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)*

- $50 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 Level</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.**
AQUATICS

CHILDREN’S 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: $110
CFP 001 02 – 11 Sessions Pemberton Tues., 10:30 – 11:00 am Jan. 12 – Mar. 22

Cost: $110

Cost: $110
CFP 001 06 – 11Sessions Pemberton Thurs., 11:00-11:30 am Jan. 14 – Mar. 24

Cost: $100
CFP 001 07 – 10 Sessions Pemberton Fri., 9:45 – 10:15 am Jan. 15 – Mar. 18

WEEKDAY EVENINGS
Cost: $100
CFP 001 40 – 10 Sessions Pemberton Mon., 5:50 – 6:20 pm Mar. 7 – May 16 (No class Mar. 28)

Cost: $100
CFP 001 41 – 10 Sessions Pemberton Wed., 5:20 – 5:50 pm Mar. 9 – May 18 (No class Mar. 30)

SATURDAY MORNINGS
Cost: $120
CFP 001 60 – 12 Sessions Pemberton Sat., 9:10 – 9:40 am Feb. 6 – May 7 (No class Mar. 26 & Apr. 2)

LATE SPRING CLASSES
WEEKDAY MORNINGS
Cost: $80
CFP 001 16 – 8 Sessions Pemberton Tues., 10:30 – 11:00 am Apr. 12 – May 31

Cost: $80
CFP 001 17 – 8 Sessions Pemberton Thurs., 11:00 – 11:30 am Apr. 14 – Jun. 2

Cost: $80
CFP 001 18 – 8 Sessions Pemberton Fri., 9:45 – 10:15 am Apr. 15 – Jun. 3

SUPER TOTS (AGES 3 & 4 YEARS)
It’s time to solo! Your child’s earliest water experience without having their parent in the water. Children must participate in a pre-screening and be able to work comfortably in the pool without their parent. TO SCHEDULE A CONVENIENT PRE-SCREENING TIME, SELECT OPTION 1 AT (609) 894-4278. CHILD MUST BE 3 YEARS OLD BY START DATE AND ALSO BE TOILET TRAINED.

WEEKDAY MORNINGS
Cost: $132

Cost: $132
CFP 004 03 – 11 Sessions Pemberton Tues., 10:30 – 11:00 am Jan. 12 – Mar. 22

Cost: $132
CFP 004 04 – 11 Sessions Pemberton Tues., 11:05 – 11:35 am Jan. 12 – Mar. 22

Cost: $132

Cost: $132
CFP 004 06 – 11 Sessions Pemberton Thurs., 11:00 – 11:30 am Jan. 14 – Mar. 24

Cost: $120
CFP 004 07 – 10 Sessions Pemberton Fri., 9:05 – 9:35 am Jan. 15 – Mar. 18

Cost: $120
CFP 004 08 – 10 Sessions Pemberton Fri., 9:45 – 10:15 am Jan. 15 – Mar. 18

Cost: $120
CFP 004 09 – 10 Sessions Pemberton Fri., 11:15 – 11:45 am Jan. 15 – Mar. 18

PLEASE NOTE: Parents in Aqua Tot classes are in the water with child. Parents are not permitted on the pool deck during swim lessons. All classes have two parent/guest watch days. Everyone must enter/exit the pool through the locker rooms.
### AQUATICS

#### SUPER TOTS (AGES 3 & 4 YEARS)

**WEEKDAY EVENINGS**

- **Cost:** $120  
  **CFP:** 004 40 – 10 Sessions  
  **Pemberton**  
  **Mon., 5:50 – 6:20 pm**  
  **Mar. 7 – May 16**  
  (No class Mar. 28)

- **Cost:** $120  
  **CFP:** 004 41 – 10 Sessions  
  **Pemberton**  
  **Wed., 5:20 – 5:50 pm**  
  **Mar. 9 – May 18**  
  (No class Mar. 30)

#### SATURDAY MORNINGS

- **Cost:** $144  
  **CFP:** 004 60 – 12 Sessions  
  **Pemberton**  
  **Sat., 9:10 – 9:40 am**  
  **Feb. 6 – May 7**  
  (No class Mar. 26 & Apr. 2)

#### LATE SPRING CLASSES

**WEEKDAY MORNINGS**

- **Cost:** $96  
  **CFP:** 004 10 – 8 Sessions  
  **Pemberton**  
  **Tues., 9:55 – 10:25 am**  
  **Apr. 12 – May 31**

- **Cost:** $96  
  **CFP:** 004 11 – 8 Sessions  
  **Pemberton**  
  **Tues., 10:30 – 11:00 am**  
  **Apr. 12 – May 31**

- **Cost:** $96  
  **CFP:** 004 12 – 8 Sessions  
  **Pemberton**  
  **Tues., 11:05 – 11:35 am**  
  **Apr. 12 – May 31**

- **Cost:** $96  
  **CFP:** 004 13 – 8 Sessions  
  **Pemberton**  
  **Wed., 10:10 – 10:40 am**  
  **Apr. 13 – Jun. 1**

- **Cost:** $96  
  **CFP:** 004 14 – 8 Sessions  
  **Pemberton**  
  **Thurs., 11:00 – 11:30 am**  
  **Apr. 14 – Jun. 2**

- **Cost:** $96  
  **CFP:** 004 15 – 8 Sessions  
  **Pemberton**  
  **Fri., 9:05 – 9:35 am**  
  **Apr. 15 – Jun. 3**

- **Cost:** $96  
  **CFP:** 004 16 – 8 Sessions  
  **Pemberton**  
  **Fri., 9:45 – 10:15 am**  
  **Apr. 15 – Jun. 3**

- **Cost:** $96  
  **CFP:** 004 18 – 8 Sessions  
  **Pemberton**  
  **Fri., 11:15 – 11:45 am**  
  **Apr. 15 – Jun. 3**

### PRE-SCHOOL LESSONS (AGES 4 – 6 YEARS OLD)

This course provides students with opportunities for success with fundamental swimming skills. Instruction focuses on water adjustment and introduction to performing basic skills independently with an emphasis on water safety. Students are grouped according to their swimming ability.

**WEEKDAY MORNINGS**

- **Cost:** $110  
  **CFP:** 009 01 – 11 Sessions  
  **Pemberton**  
  **Tues., 9:05 – 9:50 am**  
  **Jan. 12 – Mar. 22**

- **Cost:** $110  
  **CFP:** 009 02 – 11 Sessions  
  **Pemberton**  
  **Thurs., 9:05 – 9:50 am**  
  **Jan. 14 – Mar. 24**

**WEEKDAY AFTERNOONS**

- **Cost:** $110  
  **CFP:** 009 11 – 11 Sessions  
  **Pemberton**  
  **Tues., 1:00 – 1:45 pm**  
  **Jan. 12 – Mar. 22**

- **Cost:** $110  
  **CFP:** 009 12 – 11 Sessions  
  **Pemberton**  
  **Thurs., 1:00 – 1:45 pm**  
  **Jan. 14 – Mar. 24**

**WEEKDAY EVENINGS**

- **Cost:** $100  
  **CFP:** 009 40 – 10 Sessions  
  **Pemberton**  
  **Mon., 5:00 – 5:45 pm**  
  **Mar. 7 – May 16**  
  (No class Mar. 28)

- **Cost:** $100  
  **CFP:** 009 41 – 10 Sessions  
  **Pemberton**  
  **Tues., 4:00 – 4:45 pm**  
  **Mar. 8 – May 17**  
  (No class Mar. 29)

- **Cost:** $100  
  **CFP:** 009 42 – 10 Sessions  
  **Pemberton**  
  **Wed., 4:30 – 5:15 pm**  
  **Mar. 9 – May 18**  
  (No class Mar. 30)

- **Cost:** $100  
  **CFP:** 009 43 – 10 Sessions  
  **Pemberton**  
  **Thurs., 4:00 – 4:45 pm**  
  **Mar. 10 – May 19**  
  (No class Mar. 31)

**SATURDAY MORNINGS**

- **Cost:** $120  
  **CFP:** 009 61 – 12 Sessions  
  **Pemberton**  
  **Sat., 9:45 – 10:30 am**  
  **Feb. 6 – May 7**  
  (No class Mar. 26 & Apr. 2)
## AQUATICS

### LATE SPRING CLASSES

**WEEKDAY MORNINGS**

**Cost:** $80  
CFP 009 03 – 8 Sessions Pemberton  
Tues., 9:05 – 9:50 am  
Apr. 12 – May 31

**Cost:** $80  
CFP 009 14 – 8 Sessions Pemberton  
Tues., 1:00 – 1:45 pm  
Apr. 12 – May 31

**Cost:** $80  
CFP 009 04 – 8 Sessions Pemberton  
Thurs., 9:05 – 9:50 am  
Apr. 14 – Jun. 2

### SCHOOL-AGE LESSONS:

**SHALLOW WATER (AGES 6 YEARS & OLDER)**

**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:** $100  
CFP 017 40 – 10 Sessions Pemberton  
Mon., 4:00 – 4:50 pm  
Mar. 7 – May 16

**Cost:** $100  
CFP 017 41 – 10 Sessions Pemberton  
Tues., 5:00 – 5:50 pm  
Mar. 8 – May 17

**Cost:** $100  
CFP 017 42 – 10 Sessions Pemberton  
Wed., 6:00 – 6:50 pm  
Mar. 9 – May 18

**LEVEL 3 ONLY**

**Cost:** $100  
CFP 017 43 – 10 Sessions Pemberton  
Thurs., 4:00 – 4:50 pm  
Mar. 10 – May 19

### DEEP WATER

**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:** $100  
CFP 017 40 – 10 Sessions Pemberton  
Mon., 4:00 – 4:50 pm  
Mar. 7 – May 16

**Cost:** $100  
CFP 017 41 – 10 Sessions Pemberton  
Tues., 5:00 – 5:50 pm  
Mar. 8 – May 17

**Cost:** $100  
CFP 017 42 – 10 Sessions Pemberton  
Wed., 6:00 – 6:50 pm  
Mar. 9 – May 18

**LEVEL 3 ONLY**

**Cost:** $100  
CFP 017 43 – 10 Sessions Pemberton  
Thurs., 4:00 – 4:50 pm  
Mar. 10 – May 19

### SATURDAY MORNINGS

**Cost:** $120  
CFP 017 61 – 12 Sessions Pemberton  
Sat., 10:40 – 11:30 am  
Feb. 6 – May 7

**Cost:** $120  
CFP 017 62 – 12 Sessions Pemberton  
Sat., 11:40 – 12:30 pm  
Feb. 6 – May 7
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 35 – 37 for course descriptions.

AQUA TOTS (6 MOS – 4 YEARS OLD)
Cost: $110
CFP 001 06 – 11 Sessions Pemberton

SUPER TOTS (3 – 4 YEAR OLDS)
Cost: $132
CFP 004 06 – 11 Sessions Pemberton
Thurs., 11:00 – 11:30 am Jan. 14 – Mar. 24

PRE-SCHOOL (4 – 6 YEAR OLDS)
Cost: $110
CFP 009 02 – 11 Sessions Pemberton
Cost: $110
CFP 009 12 – 11 Sessions Pemberton
Thurs., 1:00 – 1:45 pm Jan. 14 – Mar. 24

SHALLOW WATER (SCHOOL AGE)
6 YEARS AND OLDER
Cost: $110
CFP 017 01 – 11 Sessions Pemberton
Thurs., 10:00 – 10:50 am Jan. 14 – Mar. 24

DEEP WATER (SCHOOL AGE)
6 YEARS AND OLDER
Cost: $110
CFP 027 01 – 11 Sessions Pemberton
Thurs., 10:00 – 10:50 am Jan. 14 – Mar. 24

LATE SPRING CLASSES
AQUA TOTS (6 MOS – 4 YEAR OLDS)
Cost: $80
CFP 001 17 – 8 Sessions Pemberton
Thurs., 11:00 – 11:30 am Apr. 14 – Jun. 2

SUPER TOTS (3 – 4 YEAR OLDS)
Cost: $96
CFP 004 14 – 8 Sessions Pemberton
Thurs., 11:00 – 11:30 am Apr. 14 – Jun. 2

PRE-SCHOOL (4 – 6 YEAR OLDS)
Cost: $80
CFP 009 04 – 8 Sessions Pemberton
Thurs., 9:05 – 9:50 am Apr. 14 – Jun. 2

SHALLOW WATER (SCHOOL AGE)
6 YEARS AND OLDER
Cost: $80
CFP 017 03 – 8 Sessions Pemberton
Thurs., 10:00 – 10:50 am Apr. 14 – Jun. 2

DEEP WATER (SCHOOL AGE)
6 YEARS AND OLDER
Cost: $80
CFP 027 03 – 8 Sessions Pemberton
Thurs., 10:00 – 10:50 am Apr. 14 – Jun. 2

HOME SCHOOL – 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: $110
CFP 147 01 – 11 Sessions Pemberton
Thurs., 10:00 – 10:50 am Jan. 14 – Mar. 24

LATE SPRING CLASS
Cost: $80
CFP 147 03 – 8 Sessions Pemberton
Thurs., 10:00 – 10:50 am Apr. 14 – Jun. 2

Make a SPLASH!

Bring your party to the pool!

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

Your party includes lifeguard supervision & a party room for cake and festivities!
NEW! SCOUTS SWIM TEST READINESS
Get ready for your swim test.
This course will help you prepare to earn credit for your swim badge. Scout badge assessment is not included in this course. Must register for Scout Badge day.

Cost: $30
CFP 116 01 – 3 Sessions Pemberton
Mon. & Wed., 7:00 – 7:45 pm Feb. 15, 17, & 22

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

Cost: $80
CFP 136 40 – 8 Sessions Pemberton
Thurs., 6:00 – 6:50 pm Mar. 3 – Apr. 28
(No class Mar. 31)

Cost: $120
CFP 136 41 – 12 Sessions Pemberton
Sat., 8:15 – 9:05 am Feb. 6 – May 7
(No class Mar. 26 & Apr. 2)

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 7 years old and be able to swim 2 lengths of the pool and three of the four strokes.

Cost: $80
CFP 107 40 – 8 Sessions Pemberton
Thurs., 7:00 – 7:50 pm Mar. 3 – Apr. 28
(No class Mar. 31)

Cost: $80
CFP 107 41 – 8 Sessions Pemberton
Mon., 6:30 – 7:20 pm Feb. 29 – Apr. 25
(No class Mar. 28)

Cost: $120
CFP 107 60 – 12 Sessions Pemberton
Sat., 8:15 – 9:05 am Feb. 6 – May 7
(No class Mar. 26 & Apr. 2)

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: $120
CFP 615 41 – 8 Sessions Pemberton
Mon., 6:30 – 8:00 pm Mar. 14 – May 9
(No class Mar. 28)

BABYSITTER TRAINING
This American Red Cross babysitter’s training course provides kids, ages 11 to 15, with information and skills necessary to provide safe and responsible care for children. This training will help participants develop skills in leadership, professionalism, basic care, safety/safe play, and first aid.

Cost: $99
CFP 617 41 – 5 Sessions Pemberton
Tues. & Thurs., 6:00 – 7:30 pm Feb. 2 – Feb. 16
RCBC MASTERS SWIMMING
• Open to Swimmers Ages 18 & up
• Open to Masters Swimmers
• 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 7:45 pm
• Swimmers may register with USMS—approximate cost $35

FOR MORE INFORMATION PLEASE SELECT OPTION 3 AT (609) 894-4278, OR EMAIL BALONG@BCC.EDU

Cost: $85
CFP 117 41
Pemberton
Jan. 4 – Mar. 2
(No class Jan. 18)

Cost: $110
CFP 117 43
Pemberton
Mar. 14 – May 25
(No class Mar. 28 & 30)

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.

ADVANCED AQUA
Enjoy, a high-intensity, choreographed, water workout in shallow water. This program focuses on building cardiovascular strength and endurance through challenging routines of intervals and higher intensity options. You will keep your heart rate and pace up throughout the class. Water shoes recommended. Not for beginners.

( MINIMUM OF 8 PARTICIPANTS REQUIRED )

WEEKDAY MORNINGS
Cost: $100
CFP 131 03 – 10 Sessions
Pemberton
Mon., 9:00 – 9:50 am
Jan. 11 – Mar. 21
(No class Jan. 18)

Cost: $210
CFP 131 04 – 21 Sessions
Pemberton
Mon. & Wed., 9:00 – 9:50 am
Jan. 11 – Mar. 23
(No class Jan. 18)

LATE SPRING CLASSES
Cost: $70
CFP 131 08 – 7 Sessions
Pemberton
Mon., 9:00 – 9:50 am
Apr. 11 – May 23

Cost: $150
CFP 131 09 – 15 Sessions
Pemberton
Mon. & Wed., 9:00 – 9:50 am
Apr. 11 – Jun. 1
(No class May 30)

View the NEW SWIMMER ORIENTATION online at rcbc.edu/aquatics.
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.
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 8 PARTICIPANTS REQUIRED)*

Cost: $220
CFP 303 01 – 22 Sessions Pemberton
Tues. & Thurs., 9:00 – 9:50 am Jan. 12 – Mar. 24

LATE SPRING CLASS
Cost: $160
CFP 303 02 – 16 Sessions Pemberton
Tues. & Thurs., 9:00 – 9:50 am Apr. 12 – Jun. 2

EVENING 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.

WEEKDAY EVENINGS
Cost: $80
CFP 132 41 – 8 Sessions Pemberton
Tues., 6:00 – 6:50 pm Mar. 1 – Apr. 26 *(No class Mar. 29)*

Cost: $80
CFP 132 42 – 8 Sessions Pemberton
Thurs., 6:00 – 6:50 pm Mar. 3 – Apr. 28 *(No class Mar. 31)*

DEEP WATER FUN AND FITNESS
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 10 feet of water then this fitness program is for you! Water walking flotation belts are available.

WEEKDAY MORNINGS
Cost: $210
CFP 135 01 – 21 Sessions Pemberton
Mon. & Wed., 9:00 – 9:50 am Jan. 11 – Mar. 23 *(No class Jan. 18)*

Cost: $100
CFP 135 03 – 10 Sessions Pemberton
Fri., 9:00 – 9:50 am Jan. 15 – Mar. 18

LATE SPRING CLASSES
Cost: $150
CFP 135 06 – 15 Sessions Pemberton
Mon., Wed., 9:00 – 9:50 am Apr. 11 – Jun. 1 *(No class May 30)*

Cost: $80
CFP 135 04 – 8 Sessions Pemberton
Fri., 9:00 – 9:50 am Apr. 15 – Jun. 3

WATER WALKING & WELLNESS
Leave your gym shoes in the closet and hit the pool for a walk. Beat joint pain by using the water’s buoyancy to support body weight reducing stress on joints. This non-impact class may relieve pain, stiffness, and improve your sense of well being. *(MINIMUM OF 6 PARTICIPANTS REQUIRED)*

WEEKDAY MORNINGS
Cost: $110
CFP 301 01 – 11 Sessions Pemberton
Thurs., 1:00 – 1:45 pm Jan. 14 – Mar. 24

LATE SPRING CLASS
Cost: $80
CFP 301 02 – 8 Sessions Pemberton
Thurs., 1:00 – 1:45 pm Apr. 14 – Jun. 2
ADULT SWIM LESSONS
Have you always wanted to learn to swim? Let our experienced and understanding staff guide you to become comfortable in our pool and begin your 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: $100
CFP 106 01 – 10 Sessions Pemberton
Wed., 10:50 – 11:40 am Jan. 13 – Mar. 16

Cost: $100
CFP 106 03 – 10 Sessions Pemberton
Fri., 10:20 – 11:10 am Jan. 15 – Mar. 18

WEEKDAY EVENINGS
Cost: $110
CFP 106 40 – 11 Sessions Pemberton
Wed., 6:55 – 7:45 pm Mar. 9 – May 18
(No class Mar. 30)

LATE SPRING WEEKDAY CLASSES
Cost: $80
CFP 106 02 – 8 Sessions Pemberton

Cost: $80
CFP 106 04 – 8 Sessions Pemberton
Fri., 10:20 – 11:10 am Apr. 15 – Jun. 3

SWIM TRAINING FOR LIFEGUARD CANDIDATES
This brief course will increase endurance and cover the necessary stroke mechanics to prepare participants for the Lifeguarding Pre-Test. This does NOT guarantee that you will pass the pre-test. Course fee includes admission to all sessions and one free pass to a lap swim in the pool.

Cost: $50
CFS 724 01 – 5 Sessions Pemberton
Tues. & Thurs., 8:00 – 8:50 pm Feb. 2, 4, 9, 11, & 16

PRIVATE & SEMI-PRIVATE SWIM LESSONS
BY APPOINTMENT ONLY
Learn to swim with individual instruction. 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.

Also available for students with special needs

PRIVATE
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).

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.
AQUATICS – AMERICAN RED CROSS COURSES

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.

*PLEASE NOTE: CLASS PARTICIPANTS ARE REQUIRED TO COMPLETE THE ONLINE PRE-COURSE TRAINING AND BRING THE COMPLETION CERTIFICATE WITH THEM TO THE FIRST DAY OF CLASS (A DEEP-LINK WILL BE EMAILED TO YOU FROM OUR INSTRUCTOR). MAKE SURE YOU INCLUDE YOUR EMAIL ADDRESS ON YOUR REGISTRATION FORM. YOUR INSTRUCTOR WILL PROVIDE THE DEEP-LINK NEEDED TO ACCESS THE ONLINE COURSE VIA EMAIL.

(MUST HAVE A MINIMUM OF 6 TO RUN CLASS)

Cost: $315 (Additional Red Cross fee may be required for online content)

CFS 718 40   Pemberton PE Bldg Pool
Fri., 5:30 – 9:30 pm   Apr. 8 & 22
Sat. & Sun., 8:30 am – 4:30 pm   Apr. 9, 10, 23, & 24

LIFEGUARDING INSTRUCTOR

The LGI course certifies candidates to teach basic-level lifeguarding, Waterfront Lifeguarding*, Waterpark Lifeguarding*, and Shallow Water Attendant (all including first aid), Lifeguard Management, CPR/AED for the Professional Rescuer, Administering Emergency Oxygen, Blood Borne Pathogens Training: Preventing Disease Transmission and Basic Water Rescue courses. Instructor candidates will become familiar with Guard Start: Lifeguarding Tomorrow and the Water Safety presentation. Prerequisites: Be 17 years of age on or before the last day of the course, this includes passing the pre-course written exam with a score of 80% or higher for each of the three sections and demonstrating competency in the pre-course skills and scenario evaluations. In addition to scheduled classroom time, individual practice teaching will be arranged by appointment during the Wednesday evening LG course. Bring lunch, extra suit and towels. The cost does not include your books. You must purchase them ahead of time.*

*PLEASE NOTE: CLASS PARTICIPANTS ARE REQUIRED TO COMPLETE THE ONLINE PRE-COURSE TRAINING AND BRING THE COMPLETION CERTIFICATE WITH THEM TO THE FIRST DAY OF CLASS (A DEEP-LINK WILL BE EMAILED TO YOU FROM OUR INSTRUCTOR). MAKE SURE YOU INCLUDE YOUR EMAIL ADDRESS ON YOUR REGISTRATION FORM. YOUR INSTRUCTOR WILL PROVIDE THE DEEP-LINK NEEDED TO ACCESS THE ONLINE COURSE VIA EMAIL.

(MUST HAVE A MINIMUM OF 6 TO RUN CLASS)

Cost: $315 (Additional Red Cross fee may be required for online content)

CFS 723 40   Pemberton PE Bldg Pool
Pre-Course Test
Wed., 5:00 – 9:30 pm   Apr. 27
Sat. & Sun., 8:30 am – 4:30 pm   Apr. 29 & 30
Sun., 8:30 am – 4:30 pm   May 1
Wed., 5:00 – 9:30 pm   May 4

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 for free in .pdf format visit: redcrossstore.org
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 2-year certification for Lifeguard Training, First Aid, and CPR/AED.

Prerequisites: Must possess a current American Red Cross Lifeguard Training & CPR/AED for the Professional Rescuer certificate. Bring your own CPR mask and books.

(MUST HAVE A MINIMUM OF 6 TO RUN CLASS)

Cost: $99
CFS 726 43 Pemberton PE Bldg Pool
Wed., 5:30 – 9:30 pm May 11, 18, & 25

Cost: $99
CFS 726 44 Pemberton PE Bldg Pool
Wed., 5:30 – 9:30 pm Jun. 8, 15, & 22

LIFEGUARD TRAINING
This course results in certification in CPR/AED, First Aid, and Lifeguard Training as well as meeting the certification standards to lifeguard at a public pool, upon completion. The course prepares participants to recognize and respond quickly and effectively to emergencies while preventing drowning and injuries. 2-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 while keeping head above water).

No refunds will be issued for students who do not pass the prerequisites. You may call to set up a pretest before you pay. (609) 894-9311, ext. 1010.

Cost: $275
CFS 725 41 Pemberton PE Bldg Pool
Wed., 6:30 – 9:30 pm Feb. 17 – Apr. 13
(No class Mar. 30)

Cost: $275
CFS 725 03 Pemberton PE Bldg Pool
Tues., Wed., Thurs., & Fri., 9:30 am – 3:30 pm
Mar. 29, 30, 31, & Apr. 1

Cost: $275
CFS 725 72 Pemberton PE Bldg Pool
Sun., 9:30 am – 3:30 pm
Apr. 17 & 24, May 1 & 8

CPR/AED FOR THE PROFESSIONAL RESCUE AND HEALTHCARE PROVIDER (FULL COURSE)
This course teaches those with a duty to act, first responders, police officers and EMT’s. Includes AED, BVM, 2 rescuer CPR for Adult, Child, Infant. 2-year certification.

Cost: $99
(Does NOT include book or CPR mask)
CFP 720 02 – 1 Session Pemberton
Sat., 9:00 am – 3:30 pm Apr. 16

All materials needed for these classes must be purchased two weeks before the class starts at redcrossstore.org

Please make sure you include your email when you register.

UPCOMING SPECIAL EVENTS
RCBC INVITATIONAL MASTERS MEET
April 3rd • 8 am – 1 pm

SPECIAL OLYMPICS MEET
March 5th • 12:30 – 4:30 pm
Please call (609) 894-9311, ext. 1497 for details

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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 ages 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. THE CPR MASK WILL BE AVAILABLE FOR PURCHASE FROM RCBC FOR $12.00 WHILE SUPPLIES LAST. (MUST HAVE A MINIMUM OF 6 TO RUN CLASS)

Cost: $65
CFS 731 01
Fri., 5:30 – 9:30 pm
Pemberton
Jan. 8

Cost: $65
CFS 731 02
Fri., 5:30 – 9:30 pm
Pemberton
Feb. 12

Cost: $99 (Includes First Aid Module)
CFS 731 03
Mon., 9:00 am – 5:00 pm
Pemberton
Mar. 14

Rowan College at Burlington County’s
Workforce Development Institute

FOR BUSINESS

Providing resources that job seekers, underemployed, and employers need to succeed today and tomorrow.

Workforce Development Institute:

• Ensures Burlington County’s long-term viability.
• Assists local businesses in remaining globally competitive.
• Lifelong learning partnerships among individuals, education, and industry.
• Comprehensive career services – education and training.
• Workforce and educational programming that meets current individual, business and industry needs.

For more information, visit: rcbc.edu/workforce

The institute is a joint venture among Burlington County, Burlington County Institute of Technology and the new Rowan College at Burlington County.
ROWAN COLLEGE AT BURLINGTON COUNTY
REGISTRATION FORM

300 College Circle, Mt. Laurel, NJ 08054-9414 • (856) 222-9311, ext. 2530

NO REGISTRATIONS ARE ACCEPTED WITHOUT PAYMENT
PLEASE INCLUDE YOUR CHECK OR MONEY ORDER WITH THIS FORM
PLEASE DO NOT INCLUDE ANY CREDIT CARD INFORMATION ON THIS FORM.

ALL AQUATICS CLASSES ARE LOCATED ON THE PEMBERTON CAMPUS

NAME ________________________________

COMPANY NAME ________________________________

ADDRESS ______________________________________

________________________________________________

EMAIL ________________________________________

PHONE ________________________________________

BIRTH DATE ________________________________

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

DEPT CODE  CAT CODE  SECTION  COURSE TITLE  START DATE  END DATE  DAY(S)  TIME  LOCATION  COST

GENDER

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

RACE/ETHNIC GROUP

 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 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:

 ________________________________

 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) __________________________ DATE

 AMT. REC’D. ______________________ REC’D BY ______________________ ID # __________