

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)

	ANNUAL	SEMESTER
Adult 18-59	\$240	\$95
Adult 60+	\$180	\$75
One Parent & Child(ren)	\$415	\$125
Two Parents & Child(ren)	\$565	\$210
Alumni	\$180	\$75

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.

**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.*

**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**

THE POOL IS CLOSED

**Dec. 23 – Jan. 2, 2017
Winter Break**

**Jan. 16
MLK Jr. Day**

**Apr. 14 – 16
Easter**

**May 27 – May 29
Memorial Weekend**

ATTENTION

**ALL CURRENT
LIFEGUARD INSTRUCTORS**

As per new ARC updates, all currently certified LGI's must attend in person periodic updates to re-qualify their certifications. A clinic for these new updates will take place in 2017 at the Pemberton Campus pool.

Please call (856) 222-9311, ext. 1010 for details, and how to register.

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.

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. +)

Parents participate in the pool as their child learns basic swim skills and water safety.

BOTH SWIM DIAPERS AND TIGHT FITTING PLASTIC PANTS ARE REQUIRED FOR CHILDREN UNDER THREE OR ANY AGE NOT TOILET TRAINED.

WEEKDAY MORNINGS

Cost: \$132
CFP 001 02 – 12 Sessions Pemberton
Tue., 10:30 – 11:00 am Jan. 17 – Apr. 4

Cost: \$132
CFP 001 05 – 12 Sessions Pemberton
Wed., 10:00-10:30 am Jan.18 – Apr. 5

Cost: \$132
CFP 001 06 – 12 Sessions Pemberton
Thurs., 11:00 – 11:30 am Jan. 19 – Apr. 6

Cost: \$132
CFP 001 07 – 12 Sessions Pemberton
Fri., 9:45 – 10:15 am Jan. 20 – Apr. 7

WEEKDAY EVENINGS

Cost: \$121
CFP 001 40 – 11 Sessions Pemberton
Mon., 5:50 – 6:20 pm Mar. 6 – May 22
(No class Apr. 17)

Cost: \$121
CFP 001 41 – 11 Sessions Pemberton
Wed., 5:40 – 6:10 pm Mar. 8 – May 24
(No class Apr. 19)

SATURDAY MORNINGS

Cost: \$154
CFP 001 60 – 14 Sessions Pemberton
Sat., 9:10 – 9:40 am Feb. 11 – May 20
(No class Apr. 15)

**LATE SPRING CLASSES
WEEKDAY MORNINGS**

Cost: \$77
CFP 001 12 – 7 Sessions Pemberton
Tue., 10:30 – 11:00 am Apr. 25 – Jun. 6

Cost: \$77
CFP 001 16 – 7 Sessions Pemberton
Wed., 10:00 – 10:30 am Apr. 26 – Jun. 7

Cost: \$77
CFP 001 17 – 7 Sessions Pemberton
Thurs., 11:00 – 11:30 am Apr. 27 – Jun. 8

Cost: \$77
CFP 001 18 – 7 Sessions Pemberton
Fri., 9:45 – 10:15 am Apr. 28 – Jun. 9

SUPER TOTS (AGES 3 & 4 YEARS OLD)

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 TOILET TRAINED.

WEEKDAY MORNINGS

Cost: \$156
CFP 004 02 – 12 Sessions Pemberton
Tue., 9:55 – 10:25 am Jan. 17 – Apr. 4

Cost: \$156
CFP 004 03 – 12 Sessions Pemberton
Tue., 10:30 – 11:00 am Jan. 17 – Apr. 4

Cost: \$156
CFP 004 05 – 12 Sessions Pemberton
Wed., 10:00 – 10:30 am Jan. 18 – Apr. 5

Cost: \$156
CFP 004 06 – 12 Sessions Pemberton
Thurs., 11:00 – 11:30 am Jan. 19 – Apr. 6

Cost: \$156
CFP 004 07 – 12 Sessions Pemberton
Fri., 9:05 – 9:35 am Jan. 20 – Apr. 7

Cost: \$156
CFP 004 08 – 12 Sessions Pemberton
Fri., 9:45 – 10:15 am Jan. 20 – Apr. 7

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WEEKDAY EVENINGS**Cost: \$143**

CFP 004 40 – 11 Sessions Pemberton
 Mon., 5:50 – 6:20 pm Mar. 6 – May 22
(No class Apr. 17)

Cost: \$143

CFP 004 41 – 11 Sessions Pemberton
 Wed., 5:40 – 6:10 pm Mar. 8 – May 24
(No class Apr. 19)

SATURDAY MORNINGS**Cost: \$182**

CFP 004 60 – 14 Sessions Pemberton
 Sat., 9:10 – 9:40 am Feb. 11 – May 20
(No class Apr. 15)

**LATE SPRING CLASSES
WEEKDAY MORNINGS****Cost: \$91**

CFP 004 10 – 7 Sessions Pemberton
 Tue., 9:55 – 10:25 am Apr. 25 – Jun. 6

Cost: \$91

CFP 004 11 – 7 Sessions Pemberton
 Tue., 10:30 – 11:00 am Apr. 25 – Jun. 6

Cost: \$91

CFP 004 13 – 7 Sessions Pemberton
 Wed., 10:00 – 10:30 am Apr. 26 – Jun. 7

Cost: \$91

CFP 004 14 – 7 Sessions Pemberton
 Thurs., 11:00 – 11:30 am Apr. 27 – Jun. 8

Cost: \$91

CFP 004 15 – 7 Sessions Pemberton
 Fri., 9:05 – 9:35 am Apr. 28 – Jun. 9

Cost: \$91

CFP 004 16 – 7 Sessions Pemberton
 Fri., 9:45 – 10:15 am Apr. 28 – Jun. 9

**PRE-SCHOOL LESSONS
(AGES 4 TO 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: \$132**

CFP 009 01 – 12 Sessions Pemberton
 Tues., 9:10 – 9:55 am Jan. 17 – Apr. 4

Cost: \$132

CFP 009 02 – 12 Sessions Pemberton
 Thurs., 9:10 – 9:55 am Jan. 19 – Apr. 6

WEEKDAY AFTERNOONS**Cost: \$132**

CFP 009 11 – 12 Sessions Pemberton
 Tues., 1:00 – 1:45 pm Jan. 17 – Apr. 4

WEEKDAY EVENINGS**Cost: \$121**

CFP 009 40 – 11 Sessions Pemberton
 Mon., 5:00 – 5:45 pm Mar. 6 – May 22
(No class Apr. 17)

Cost: \$121

CFP 009 41 – 11 Sessions Pemberton
 Tues., 4:00 – 4:45 pm Mar. 7 – May 23
(No class Apr. 18)

Cost: \$121

CFP 009 42 – 11 Sessions Pemberton
 Wed., 4:45 – 5:30 pm Mar. 8 – May 24
(No class Apr. 19)

Cost: \$121

CFP 009 43 – 11 Sessions Pemberton
 Thurs., 4:00 – 4:45 pm Mar. 9 – May 25
(No class Apr. 20)

SATURDAY MORNINGS**Cost: \$154**

CFP 009 61 – 14 Sessions Pemberton
 Sat., 9:45 – 10:30 am Feb. 11 – May 20
(No class Apr. 15)

**LATE SPRING CLASSES
WEEKDAY MORNINGS****Cost: \$77**

CFP 009 03 – 7 Sessions Pemberton
 Tues., 9:10 – 9:55 am Apr. 25 – Jun. 6

Cost: \$77

CFP 009 14 – 7 Sessions Pemberton
 Tues., 1:00 – 1:45 pm Apr. 25 – Jun. 6

Cost: \$77

CFP 009 04 – 7 Sessions Pemberton
 Thurs., 9:10 – 9:55 am Apr. 27 – Jun. 8

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.

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: \$121

CFP 017 40 – 11 Sessions Pemberton
Mon., 4:00 – 4:50 pm Mar. 6 – May 22
(No class Apr. 17)

Cost: \$121

CFP 017 41 – 11 Sessions Pemberton
Tues., 5:00 – 5:50 pm Mar. 7 – May 23
(No class Apr. 18)

Cost: \$121

CFP 017 42 – 11 Sessions Pemberton
Wed., 6:20 – 7:10 pm Mar. 8 – May 24
(No class Apr. 19)

Cost: \$121

CFP 017 43 – 11 Sessions Pemberton
Thurs., 5:00 – 5:50 pm Mar. 9 – May 25
(No class Apr. 20)

SATURDAY MORNINGS

Cost: \$154

CFP 017 61 – 14 Sessions Pemberton
Sat., 10:40 – 11:30 am Feb. 11 – May 20
(No class Apr. 15)

Cost: \$154

CFP 017 62 – 14 Sessions Pemberton
Sat., 11:40 – 12:30 pm Feb. 11 – May 20
(No class Apr. 15)

Make a SPLASH!

Bring your party to the pool!

Call Barbara Long at (856) 242-5208,
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: \$121

CFP 027 40 – 11 Sessions Pemberton
Mon., 4:00 – 4:50 pm Mar. 6 – May 22
(No class Apr. 17)

Cost: \$121

CFP 027 42 – 11 Sessions Pemberton
Tues., 5:00 – 5:50 pm Mar. 7 – May 23
(No class Apr. 18)

Cost: \$121

CFP 027 45 – 11 Sessions Pemberton
Wed., 6:20 – 7:10 pm Mar. 8 – May 24
(No class Apr. 19)

Cost: \$121

CFP 027 46 – 11 Sessions Pemberton
Thurs., 5:00 – 5:50 pm Mar. 9 – May 25
(No class Apr. 20)

LEVEL 3 ONLY

Cost: \$121

CFP 027 41 – 11 Sessions Pemberton
Tues., 4:00 – 4:50 pm Mar. 7 – May 23
(No class Apr. 28)

LEVEL 3 ONLY

Cost: \$121

CFP 027 44 – 11 Sessions Pemberton
Thurs., 4:00 – 4:50 pm Mar. 9 – May 25
(No class Apr. 20)

SATURDAY MORNINGS

Cost: \$154

CFP 027 61 – 14 Sessions Pemberton
Sat., 10:40 – 11:30 am Feb. 11 – May 20
(No class Apr. 15)

Cost: \$154

CFP 027 62 – 14 Sessions Pemberton
Sat., 11:40 – 12:30 pm Feb. 11 – May 20
(No class Apr. 15)

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 previous pages for course descriptions)

AQUA TOTS - 6 months to 4 years old

Cost: \$132

CFP 001 06 – 12 Sessions Pemberton
Thurs., 11:00 – 11:30 am Jan. 19 – Apr. 6

SUPER TOTS - 3 and 4 years old

Cost: \$156

CFP 004 06 – 12 Sessions Pemberton
Thurs., 11:00 – 11:30 am Jan. 19 – Apr. 6

PRE-SCHOOL - 4 to 6 years old

Cost: \$132

CFP 009 02 – 12 Sessions Pemberton
Thurs., 9:10 – 9:55 am Jan. 19 – Apr. 6

SHALLOW WATER - 6 years & up

Cost: \$132

CFP 017 01 – 12 Sessions Pemberton
Thurs., 10:00 – 10:50 am Jan. 19 – Apr. 6

DEEP WATER - 6 years & up

Cost: \$132

CFP 027 01 – 12 Sessions Pemberton
Thurs., 10:00 – 10:50 am Jan. 19 – Apr. 6

LATE SPRING CLASSES

AQUA TOTS - 6 months to 4 years old

Cost: \$77

CFP 001 17 – 7 Sessions Pemberton
Thurs., 11:00 – 11:30 am Apr. 27 – Jun. 8

SUPER TOTS - 3 and 4 years old

Cost: \$91

CFP 004 14 – 7 Sessions Pemberton
Thurs., 11:00 – 11:30 am Apr. 27 – Jun. 8

PRE-SCHOOL - 4 to 6 years old

Cost: \$77

CFP 009 04 – 7 Sessions Pemberton
Thurs., 9:10 – 9:55 am Apr. 27 – Jun. 8

SHALLOW WATER - 6 years & up

Cost: \$77

CFP 017 03 – 7 Sessions Pemberton
Thurs., 10:00 – 10:50 am Apr. 27 – Jun. 8

DEEP WATER - 6 years & up

Cost: \$77

CFP 027 03 – 7 Sessions Pemberton
Thurs., 10:00 – 10:50 am Apr. 27 – Jun. 8

HOME SCHOOL - STROKE TECHNIQUE & 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: \$132

CFP 147 01 – 12 Sessions Pemberton
Thurs., 10:00 – 10:50 am Jan. 19 – Apr. 6

LATE SPRING CLASS

Cost: \$77

CFP 147 03 – 7 Sessions Pemberton
Thurs., 10:00 – 10:50 am Apr. 27 – Jun. 8

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.

Cost: \$44

CFP 116 01 – 4 Sessions Pemberton
Tue., 6:00 – 6:50 pm Mar. 14 – Apr. 4



Girl Scouts.



SCOUT BADGE DAY

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

*Instruction by a Certified Scout
Counselor and WSI*

**Saturday, Feb. 25, Mar. 18,
Apr. 8, and May 6 at 1 pm**

Call Barbara Long at (856) 242-5208 or
email balong@rcbc.edu
to register your group.

**RCBC's Pemberton Campus Pool
Cost is \$8 per Scout**

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.

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 ten feet of water then this fitness program is for you! Water walking floatation belts are available.

Cost: \$121

CFP 135 01 – 11 Sessions Pemberton
Mon., 9:00 – 9:50 am Jan. 23 – Apr. 3

Cost: \$253

CFP 135 02 – 23 Sessions Pemberton
Mon. & Weds., 9:00 – 9:50 am Jan. 18 – Apr. 5

LATE SPRING CLASS

Cost: \$66

CFP 135 04 – 6 Sessions Pemberton
Mon., 9:00 – 9:50 am Apr. 24 – Jun. 5

Cost: \$143

CFP 135 06 – 13 Sessions Pemberton
Mon. & Wed., 9:00 – 9:50 am Apr. 24 – Jun. 7

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: \$132

CFP 303 01 – 12 Sessions Pemberton
Tues., 9:00 – 9:50 am Jan. 17 – Apr. 4

Cost: \$264

CFP 303 02 – 24 Sessions Pemberton
Tues. & Thurs., 9:00 – 9:50 am Jan. 17 – Apr. 6

LATE SPRING CLASS

Cost: \$154

CFP 303 03 – 14 Sessions Pemberton
Tues. & Thurs., 9:00 – 9:50 am Apr. 25 – Jun. 8

(No class May 29)

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: \$88

CFP 132 41 – 8 Sessions Pemberton
Thurs., 6:00 – 6:50 pm Mar. 2 – Apr. 27
(No class Apr. 20)

All water exercise instructors are AEA or USWFA certified. If you have any questions please contact us at (609) 894-9311, ext. 1010.

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: \$132

CFP 106 01 – 12 Sessions Pemberton
Wed., 10:50 – 11:40 am Jan. 18 – Apr. 5

Cost: \$132

CFP 106 03 – 12 Sessions Pemberton
Fri., 10:20 – 11:10 am Jan. 20 – Apr. 7

WEEKDAY EVENINGS

Cost: \$121

CFP 106 40 – 11 Sessions Pemberton
Wed., 7:15 – 8:05 pm Mar. 8 – May 24
(No class Apr. 19)

LATE SPRING CLASSES

WEEKDAY MORNINGS

Cost: \$77

CFP 106 02 – 7 Sessions Pemberton
Wed., 10:40 – 11:30 am Apr. 26 – Jun. 7

Cost: \$77

CFP 106 04 – 8 Sessions Pemberton
Fri., 10:20 – 11:10 am Apr. 28 – Jun. 9

THERAPEUTIC AQUATICS/TBI

RCBC offers aquatics exercise as an alternative rehabilitation option. For anyone experiencing pain, weakness, limited range of motion, decreased strength, and weight bearing, this class will help. By taking advantage of the unique properties of the water in an ideal environment, we can tailor an exercise plan to suit your needs and personal goals.

Cost: \$253

CFP 302 01 – 23 Sessions Pemberton
Mon. & Wed., 9:00 – 9:50 am Jan. 18 – Apr. 5

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

PRIVATE & SEMI-PRIVATE SWIM LESSONS

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).

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.

Bring your own CPR mask and books.

(MUST HAVE A MINIMUM OF 6 TO RUN CLASS)

Cost: \$99

CFS 726 42 Pemberton
Sat., 9:00 am – 4:00 pm Apr. 1

Cost: \$99

CFS 726 43 Pemberton
Wed., 5:30 – 9:30 pm May 10, 17, & 24

Cost: \$99

CFS 726 44 Pemberton
Wed., 5:30 – 9:30 pm June 7, 14, & 21

LIFEGUARD TRAINING

This 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. 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 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
Wed., 6:30 – 9:30 pm Feb. 15 – Apr. 12

Cost: \$275

CFS 725 03 Pemberton
Tue., Weds, Thu., Fri., 9:30 am – 3:30 pm Apr. 18, 19, 20, & 21

Cost: \$275

CFS 725 72 Pemberton
Sun., 9:30 am – 3:30 pm Apr. 30, May 7, 14 & 21

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.*

- 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
- Maintain position on back for 1 minute in deep water (floating or sculling).
- 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 is required for online content)

CFS 718 40 Pemberton
 Fri., 5:30-9:30pm Mar. 31 & Apr. 7
 Sat. & Sun., 8:30 am-4:30 pm Apr. 1, 2, 8, & 9

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: \$132

CFS 617 41 – 5 Sessions Pemberton
 Tues. & Thurs., 6:00 – 7:30 pm Feb. 2 – Feb. 16

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 41 – 8 Sessions Pemberton
 Mon., 6:30 – 8:00 pm Mar. 13 – May 8
(No class Apr. 17)

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: \$55

CFS 724 01 – 5 Sessions Pemberton
 Tues. & Thurs., 8:00 – 8:50 pm Feb. 2, 7, 9, 14, & 16

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](http://www.laerdal.com/us/item/90-1038#2) FOR \$12.00. THE CPR MASK WILL BE AVAILABLE FROM RCBC FOR \$12.00 WHILE STOCKS LAST. (MUST HAVE A MINIMUM OF 6 TO RUN CLASS)*

Cost: \$65

CFS 731 02 Pemberton
 Fri., 5:30 – 9:30 pm Feb. 10

BASIC LIFE SUPPORT (BLENDED LEARNING)

This blended learning course is a combination of online learning and in-person skills assessment. It teaches those with a duty to act (EMT, Firefighter, Police CERT, Nursing etc) the skills needed to respond to breathing and cardiac related emergencies. Includes BVM/AED. Upon successful completion candidates receive a 2 year BLS certification. Candidates will need to provide a valid email address for access to the online deeplink training.

Course materials can be downloaded at:

instructorscorner.org/candidates/bliscandidates/

Cost: \$75

CFP 720 02 Pemberton PE Bldg.

Thurs., 6:00 – 9:30 pm Mar. 9

MINI COMPETITIVE SWIMMING

This swim clinic is geared for the 5 to 7 year olds 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 Mar. 2 – Apr. 27
(No class Apr. 20)

Cost: \$154

CFP 136 41 – 14 Sessions Pemberton

Sat., 8:15 – 9:05 am Feb. 11 – May 20
(No class Apr. 15)

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 length of the pool and three of the four strokes.

Cost: \$88

CFP 107 40 – 8 Sessions Pemberton

Thurs., 7:00 – 7:50 pm Mar. 2 – Apr. 27
(No class Apr. 20)

Cost: \$88

CFP 107 41 – 8 Sessions Pemberton

Mon., 6:30 – 7:20 pm Feb. 27 – Apr. 24
(No class Apr. 17)

Cost: \$154

CFP 107 60 – 14 Sessions Pemberton

Sat., 8:15 – 9:05 am Feb. 11 – May 20
(No class Apr. 15)

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
- Coached workout sessions are Monday 7:20 pm & 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@RCBC.EDU

Cost: \$100

CFP 117 41 Pemberton

Mon. & Wed., 7:30 pm Jan. 4 – Mar. 1
(No class Jan. 16)

Cost: \$120

CFP 117 43 Pemberton

Mon., 7:20 pm Mar. 13 – May 24
Wed., 7:45 pm (No class Apr. 17 & 19)

SPECIAL EVENTS

SCOUT BADGE DAYS

Saturday, Feb. 25, Mar. 18,
Apr. 8, and May 6 @ 1 pm

SPECIAL OLYMPICS SWIM MEET

March 4 @ 1:30 pm

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: INSTRUCTOR CANDIDATES MUST BE AT LEAST 17 YEARS OF AGE BY THE COURSE END DATE. CANDIDATES MUST SHOW AMERICAN RED CROSS LIFEGUARDING CERTIFICATION AND PROFESSIONAL-RESCUER CPR/AED CERTIFICATION, BOTH OF WHICH MUST BE CURRENT (NOT EXPIRED) AS OF THE FIRST DAY OF THE INSTRUCTOR CLASS. SOME EQUIVALENT LIFEGUARDING CERTIFICATIONS FROM OTHER TRAINING ORGANIZATIONS ARE ALSO ACCEPTABLE; CHECK WITH THE INSTRUCTOR TRAINER FOR DETAILS. CANDIDATES MUST COMPLETE ONLINE PRECOURSE HOMEWORK (SEE BELOW) PRIOR TO THE FIRST DAY THE CLASS MEETS. CANDIDATES MUST PASS PRECOURSE TESTING ON SKILLS AND KNOWLEDGE AT THE BEGINNING OF THE INSTRUCTOR COURSE. PRECOURSE HOMEWORK

(ONLINE): THE LIFEGUARDING INSTRUCTOR COURSE INCLUDES ONLINE PRECOURSE HOMEWORK. IN GENERAL, YOU SHOULD PLAN ON REGISTERING AT LEAST A WEEK IN ADVANCE IN ORDER TO ALLOW TIME FOR THIS HOMEWORK TO BE MADE AVAILABLE TO YOU AND FOR YOU TO COMPLETE IT PRIOR TO THE FIRST DAY THE CLASS MEETS.

MAKE SURE YOU PROVIDE YOUR EMAIL DURING REGISTRATION TO ACCESS THE ONLINE DEEPLINK COMPONENTS.

Cost: \$315

(Additional Red Cross fee is required for online content)

CFS 723 40

Fri., 5:00 – 9:00 pm

Sat. & Sun., 8:30 am – 4:30 pm

Wed., 6:00 – 9:30 pm

Pemberton

Mar. 24

Mar. 25 & 26

Mar. 29

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 **(856) 242-5208**



**RCBC Aquatics
Pemberton Campus
Needs YOU!**

NOW HIRING

*Lifeguards, Swim Instructors,
Water Exercise Instructors,
& Water Safety Aides*

**Apply online at:
rcbc.edu/hr**

ROWAN COLLEGE AT BURLINGTON COUNTY REGISTRATION FORM

900 College Circle, Mt. Laurel, NJ 08054-9416 • (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 _____
LAST FIRST MI

COMPANY NAME _____

ADDRESS _____
STREET

CITY STATE ZIP

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
TOTAL COST									

GENDER
 Female Male

RACE/ETHNIC GROUP
 American Indian
 Asian/Pacific Islander
 Black/African American
(Not of Hispanic origin)
 Hispanic
 White
(Not of Hispanic origin)
 Non-Resident Alien

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

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

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: _____

– OFFICE USE ONLY –

AMT. REC'D. _____ REC'D BY _____ ID # _____