - **Sat., 11:40 – 12:30 pm** Sept. 17 – Nov. 19

- **CFP 027 63 – 6 Sessions** Pemberton
  - **Sat., 10:40 – 11:30 am** Dec. 3 – Jan. 21
  - **(No class Dec. 24 & 31)**

- **CFP 027 64 – 6 Sessions** Pemberton
  - **Sat., 11:40 – 12:30 pm** Dec. 3 – Jan. 21
  - **(No class Dec. 24 & 31)**
HOME SCHOOLERS
From your child’s first time in the pool he or she will enjoy these classes geared for bringing children together to learn water safety and swimming skills in a fun yet nurturing environment. See pages 38–40 for course descriptions and ages.

AQUA TOTS
Cost: $121
CFP 001 05 – 11 Sessions Pemberton Thurs., 11:00 – 11:30 am Sept. 22 – Dec. 8 (No class Nov. 24)

SUPER TOTS
Cost: $143
CFP 004 06 – 11 Sessions Pemberton Thurs., 11:00 – 11:30 am Sept. 22 – Dec. 8 (No class Nov. 24)

PRE-SCHOOL
Cost: $121
CFP 009 03 – 11 Sessions Pemberton Thurs., 9:05 – 9:50 am Sept. 22 – Dec. 8 (No class Nov. 24)

Cost: $121
CFP 009 12 – 11 Sessions Pemberton Thurs., 1:00 – 1:45 pm Sept. 22 – Dec. 8 (No class Nov. 24)

SHALLOW WATER (SCHOOL AGE)
Cost: $121
CFP 017 01 – 11 Sessions Pemberton Thurs., 10:00 – 10:50 am Sept. 22 – Dec. 8 (No class Nov. 24)

DEEP WATER (SCHOOL AGE)
Cost: $121
CFP 027 01 – 11 Sessions Pemberton Thurs., 10:00 – 10:50 am Sept. 22 – Dec. 8 (No class Nov. 24)

STROKE TECHNIQUE AND ENDURANCE
This program will focus on increasing endurance and improving stroke technique, including starts, turns, and finishes. This class is open to those who are able to swim 2 to 4 lengths of the pool without stopping. They must also have knowledge of three out of four competitive strokes, be able to swim 2 lengths of the pool, and be at least 8 years of age.

Cost: $121
CFP 147 01 – 11 Sessions Pemberton Thurs., 10:00 – 10:50 am Sept. 22 – Dec. 8 (No class Nov. 24)

WATER EXERCISE
Enjoy the benefits of water exercise:
• Decrease blood pressure
• Low impact, high resistance
• Build balance and coordination
• Renewed energy and endurance
• Improve strength and muscle tone
• Increase range of motion and joint flexibility
• All participants must complete a Health History Questionnaire.
• It is recommended that all participants consult a physician before starting any exercise program.

DEEP WATER FUN AND FITNESS
Join the fitness fun as part of our deep-water exercise program. Give your hips, knees, and feet a break from land exercise by enjoying a full body resistance workout in our warm pool. If you are comfortable in ten feet of water then this fitness program is for you, come join your new workout friends at the pool. Water walking floatation belts are available.

Cost: $121
CFP 135 01 – 11 Sessions Pemberton Mon., 9:00 – 9:50 am Sept. 19 – Dec. 5 (No class Nov. 21)

Cost: $241
CFP 135 02 – 22 Sessions Pemberton Mon. & Weds, 9:00 – 9:50 am Sept. 19 – Dec. 7 (No class Nov. 21 & 23)
AQUA INTERMEDIATE
A medium to high intensity muscle focused class in the shallow end of the pool. This program uses the water as the primary training tool with the option of using equipment for building muscular strength and endurance. All major muscle groups will be targeted providing a total body workout experience. Both swimmers and non-swimmers of all ages are invited to attend. Water shoes recommended. (MINIMUM OF 6 PARTICIPANTS REQUIRED)
Cost: $121
CFP 303 01 – 11 Sessions Pemberton Tues., 9:00 – 9:50 am Sept. 20 – Dec. 6 (No class Nov. 22)
Cost: $242
CFP 303 02 – 22 Sessions Pemberton Tues. & Thurs., 9:00 – 9:50 am Sept. 20 – Dec. 8 (No class Nov. 22 & 24)

WET WORKOUT
This fun-filled water exercise class is tailored to the participants’ interests and abilities. Both swimmers and non-swimmers of all ages may attend.
Cost: $99
CFP 132 42 – 9 Sessions Pemberton Thurs., 6:00 – 6:50 pm Sept. 15 – Nov. 3

ADULT SWIM LESSONS
Have you always wanted to learn to swim? Let our experienced and understanding staff guide you to becoming comfortable in our pool and help you begin the exploration of the wonders of the aquatic world. You may also want to consider taking a private lesson or semi-private lesson, with a friend, to begin your aquatic adventure.
WEEKDAY MORNINGS
Cost: $121
CFP 106 01 – 11 Sessions Pemberton Wed., 10:50 – 11:40 am Sept. 21 – Dec. 7 (No class Nov. 23)
Cost: $121
CFP 106 03 – 11 Sessions Pemberton Fri., 10:20 – 11:10 am Sept. 23 – Dec. 9 (No class Nov. 25)
WEEKDAY EVENINGS
Cost: $88
CFP 106 40 – 8 Sessions Pemberton Wed., 6:55 – 7:45 pm Sept. 21 – Nov. 9

PRIVATE & SEMI-PRIVATE SWIM LESSONS
Learn to swim with individual instruction. Whether training for your local Triathlon or simply learning to swim as a beginner, we can cover your needs!

Schedule based upon student & instructor availability.

ONE-ON-ONE INSTRUCTION taught by certified American Red Cross Water Safety Instructors

BY APPOINTMENT ONLY
To schedule private or semi-private lessons call the Aquatics Office at (609) 894-4278, option 4, to set up a class.
6 half-hour lessons • $160 per person

SEMI-PRIVATE
Bring a friend to our semi-private lessons. All participants must be same skill level.
6 half-hour lessons • $120 per person

IMPORTANT NOTICE: Lessons postponed by the instructor will be rescheduled. Lessons canceled by the swimmer 48 hours or more in advance of the lesson will be rescheduled (limit 2). Lessons canceled less than 48 hours in advance will not be rescheduled unless the instructor is available (limit 1).
All materials needed for these classes must be purchased two weeks before the class starts at redcrossstore.org

Some course material is available to download free in .pdf format visit: redcrossstore.org

All certification classes need 6 participants to run. We will cancel classes two weeks before start date if we do not have enough to run the course.

LIFEGUARD REVIEW COURSE

This course is for the currently certified lifeguard that needs to renew his or her lifeguard training, first aid, and CPR/AED certification. Includes: Lifeguard Training, First Aid & CPR/AED, for two (2) years. Bring your own CPR mask and books.

Prerequisites: Must possess a current American Red Cross Lifeguard Training & CPR/AED for the Professional Rescuer certificate and be able to complete the prerequisite skills as in the Lifeguard course.

Lifeguard Prerequisite evaluation:
Participants of a lifeguard review/training course must be able to complete all prerequisite skills in the first class. Please call the Aquatics Office at (609) 894-9311, ext. 1010 to make an appointment for a skills evaluation PRIOR TO REGISTERING. If you register and cannot complete these skills you will NOT receive a refund.

Cost: $99
CFS 726 41 Pemberton
Tues., 6:00 – 9:30 pm Sept. 27, Oct. 4 & 11

AMERICAN RED CROSS
LIFEGUARD TRAINING

The course prepares participants to recognize and respond quickly and effectively to emergencies while preventing drowning and injuries. Two year Lifeguard Training, First Aid Certification, and Professional Rescuer CPR/AED certification. Cost does not include CPR mask or books. You must purchase them ahead of time.*

*Prerequisites: Must be 15 years of age by the end of the course. Must be able to pass a pre-test consisting of a 300 yard non-stop swim (100 yards freestyle, 100 yards breaststroke, and 100 yards your choice of either freestyle or breaststroke) Tread Water no hands for 2 minutes and perform a timed brick retrieval (consisting of a 20 yard swim, dive to 10 feet to retrieve a weighted object, and return on back, head above water – no goggles allowed)

*The prerequisites must be completed before you register. Please call the Aquatics Office at (609) 894-9311, ext. 1010 to make an appointment for a skills evaluation. Registration will be taken after you complete all of the skills. Please bring a check or credit card for payment. No refunds will be issued for students who cannot successfully complete the prerequisite swimming skills.

Cost: $275
CFS 725 43 Pemberton
Wed., 6:00 – 9:30 pm Sept. 21 – Nov. 9

FREE COMMUNITY OUTREACH PROGRAM

If you are a community-based or non-profit organization interested in hosting a water safety seminar for children, please give us a call at (609) 894-9311, ext. 1497.

If you are a community-based or non-profit organization interested in hosting a water safety seminar for children, please give us a call at (609) 894-9311, ext. 1497.
WATER SAFETY INSTRUCTOR
The WSI course certifies candidates to teach water safety, including the Basic Water Safety and Personal Water Safety courses, six levels of Learn-to-Swim, three levels of Preschool Aquatics and two levels of Parent and Child Aquatics. Prerequisites: Be 16 years of age on or before the last day of the course, and successfully complete the pre-course session of water safety and Level 4 swimming skills test.
1. Swim the following strokes consistent with the ARC swimming Level 4
   - Front Crawl - 25 yards
   - Back Crawl - 25 yards
   - Breaststroke - 25 yards
   - Elementary Backstroke - 25 yards
   - Sidestroke - 25 yards
   - Butterfly - 15 yards
2. Maintain position on back for 1 minute in deep water (floating or sculling).
3. Tread water for 1 minute.
In addition to scheduled classroom time, individual practice teaching will be arranged by appointment during the evenings and Saturday lessons.
The cost does not include your books. You must purchase them ahead of time.* Bring lunch, extra suit, and towels.

JUNIOR LIFEGUARDING
This fun program for youth, ages 11-14, provides a foundation of aquatic knowledge, attitudes and skills for future successful completion of the Red Cross Lifeguarding courses. This foundation consists of five categories: Prevention, Fitness, Response, Leadership, and Professionalism. Prerequisites: Swim the front crawl for 25 yards continuously while breathing to the front or side, tread water for 1-minute using arms and legs, and swim submerged a distance of 10 feet underwater.

Cost: $132
CFP 615 47 – 8 Sessions Pemberton
Mon., 6:30 – 8:00 pm
Sept. 19 – Nov. 7

AMERICAN HEART ASSOCIATION
HEART SAVER FIRST AID (AQUATICS DEPARTMENT)
This is a classroom; video-based, instructor-led course that teaches students critical skills to respond to and manage an emergency in the first few minutes until emergency medical services (EMS) arrives. Students learn skills such as how to treat bleeding, sprains, broken bones, shock, and other first aid emergencies. This course is for anyone with limited or no medical training who needs a course completion card in first aid to meet job, regulatory, or other requirements.

Cost: $65
CFS 736 01 Pemberton
Tues., 5:30 – 9:30 pm
Sept. 20

AMERICAN HEART ASSOCIATION
HEART SAVERS CPR/AED (AQUATICS DEPARTMENT)
This course is intended for people who require a CPR/AED for (adult/infant/child) certification as a prerequisite to their job but who are not healthcare providers. The course is suitable for teachers, physical therapists, gym instructors, scout leaders, etc., and anybody who wants a practical knowledge of CPR skills. It includes training in CPR (cardiopulmonary resuscitation) and choking skills for adults and children aged 1 through 8, as well as the use of barrier devices and training on automated external defibrillators (AED). Successful completion of the course provides a 2-year American Heart Association certification. PLEASE BRING YOUR OWN CPR RESUSCITATION MASK AND STUDENT MANUAL. THE MANUAL IS AVAILABLE TO PURCHASE FROM LAERDAL HTTP://WWW.LAERDAL.COM/US/ITEM/90-1038#2 FOR $12.00.

Cost: $65
CFS 731 01 Pemberton
Mon., 5:30 – 9:30 pm
Sept. 19

Cost: $65
CFS 731 02 Pemberton
Sat., 9:00 am – 12:00 pm
Oct. 15

Cost: $65
CFS 731 03 Pemberton
Tues., 5:30 – 9:30 pm
Nov. 1
PRE-SEASON SWIM TRAINING FOR HIGH SCHOOL/COLLEGE SWIMMERS
Get ready for the high school swim season with an intense workout schedule suited to your individual needs. Varied drills will be used to focus on stroke mechanics and techniques. A conditioning program will be implemented to challenge and motivate you. Class size is limited, register early! Includes access to RCBC pool fall lap swim times.

Cost: $154
CFP 107 42 – 14 Sessions Pemberton Tues. & Thurs., 8:00 – 8:50 pm Sept. 20 – Nov. 3

MINI COMPETITIVE SWIMMING
This swim clinic is geared for the 5 to 7 year old who can swim a minimum of 10yds in the deep end of the pool, without floatation aids. Course will focus on the development of the four competitive strokes as well as introduction to starts, turns, and relays.

Cost: $88
CFP 136 40 – 8 Sessions Pemberton Thurs., 6:00 – 6:50 pm Sept. 22 – Nov. 10

Cost: $110
CFP 136 41 – 10 Sessions Pemberton Sat., 8:15 – 9:05 am Sept. 17 – Nov. 19

Cost: $66
CFP 136 42 – 6 Sessions Pemberton Sat., 8:15 – 9:05 am Dec. 3 – Jan. 21
(No class Dec. 24 & 31)

COMPETITIVE SWIMMING CLINIC
Competitive swimming instruction focuses on teaching competition level performance of starts, turns, and stroke mechanics for improved competition performance. Swimmers should be at least 8 years old and be able to swim three of the four competitive strokes.

Cost: $88
CFP 107 41 – 8 Sessions Pemberton Mon., 6:30 – 7:20 pm Sept. 19 – Nov. 7

Cost: $88
CFP 107 40 – 8 Sessions Pemberton Thurs., 7:00 – 7:50 pm Sept. 22 – Nov. 10

Cost: $110
CFP 107 60 – 10 Sessions Pemberton Sat., 8:15 – 9:05 am Sept. 17 – Nov. 19

Cost: $66
CFP 107 61 – 6 Sessions Pemberton Sat., 8:15 – 9:05 am Dec. 3 – Jan. 21
(No class Dec. 24 & 31)

RCBC MASTERS SWIMMING
• Open to Swimmers Ages 18 & up
• Open to Masters Swimmers – Join the USMS Masters Swim
• Opportunity to be ranked nationally with in your age group
• Opportunity to attend swimmer specials on topics such as nutrition, training, equipment, etc.
• Compete in local, regional, or national meets
• Compete in postal events
• Workouts coached Sessions are Mondays 7:30 pm and Wednesdays 7:50 pm
• Swimmers may register with USMS – approximate cost $35

FOR MORE INFORMATION PLEASE SELECT OPTION 3 AT (609) 894-4278, OR EMAIL BALONG@RCBC.EDU
Cost: $125
CFP 117 41 Pemberton Mon., 7:00 pm & Wed., 7:50 pm Sept. 19 – Dec. 14
ROAD TRIP TO THE REAL WORLD

• This half-day program exposes students to real life work experiences with participating employers.
• Students gain career and industry information
• Network with professionals in a career field of interest
• Go on a tour of your favorite employer!
• Experience daily business activities! Sessions may range from a creative session, a machine set-up demonstration, a pitch session, a safety workshop, a management meeting.

For more information or for employers interested in becoming a Road Trip to the Real World site, please contact Barbara Witkowski via email bwitkowski@rcbc.edu or phone (856) 222-9311, ext. 2804
**NAME** __________________________________________________________________________________

**COMPANY NAME** ________________________________________________________________________

**ADDRESS** _____________________________________________________________________________
________________________________________________________________________________________

**EMAIL** __________________________________________________________________________________

**PHONE** ____________________________________________ **BIRTH DATE** _______________________

(Please supply a DAYTIME phone number in the event of cancellations)

**GENDER**

- Female
- Male

**RACE/ETHNIC GROUP**

- American Indian
- Asian/Pacific Islander
- Black/African American
- Hispanic
- White
- Non-Resident Alien

(Not of Hispanic origin)

Federal Reporting: This voluntary information is to be used for Federal Reporting purposes only.

**IF ANY CHOSEN CLASS IS FILLED, PLEASE:**

- Place my name on a waiting list for that same class.
- Call me to schedule a different class.
- Process a refund.

**Highest education level achieved:**

- Less than High School
- High School/GED
- Some College
- College Level Certificate
- Associate’s Degree
- Bachelor’s Degree
- Master’s Degree or Higher

**Are you a resident of Burlington county?**

- Yes
- No

If no, please answer the following:

- County, if a NJ resident:_____________________________________
- State, if not a NJ resident:__________________________________

**Is English your native language?**

- Yes
- No

If no, please specify:

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**PAYMENT RESPONSIBILITY ACKNOWLEDGMENT**

My signature confirms that I understand that when I register for any class at Rowan College at Burlington County, I accept full responsibility to pay all tuition, fees and other associated costs assessed as a result of my registration. I understand and accept that my responsibility cannot be relinquished until I complete an official withdraw prior to the start of class. I also understand that if a payment made to my student account is returned by the bank for any reason, I agree to repay the original amount of the payment plus a returned payment fee.

**REGISTRATION SIGNATURE (Parents, please sign for children)**

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**AMT. REC’D.** ___________ **REC’D BY** ___________ **ID #** ___________