



\*Due to the changing COVID regulations, all programs, dates and times listed below are subject to change.

# KROC AQUATICS CENTER

## FALL & WINTER PROGRAMS: AUGUST 23, 2021 - FEBRUARY 20, 2022

### TIMES TO REMEMBER:

#### THE AQUATIC CENTER CLOSSES

at 7:00pm Mondays - Thursdays, 6:30pm on Fridays, 1:45pm on Saturdays (thru Oct. 9)

#### THE WATER SLIDE CLOSSES

30-Minutes prior to Aquatic Center

**THE WATER SLIDE OPENS** at 4pm (Mon-Fri), but is closed during swim lessons (12pm when no SB school)

Visit [www.mykroc.org/hours](http://www.mykroc.org/hours) for more information on the hours of operation.

### WSI CERTIFICATION

Candidates will be led through the American Red Cross Swimming and Water Safety program by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate a participants progress. The course includes online instruction (*proof of completion is required*). You will be taught to work with individuals of all ages, special needs, and some fitness aspects. Certification will allow candidates to teach lower level safety classes and "Safety Training for Coaches". To enroll, candidates must be at least 16 years old (on or before last day of course) and successfully complete the pre-course session including a demonstration of swimming skills at Learn-to-Swim Level 4 (all four competitive strokes, elementary backstroke, sidestroke). Participants will be charged \$35 by the ARC for online learning materials. Participants will be contacted 1-week before the class start to begin online training. Bring a sack lunch.

#### TEENS & ADULTS: AGES 16+

Monday - Thursday, December 20-23	
7:00AM - 1:00PM	\$200 (Members & Non-Members)

### AMERICAN RED CROSS CPR, AED & FIRST AID

Learn how to be a community responder who can act in emergency situations by recognizing and providing care for life-threatening emergencies. This course is offered in a blended learning format, including online learning followed up with an instructor-led skill session. *Each participant will be contacted by email one week prior to class to receive access to the online portion. Participants are REQUIRED to bring proof of online completion. Registration closes one week before the start of class.*

#### TEENS & ADULTS: AGES 15+

Thursday, September 16	1:00PM - 3:00PM	\$75 (Members & Non-Members)
Tuesday, September 21	5:00PM - 7:00PM	\$75 (Members & Non-Members)
Tuesday, October 12	5:00PM - 7:00PM	\$75 (Members & Non-Members)
Thursday, October 21	1:00PM - 3:00PM	\$75 (Members & Non-Members)
Thursday, November 4	1:00PM - 3:00PM	\$75 (Members & Non-Members)
Tuesday, November 9	5:00PM - 7:00PM	\$75 (Members & Non-Members)
Tuesday, December 7	5:00PM - 7:00PM	\$75 (Members & Non-Members)
Tuesday, January 11	5:00PM - 7:00PM	\$75 (Members & Non-Members)
Thursday, January 20	1:00PM - 3:00PM	\$75 (Members & Non-Members)
Tuesday, February 8	5:00PM - 7:00PM	\$75 (Members & Non-Members)
Thursday, February 17	1:00PM - 3:00PM	\$75 (Members & Non-Members)

### AMERICAN RED CROSS LIFEGUARD CERTIFICATIONS

**STEP 1:** To enroll, participants must be 15 years of age before the final scheduled session (proof required) and have the ability to demonstrate the following: **1.** Non-stop 300 yard swim with rhythmic breathing using freestyle and breaststroke **2.** Tread water for 2 minutes **3.** Swim 20-yards, dive down 7-feet to get a 10-pound brick, surface and return to starting point while swimming on back with both hands on brick in 1 minute and 40 seconds or less. *A passing certificate will be given upon successful completion. This will allow registration of Step 2.*

#### TEENS & ADULTS: AGES 15+

Sunday, December 18	1:00PM - 2:00PM	\$25 (Members & Non-Members)
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**STEP 2:** Through the process of discussion, videos and hands-on practice, you will learn the essential skills to become a certified lifeguard through the American Red Cross. *\*Please note. Registration closes one week before start of class to allow completion of the online course (takes approximately 7-9 hours). Students must complete online course before start of class. Books can be picked-up in the Aquatics Department one week prior to the start of class.*

#### TEENS & ADULTS: AGES 15+ (WHO PASSED STEP 1)

Sunday through Wednesday December 19-22	Sunday: 1:00PM - 6:00PM	\$100 Members
	Monday: 4:00PM - 9:00PM	\$120 Non-Members
	Tuesday: 4:00PM - 9:00PM	
	Wednesday: 4:00PM - 9:00PM	



## PRIVATE & SEMI-PRIVATE SWIM LESSONS

Please contact the Aquatic Office with questions or to sign-up. *Note, you can prepay for multiple lessons.*

**Email us at:**  
myaquatics@usc.salvationarmy.org

### PRIVATE LESSONS

(1) 30-Minute Session ..... \$20 / \$30

### SEMI-PRIVATE LESSONS

(1) 30-Minute Session ..... \$15 / \$20  
*per person*

## PARENT CHILD SWIM LESSONS

This 30-minute class was developed to help young children get ready to swim by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help kids learn elementary swimming skills including water entry, bubble blowing, front/back kicking, front/back floating, under-water exploration and more.

### YOUTH: AGES 6 MONTHS TO 3 YRS

Saturdays, Sept 11 - Oct 2   9:00AM - 9:30AM \$25 (Members) \$30 (Non-Members)
Saturdays, Sept 11 - Oct 2   10:00AM - 10:30AM \$25 (Members) \$30 (Non-Members)
Mondays, Sept 13 - Oct 4   6:00PM - 6:30PM \$25 (Members) \$30 (Non-Members)
Saturdays, Oct 9 - Oct 30   9:00AM - 9:30AM \$25 (Members) \$30 (Non-Members)
Saturdays, Oct 9 - Oct 30   10:00AM - 10:30AM \$25 (Members) \$30 (Non-Members)
Mondays, Oct 11 - Nov 1   6:00PM - 6:30PM \$25 (Members) \$30 (Non-Members)
Saturdays, Nov 6 - Dec 4   9:00AM - 9:30AM* \$25 (Members) \$30 (Non-Members)
Saturdays, Nov 6 - Dec 4   10:00AM - 10:30AM* \$25 (Members) \$30 (Non-Members)
Mondays, Nov 8 - 29   6:00PM - 6:30PM \$25 (Members) \$30 (Non-Members)
Mondays, Jan 3 - 24   6:00PM - 6:30PM* \$19 (Members) \$24 (Non-Members)
Saturdays, Jan 8 - 29   9:00AM - 9:30AM \$25 (Members) \$30 (Non-Members)
Saturdays, Jan 8 - 29   10:00AM - 10:30AM \$25 (Members) \$30 (Non-Members)
Mondays, Jan 31 - Feb 14   6:00PM - 6:30PM \$19 (Members) \$24 (Non-Members)
Saturdays, Feb 5 - 26   9:00AM - 9:30AM* \$25 (Members) \$30 (Non-Members)
Saturdays, Feb 5 - 26   10:00AM - 10:30AM* \$25 (Members) \$30 (Non-Members)

\*No classes December 27 or January 17.



## YOUTH SWIM LESSONS

To help with your busy schedule we have adapted our swim lessons to fit your families needs. To sign-up, simply choose a day and time, register all of your children for the same class, and we'll take care of the rest! On the first day the children will be tested and divided into groups by skill level. Once divided, the instructor will challenge your child from where they are, making sure that water safety and basic skills are reinforced and built on. They will work on floats, glides, the 6 swimming strokes and more. Each class is 45-minutes. **YOUTH: AGES 3-13**

Saturdays, Sept 11 - Oct 2	9:00AM - 9:45AM	\$28 (Members) \$33 (Non-Members)
Saturdays, Sept 11 - Oct 2	10:00AM - 10:45AM	\$28 (Members) \$33 (Non-Members)
Saturdays, Sept 11 - Oct 2	11:00AM - 11:45AM	\$28 (Members) \$33 (Non-Members)
Mon & Wed, Sept 13 - Oct 6	6:00PM - 6:45PM	\$56 (Members) \$66 (Non-Members)
Tues & Thurs, Sept 14 - Oct 7	9:30AM - 10:15AM	\$56 (Members) \$66 (Non-Members)
Saturdays, October 9 - 30	9:00AM - 9:45AM	\$28 (Members) \$33 (Non-Members)
Saturdays, October 9 - 30	10:00AM - 10:45AM	\$28 (Members) \$33 (Non-Members)
Saturdays, October 9 - 30	11:00AM - 11:45AM	\$28 (Members) \$33 (Non-Members)
Mon & Wed, Oct 11 - Nov 3	6:00PM - 6:45PM	\$56 (Members) \$66 (Non-Members)
Tues & Thurs, Oct 12 - Nov 4	9:30AM - 10:15AM	\$56 (Members) \$66 (Non-Members)
Saturdays, Nov 6 - Dec 4*	9:00AM - 9:45AM	\$25 (Members) \$30 (Non-Members)
Saturdays, Nov 6 - Dec 4*	10:00AM - 10:45AM	\$25 (Members) \$30 (Non-Members)
Saturdays, Nov 6 - Dec 4*	11:00AM - 11:45AM	\$25 (Members) \$30 (Non-Members)
Mon & Wed, Nov 8 - Dec 1*	6:00PM - 6:45PM	\$49 (Members) \$59 (Non-Members)
Tues & Thurs, Nov 9 - Dec 2*	9:30AM - 10:15AM	\$49 (Members) \$59 (Non-Members)
Mon & Wed, January 3 - 26*	6:00PM - 6:45PM	\$49 (Members) \$59 (Non-Members)
Tues & Thurs, January 4 - 27	9:30AM - 10:15AM	\$56 (Members) \$66 (Non-Members)
Saturdays, January 8 - 29	9:00AM - 9:45AM	\$28 (Members) \$33 (Non-Members)
Saturdays, January 8 - 29	10:00AM - 10:45AM	\$28 (Members) \$33 (Non-Members)
Saturdays, January 8 - 29	11:00AM - 11:45AM	\$28 (Members) \$33 (Non-Members)
Mon & Wed, Jan 31 - Feb 23*	6:00PM - 6:45PM	\$49 (Members) \$59 (Non-Members)
Tues & Thurs, February 1 - 24	9:30AM - 10:15AM	\$56 (Members) \$66 (Non-Members)
Saturdays, February 5 - 26	9:00AM - 9:45AM	\$28 (Members) \$33 (Non-Members)
Saturdays, February 5 - 26	10:00AM - 10:45AM	\$28 (Members) \$33 (Non-Members)
Saturdays, February 5 - 26	11:00AM - 11:45AM	\$28 (Members) \$33 (Non-Members)

\*No classes November 24, 25 and 27, January 17, and February 21.

## TEEN & ADULT SWIM LESSONS

*This class is for the very beginner to intermediate swimmer, it is not intended for the proficient swimmer.* We will teach all participants simple safety skills and swimming techniques, starting with simple floats and glides and working up to a beginner stroke on the front and back. Or if you are already a swimmer who wants to improve your current swimming strokes, we can challenge you where you are and assist in reaching your personal goals.

### YOUTH & ADULTS: AGES 14+

Tuesdays, Sept 14 - Oct 5	6:00PM - 6:45PM	\$28 (Members) \$33 (Non-Members)
Tuesdays, Oct 12 - Nov 2	6:00PM - 6:45PM	\$28 (Members) \$33 (Non-Members)
Tuesdays, Nov 9 - 30	6:00PM - 6:45PM	\$28 (Members) \$33 (Non-Members)
Tuesdays, Jan 4 - 25	6:00PM - 6:45PM	\$28 (Members) \$33 (Non-Members)
Tuesdays, Feb 1 - 22	6:00PM - 6:45PM	\$28 (Members) \$33 (Non-Members)

The Salvation Army Kroc Center | 900 W. Western Avenue, South Bend, IN | 574.233.9471 | [www.mykroc.org](http://www.mykroc.org)

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