

Aquatics

AQUATICS INFORMATION

AQUATICS PROGRAM INDEX					
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SWIM • SAFETY • RESCUE CLASSES • RECREATION SWIM • SPLASH PARTIES

The college pool is located on the Pemberton Campus

(609) 894-4278

Aquatic information including updates, membership, youth teams

REGISTER FOR BCC AQUATICS ON THE WEB AT WWW.BCC.EDU

LIMITED ENROLLMENT – CLASSES FILL VERY QUICKLY



POOL ADMITTANCE:

- All swimmers must present a BCC ID with a current fitness center sticker and sign in at the lifeguard station
- Membership is required for anyone using the pool
- Membership is discounted for alumni and free for current BCC students, full-time faculty, and staff – all others must purchase one of the following membership packages

POOL MEMBERSHIP IS NOT NEEDED to REGISTER for CLASSES
The pool is closed:
12/24 to 1/2 (Winter Break)
1/16 (Martin Luther King Jr. Day)
4/6 to 4/8 (Easter Break)

MEMBERSHIP LEVELS					
Bronze		Silver		Gold	
Pool & Gym		Pool		Pool	
\$10 annually plus the following daily usage fee		Gym		Gym	
Under 5	No Fee	Wellness Center		Wellness Center	
Child 5-17	\$2			Spa	
Adult 18-59	\$3	Annual	Semester	Annual	Semester
Senior 60+	\$2				
Adult 18-59		\$216	\$80	\$256	\$95
Adult 60+		\$162	\$60	\$202	\$75
One Parent & Child(ren)		\$378	\$140	\$418	\$155
Two Parents & Child(ren)		\$513	\$190	\$553	\$205
For pool memberships, call Ext. 1435 at (609) 894-9311					

Automatic Swim Lift Available

This lift makes BCC's pool accessible to the physically challenged.

Please call for more information.

Splash Parties at BCC!

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

Aqua Tots

AQUA TOTS - 6 months & up

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 • \$90

CFP 001 02 • 10 Sessions	
Jan 24 – Mar 27	T 11:00-11:30 am
CFP 001 05 • 10 Sessions	
Jan 25- Mar 28	W 10:10-10:40 am
CFP 001 06 • 10 Sessions	
Jan 26 – Mar 29	TH 11:00-11:30 am
CFP 001 07 • 10 Sessions	
Jan 27 – Mar 30	F 9:45 – 10:15 am

Weekday Evenings • \$90

CFP 001 40 • 10 Sessions	
Mar 12-May 21	M 5:50 – 6:20 pm
(No class Apr 9)	
CFP 001 41 • 10 Sessions	
Mar 14-May 23	W 5:50-6:20 pm
(No class Apr11)	

Saturday Mornings • \$108

CFP 001 60 • 12 Sessions	
Feb 11-May 12	S 9:00 – 9:30 am
(No class Apr 7 & 14)	

LATE SPRING CLASSES

Weekday Mornings • \$72

CFP 001 12 • 8 Sessions	
Apr 17 – Jun 5	T 10:00-10:30 am
CFP 001 16 • 8 Sessions	
Apr 18 – Jun 6	W 10:10-10:40 am
CFP 001 17 • 8 Sessions	
Apr 19-Jun 7	TH 11:10-11:40 am
CFP 001 18 • 8 Sessions	
Apr 20-Jun 8	F 9:45-10:15 am

Wee Two Wet Workout

Spend quality time with your child while exercising in the pool! This water workout will combine strength and cardiovascular fitness for you along with songs, games and water adjustment skills for your little one. Come join the fun!

Weekday Mornings • \$90

CFP 549 01 • 10 sessions	
Jan 23 – Mar 26	M 10:10-10:40 am

Weekday Mornings • \$72

CFP 549 02 – 8 sessions	
Apr 16- Jun 11	M 10:10-10:40 am
(No Class May 28)	

Super Tots

SUPER TOTS - 3 years & up

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 • \$90

CFP 004 01 – 10 Sessions	
Jan 23 – Mar 26	M 10:10-10:40 am
CFP 004 03 – 10 Sessions	
Jan 24 – Mar 27	T 11:00 – 11:30 am
CFP 004 05 – 10 Sessions	
Jan 25 – Mar 28	W 10:10 – 10:40 am
CFP 004 06 – 10 Sessions	
Jan 26 – Mar 29	TH 11:10 – 11:40 am
CFP 004 07 – 10 Sessions	
Jan 27 – Mar 30	F 9:05 – 9:35 am
CFP 004 08 – 10 Sessions	
Jan 27 – Mar 30	F 9:45 – 10:15 am
CFP 004 09 10 Sessions	
Jan 27- Mar 30	F 11:30am- 12pm

Register early
AQUATICS
CLASSES
FILL
QUICKLY

Weekday Evenings • \$90

CFP 004 40 – 10 Sessions	
Mar 12-May 21	M 5:50 – 6:20 pm
(No class Apr 9)	
CFP 004 41 - 10 Sessions	
Mar 14 – May 23	W 5:50 – 6:20pm
(No Class Apr 11)	

Saturday Mornings • \$108

CFP 004 60 – 12 Sessions	
Feb 11-May 12	S 9:00 – 9:30 am
(No class Apr 7 & 14)	

LATE SPRING CLASSES

Weekday Mornings • \$72

CFP 004 17 – 8 Sessions	
Apr 16 – Jun 11	M 10:10-10:40 am
(No class May 28)	
CFP 004 10 – 8 Sessions	
Apr 17 – Jun 5	T 10:00-10:30 am
CFP 004 11 – 8 Sessions	
Apr 17 – Jun 5	T 10:40-11:10 am
CFP 004 13 – 8 Sessions	
Apr 18 – Jun 6	W 10:10-10:40 am
CFP 004 14 – 8 Sessions	
Apr 19 – Jun 7	TH 11:10-11:40 am
CFP 004 15 – 8 Sessions	
Apr 20 – Jun 8	F 9:05-9:35 am
CFP 004 16 – 8 Sessions	
Apr 20 – Jun 8	F 9:45-10:15 am
CPP 004 12 8 Sessions	
Apr 20 – Jun 8	F 11:30am-12pm

DAYS ARE ABBREVIATED
AS FOLLOWS:

M – Monday, T – Tuesday,
W – Wednesday, TH – Thursday,
F – Friday, S – Saturday, SU – Sunday

Pre-School Lessons • School-Age Lessons

Pre-School Lessons – 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 • \$90

CFP 009 01 – 10 Sessions

Jan 24-Mar 27 T 9:05-9:50 am

CFP 009 02 – 10 Sessions

Jan 26-Mar 29 TH 9:05-9:50 am

Weekday Afternoons • \$90

CFP 009 11 – 10 Sessions

Jan 24-Mar 27 T 1-1:45 pm

CFP 009 12 – 10 Sessions

Jan 26-Mar 29 TH 1-1:45 pm

Weekday Evenings • \$90

CFP 009 40 – 10 Sessions

Mar 12-May 21 M 5 – 5:45 pm
(No class Apr 9)

CFP 009 41 – 10 Sessions

Mar 13-May 22 T 4-4:45 pm
(No class Apr 10)

CFP 009 42 – 10 Sessions

Mar 14-May 23 W 5-5:45 pm
(No class Apr 11)

CFP 009 43 – 10 Sessions

Mar 15-May 24 TH 4-4:45 pm
(No class Apr 12)

Saturday Mornings • \$108

CFP 009 61 – 12 Sessions

Feb 11-May 12 S 9:40-10:25 am
(No class Apr 7 & 14)

LATE SPRING CLASSES

Weekday Mornings • \$72

CFP 009 03 – 8 Sessions

Apr 17 – Jun 5 T 9:05-9:50 am

CFP 009 14 – 8 Sessions

Apr 17 – Jun 5 T 1-1:45 pm

CFP 009 04 – 8 Sessions

Apr 19- Jun 7 TH 9:05-9:50 am

CFP 009 15 – 8 Sessions

Apr 19- Jun 7 TH 1-1:45 pm

School-Age Lessons

SHALLOW WATER – 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 • \$90

CFP 017 40 – 10 Sessions

Mar 12-May 21 M 4-4:50 pm
(No class Apr 9)

CFP 017 41 – 10 Sessions

Mar 13-May 22 T 5:00-5:50 pm
(No class Apr 10)

CFP 017 43 – 10 Sessions

Mar 14- May 23 W 6:30 – 7:20pm
(No class Apr 11)

CFP 017 42 – 10 Sessions

Mar 15-May 24 TH 5:00-5:50 pm
(No class Apr 12)

Saturday Mornings • \$108

CFP 017 61 – 12 Sessions

Feb 11-May 12 S 10:35-11:25 am
(No Class Apr 7 & 14)

CFP 017 62 – 12 Sessions

Feb 11-May 12 S 11:35-12:25 pm
(No Class Apr 7 & 14)

LATE SPRING CLASSES

SHALLOW WATER – 6 years & up

DEEP WATER – 6 years and older

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 • \$90

CFP 027 40 – 10 Sessions

Mar 12-May 21 M 4-4:50 pm
(No class Apr 9)

CFP 027 42 – 10 Sessions

Mar 13-May 22 T 5-5:50 pm
(No class Apr 10)

CFP 027 46 – 10 Sessions

Mar 14-May 23 W 6:30-7:20 pm
(No class Apr 11)

CFP 027 45 – 10 Sessions

Mar 15-May 24 TH 5-5:50 pm
(No class Apr 12)

Saturday Mornings • \$108

CFP 027 61 – 12 Sessions

Feb 11-May 12 S 10:35-11:25 am
(No Class Apr 7 & 14)

CFP 027 62 – 12 Sessions

Feb 11-May 12 S 11:35-12:25 pm
(No Class Apr 7 & 14)

LEVEL 3 ONLY • \$90

CFP 027 41 –10 Sessions

Mar 13-May 22 Level 3 ONLY T 4-4:50 pm
(No class Apr 10)

CFP 027 43 – 10 Sessions

Mar 15-May 24 Level 3 ONLY TH 4-4:50 pm
(No class Apr 12)

Information in this brochure is accurate to the date of publication and subject to change.

NEW SWIMMER ORIENTATION

Wednesday, January 18 & March 7
at 6 pm in Pemberton

Brief presentations about the aquatics programs, first day procedures and tour of the aquatic facility.

LIGHT REFRESHMENTS

Must RSVP by Contacting Barbara Select Option 4
at (609) 894-4278 or email balong@bcc.edu

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 48 and 49 for course descriptions.

AQUA TOTS - 6 months to 4 years old

CFP 001 06 – 10 Sessions

Jan 26 – Mar 29 TH 11:00-11:30 am

Cost: \$90

SUPER TOTS - 3 and 4 year olds

CFP 004 06 – 10 Sessions

Jan 26 – Mar 29 TH 11:10 – 11:40 am

Cost: \$90

PRE-SCHOOL - 4 to 6 years old

CFP 009 02 – 10 Sessions

Jan 26 – Mar 29 TH 9:05 – 9:50am

Cost: \$90

CFP 009 12 – 10 Sessions

Jan 26 – Mar 29 TH 1:00 – 1:45 pm

Cost: \$90

SHALLOW WATER SCHOOL AGE – 6 YEARS & up

CFP 017 01 – 10 Sessions

Jan 26 – Mar 29 TH 10:00 – 10:50 am

Cost: \$90

NEW DAY! CFP 017 02 - 10 Sessions

Jan 24 – Mar 27 T 10:00-10:50

Cost \$90

DEEP WATER SCHOOL AGE – 6 YEARS & up

CFP 027 01 – 10 Sessions

Jan 26 – Mar 29 TH 10:00 – 10:50 am

Cost: \$90

NEW DAY! CFP 027 02 - 10 Sessions

Jan 24 – Mar 27 T 10:00-10:50

Cost \$90

LATE SPRING CLASSES

AQUA TOT-6 months to 4 years old

CFP 001 17 – 8 Sessions

Apr 19 – Jun 7 TH 9:10-9:40 am

Cost: \$72

SUPER TOT – 3 and 4 year olds

CFP 004 14 – 8 Sessions

Apr 19 – Jun 7 TH 11:10-11:40 am

Cost: \$72

PRE-SCHOOL – 4 to 6 years old

CFP 009 04 – 8 Sessions

Apr 19 – Jun 7 TH 9:05-9:50 am

Cost: \$72

SHALLOW WATER SCHOOL AGE – 6 YEARS AND OLDER

CFP 017 03 – 8 Sessions

Apr 19 – Jun 7 TH 10:00 – 10:50 am

Cost: \$72

DEEP WATER SCHOOL AGE – 6 YEARS AND OLDER

CFP 027 03 – 8 Sessions

Apr 19 – Jun 7 TH 10:00 – 10:50 am

Cost: \$72

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.

CFP 147 01 – 10 Sessions

Jan 26 – Mar 29 TH 11-11:50 am

cost:\$90

NEW DAY! CFP 147 02 - 10 Sessions

Jan 24 – Mar 27 T 11-11:50 am

cost \$90

Late Spring Class

CFP 147 03 – 8 Sessions

Apr 19 – Jun 7 TH 11-11:50 am

cost:\$72

NEW DAY! CFP 147 04 8 Sessions

Apr 17 – Jun 5 T 11- 11:50 am

cost:\$72

GUARD START-WEEKDAY

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

CFP 615 40 – 8 Sessions

Apr 17-June 5 T 9:30-11am

Cost \$99

DAYS ARE ABBREVIATED AS FOLLOWS:

M – Monday, T – Tuesday,
W – Wednesday, TH – Thursday,
F – Friday, S – Saturday, SU – Sunday



Make a SPLASH!

Bring your party to the pool!

- Party includes lifeguard supervision
- Party room for cake and festivities

Call Barbara Long at ext. 1497 at (609) 894-9311

or email balong@bcc.edu

for Splash Party package information

Guard Start • Competitive Clinic • Babysitter Training

MINI COMPETITIVE

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.

CFP 136 40 – 8 Sessions

Mar 1 – Apr 26

(No Class Apr 12)

TH 6 – 6:50 pm

Cost: \$72

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.

CFP 107 40 – 8 Sessions

Mar 1 – Apr 26

(No class Apr 12)

TH 7:00-7:50pm

Cost: \$72

CFP 107 41 – 8 Sessions

Mar 12 – May 7

(No Class Apr 9)

M 6:30-7:20pm

Cost: \$72

CFP 107 60 – 12 Sessions

Feb 11-May 12

(No Class Apr 7 & 14)

S 8:00 – 8:50am

Cost: \$108

GUARD START

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.

Weekday Evenings

CFP 615 41 – 8 Sessions

Mar 12-May 7

(No Class Apr 9)

M 6:30-8:00pm

Cost \$99

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.

CFP 617 41 – 5 Sessions

Feb 7-Feb 21

T, TH 6:30-8:00pm

Cost: \$72

**Register early
AQUATICS
CLASSES
FILL
QUICKLY**

**Classes located in the
Pemberton Campus PE Building Pool**



Girl Scouts®
Where Girls Grow StrongSM

SCOUT BADGE DAY

Earn credit towards your swim badge
through BCC's scouting program
INSTRUCTION by a CERTIFIED SCOUT COUNSELOR and WSI
Saturdays FEB 25, MAR 24, APR 21 and MAY 12 @ 1pm

Call Barbara Long at

(609) 894-9311 or (856) 222-9311, ext 1497

or email balong@bcc.edu to register your group

BCC's Pemberton Campus Pool • Cost is \$5 per Scout

Adult 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.

AQUA MOTION

Enjoy a moderate intensity aquatic fitness routine in warm shallow water. Both swimmers and non-swimmers of all ages are invited to attend. Water shoes are highly recommended.

Weekday Mornings

CFP 131 01 – 30 Sessions

Jan 23-Mar 30 M,W, & F 9 – 9:50 am
(F in deep end) Cost: \$270

CFP 131 04 - 20 Sessions

Jan 23-Mar 28 M,W 9 – 9:50 am
Cost: \$180

LATE SPRING CLASSES

CFP 131 07 –24 Sessions

Apr 16-Jun 8 M,W & F 9–9:50 am
(No Class May 28)(F in deep end) Cost: \$216

CFP 131 09 –15 Sessions

Apr 16 – Jun 6 M & W 9–9:50 am
(No Class May 28) Cost: \$135

NEW! 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 to reduce stress on joints. This is a non-impact class that may relieve pain, stiffness and improve your sense of well being.

Weekday mornings

CFP 301 01 20 sessions

Jan 24 – Mar 29 T,Th 9-9:50am
Cost \$180

Late Spring

CFP 301 02 16 sessions

Apr 17-Jun 7 T,Th 9-9:50am
Cost \$144

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 floatation belts are available.

Weekday Mornings

CFP 135 01 – 20 Sessions

Jan 23 – Mar 28 M,W 9 – 9:50 am
Cost: \$180

NEW! CFP 135 05 – 30 Sessions

Jan 23 – Mar 30 M,W, & F 9 – 9:50 am
Cost: \$270

CFP 135 03 – 10 Sessions

Jan 27 – Mar 30 F 9:00-9:50am
Cost:\$90

LATE SPRING CLASSES

CFP 135 06 – 15 Sessions

Apr 16- Jun 6 M, W 9–9:50 am
(No Class May 28) Cost: \$135

NEW! CFP 135 08 – 23 Sessions

Apr 16-Jun 8 M,W, & F 9–9:50 am
(No Class May 28) Cost: \$207

CFP 135 04 -8 Sessions

Apr 20-Jun 8 F 9-9:50am
Cost \$72

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

CFP 132 41 – 14 Sessions

Mar 6-Apr 26 T, TH 6-6:50 pm
(No Class Apr 10 & 12) Cost: \$126

CFP 132 42 – 7 Sessions

Mar 6- Apr 24 T 6-6:50 pm
(No Class Apr 10) Cost: \$63

Aqua Traumatic Brain Injury /Fibromyalgia

BCC offers aquatic exercise as an alternative rehabilitation option. Aqua TBI/Fibromyalgia takes advantage of the properties of water to provide a unique exercise environment for patrons experiencing pain, weakness, muscle spasms, limited range of motion, decreased strength and limited weight bearing. Aquatic exercise is frequently used in conjunction with traditional land-based physical therapy programs. A certified exercise specialist will develop a customized exercise plan specifically tailored to each individual patient's needs. Doctor note required.

CFP 302 01 – 20 Sessions

Jan 24 – Mar 29 T, Th 1-1:45pm
Cost \$180

Late Spring

CFP 302 02 – 16 Sessions

Apr 17-Jun 7 T, Th 1-1:45pm
Cost \$144

All Water Exercise Instructors are AEA or USWFA Certified.

Instructors: Andy, Barbara, Beth, Hayley, Meghan & Val

If you have any questions please contact us at (609)894-9311 X 1010



Adult Swim Lessons

PRIVATE & SEMI-PRIVATE 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***

**To schedule private or semi-private lessons call the
Aquatics Office at (609) 894-4278, option 4, to set up a class.**

PRIVATE: BY APPOINTMENT ONLY

6 one-half hour lessons \$135 per person
Bring a friend to our Semi-Private lessons

SEMI-PRIVATE

All participants must be same skill level

6 one-half hour lessons \$95 per person

Make-ups at the discretion of the instructor

Important Notice: Lessons postponed by the instructor will be rescheduled. Lessons cancelled by the swimmer within 48 hours notice or more will be rescheduled (limit 2). Lessons cancelled less than 48 hours in advance will not be rescheduled unless the instructor is available (limit 1).

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

CFP 106 01 – 10 Sessions

Jan 25 – Mar 28 **W 11-11:50 am**
Cost: \$90

NEW DAY! CFP 106 03 – 10 Sessions

Jan 27 – Mar 30 **F 10:30-11:20 am**
Cost: \$90

Weekday Evenings

CFP 106 40 – 10 Sessions

Mar 14-May 23 **W 7:30-8:20 pm**
(No class Apr 11)
Cost: \$90

LATE SPRING Weekday CLASSES

CFP 106 02 – 7 Sessions

Apr 25-June 6 **W 11-11:50 am**
Cost: \$63

NEW DAY! CFP 106 04 7 Sessions

Apr 27 – June 8 **F 10:30-11:20am**
Cost: \$63

BCC Masters Swimming

Open to Swimmers Ages 18 & Up

Open to Masters Swimmers • Join the USMS Masters



- Opportunity to be ranked nationally within 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
- Workout coached sessions are Mondays and Wednesdays 8–9 pm
- Swimmers may register with USMS—approximate cost \$35.00
- For more information please select Option 3 at (609)894-4278, or email usmswim@bcc.edu

CFP-117-41

Jan. 9-Mar. 7 (No class Jan 16)

Cost: \$85

CFP-117-43

Mar. 12-May 16 (No class April 9 or 11)

Cost: \$85

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, possess a Fundamentals of Instructor Training certificate issued within the last year or possess a current national Health and Safety Instructor Authorization certificate and successfully complete the pre-course session of water safety and Level 4 swimming skills test. In addition to scheduled classroom time, individual practice teaching will be arranged by appointment during the evenings or Saturday swim classes during the weeks of March 14 and 21. The cost does not include your books. You must purchase them ahead of time.* Bring lunch, extra suit and towels.

CFS 718 40

Mar 10, 11, 24 & 25 S, Su 8:30 am-4:30 pm

Pemberton PE Building Pool

Cost: \$290

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, Bloodborne 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, possess a Fundamentals of Instructor Training certificate issued within the last year or possess a current national Health and Safety Instructor Authorization certificate and successfully complete the pre-course session. This includes passing the precourse written exam with a score of 80% or higher for each of the three sections and demonstrating competency in the precourse 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. *Lifeguarding instructors can become Waterfront Lifeguards or Waterpark Lifeguarding instructors by possessing a basic level certificate in the appropriate course and orienting to the corresponding content in the Red Cross Lifeguarding DVD Set. The cost does not include your books. You must purchase them ahead of time.*

CFS 723 40

Mar 16 Precourse Test F 5-9:30 pm

Mar 17 & 18 S, Su 8:30 am-4:30 pm

Mar 21, 28 W 6-9:30 pm

Pemberton PE Building Pool

Cost: \$290

FUNDAMENTALS OF INSTRUCTOR TRAINING

This course must be successfully completed prior to beginning any American Red Cross instructor course. It introduces instructor candidates to the history, structure and activities of the American Red Cross. It prepares instructor candidates to teach American Red Cross specialty courses to diverse populations. Instructor candidates will learn the policies and procedures of the American Red Cross to ensure course consistency, quality and appropriate training. The price does not include your books. You must purchase them ahead of time.*

CFS 699 40

Mar 9 F 5:30-9:30 pm

Pemberton PE Building P-27/29

Cost: \$50.00

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 three-year certification for Lifeguard Training and First Aid ~ Two-year certification for 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.

CFS 726 44

Jan 12 TH 3:30-9:30 pm

Pemberton PE Building Pool

Cost: \$99

CFS 726 41

Mar 16 F 9 am-4 pm

Pemberton PE Building Pool

Cost: \$99

CFS 726 42

Apr 13 F 9 am -4 pm

Pemberton PE Building Pool

Cost: \$99

CFS 726 43

Apr 25 & May 2 W 6-9:30 pm

Pemberton PE Building Pool

Cost: \$99

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. Three-year Lifeguard Training and First Aid certification - two-year Professional Rescuer CPR/AED certification. Cost does not include CPR mask or book. 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) 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).

CFS 725 41

Mar 14-May 16 W 6-9:30 pm

(No class Apr 11)

Pemberton PE Building Pool

Cost: \$250

CFS 725 73

Mar 12-15 M,T,W,TH 9 am-4 pm

Pemberton PE Building Pool

Cost: \$250

CFS 725 03

Apr 10-Apr13 T,W,TH,F 9 am-4 pm

Pemberton PE Building Pool

Cost: \$250

CFS 725 72

Apr 29, May 6, 13, 20 Su 9 am-4:00 pm

Pemberton PE Building Pool

Cost: \$250

CFS 725 42

June 4-June 22 M,W,F 6 pm-9:30 pm

Pemberton PE Building Pool

Cost \$250

American Red Cross Courses

*All materials needed for these classes must be purchased two weeks before the class starts at www.shopstaywell.com

Some course materials also are available to download for free at www.redcross.org.

American Red Cross Courses

Waterfront Lifeguard Training Bridge Course

This American Red Cross course is for currently certified lifeguards who wish to obtain certification to lifeguard at public flat water (lake) facilities. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies while preventing drowning and injuries.

Prerequisites: Must be able to pass a pre-test consisting of a 550 yard non-stop swim (200 yards freestyle, 200 yards breaststroke, and 150 yards your choice of either freestyle or breaststroke), perform a time brick retrieval (consisting of a 20 yard swim, dive to 10 feet to retrieve a weighted object, and return while keeping head above water), and complete a time recovery of several underwater objects without stopping to take a breath.

CFS 728 40 2 Sessions

May 9 & 16

W 6:00-9:30 pm

Cost: \$99

American Red Cross Courses

*All materials needed for these classes must be purchased two weeks before the class starts at www.shopstaywell.com
Some course materials also are available to download for free at www.redcross.org.

SWIM TRAINING FOR LIFEGUARD CANDIDATES

This brief course teaches the necessary stroke mechanics and increases endurance necessary to prepare participants for successful completion of the lifeguard training course pre-test. Your participation in this course will prepare you for the pre-test while improving your swimming ability and stamina but does not guarantee that you will pass the pre-test. Course fee includes admission to all sessions of this course and one free pass to a lap swim in the pool.

CFS 724 01 4 Sessions

Feb 20, 22, 27, & 29

M,W 7:00-7:50 pm

Pemberton PE Building

Cost: \$45

Professional CPR/AED Full Course

This full course teaches those with a duty to act (professional rescuers and medical personnel) the skills needed to respond appropriately to breathing and cardiac emergencies. This includes the use of an automated external defibrillator (AED) to care for a victim of cardiac arrest. Two-year certification for Professional Rescuer CPR/AED certification. Cost does not include CPR mask or book. You must purchase them ahead of time.*

Prerequisites: None

CFP 720 02

May 22 & 24

T,TH 6pm-9:30pm

Pemberton PE Building

P-27/29

Cost: \$99

PROFESSIONAL CPR/AED

Information in this brochure is accurate to the date of publication and subject to change.

REVIEW COURSE

This course is for the currently certified lifeguard or professional rescuer who needs to renew his or her Professional Rescuer CPR/AED certification. This review course teaches those with a duty to act (professional rescuers) the skills needed to respond appropriately to breathing and cardiac emergencies. This includes the use of an automated external defibrillator (AED) to care for a victim of cardiac arrest. 2-Year Certificate.

Prerequisites: Must possess a current American Red Cross Professional Rescuer certificate or equivalent, issued within one year. Bring your own mask and book.

Additional cost for CPR mask.

CFS 720 41

May 23

Pemberton PE Building

W 6:00-9:30 pm

P-27/29

Cost: \$75

CFS 720 42

Apr 12

Pemberton PE Building

TH 9:00 am-Noon

P-27/29

Cost: \$75

NEW SWIMMER ORIENTATION

**Wednesday, January 18 & March 7
at 6 pm in Pemberton**

Brief presentations about the aquatics programs, first day procedures and tour of the aquatic facility.

LIGHT REFRESHMENTS

**Must RSVP by Contacting Barbara Select Option 4
at (609) 894-4278 or email balong@bcc.edu**

Kayaking • SCUBA

INTRODUCTION TO KAYAKING

Kayaking is a blast for young and old alike! Learn kayaking skills in the warmth and comfort of the BCC pool. Kayakers will learn to perform a wet exit along with paddling strokes including the sweep, draw, and brace. Kayakers must be at least 15 years old.

CFP 320 40 – 2 Sessions

(Includes kayak, paddle, & skirt rental)

Apr 10, 12 T, TH 6:30-9:30 pm
Pemberton PE Building Pool
Cost: \$102

CFP 320 41 – 2 Sessions

(Bring your own kayak, paddle, & skirt)

Apr 10 & 12 T, TH 6:30-9:30 pm
Pemberton PE Building Pool
Cost: \$81

ROLL CLINIC

Learn the important technique of rolling your kayak. Students must have attended the Introduction to Kayak class or be proficient with basic kayaking skills – including the wet exit.

CFP 318 40 – 2 Sessions

(Includes kayak, paddle, & skirt rental)

Apr 13 & Apr 20 F 6:30-9:30 pm
Pemberton PE Building Pool
Cost: \$102

CFP 318 41 – 2 Sessions

(Bring your own kayak, paddle, & skirt)

Apr 13 & Apr 20 F 6:30-9:30 pm
Pemberton PE Building Pool
Cost: \$81

DISCOVER SCUBA

The wonders of the underwater world are as close as the BCC pool! Everyone can experience SCUBA diving in this introductory course. Experience SCUBA diving in a controlled environment in a one-on-one session with an experienced instructor. Open to ages 10 & up. (Ages 10 to 15 must be accompanied by an adult on deck or in the water.)

CFP 205 61

Feb 11 S 1-3 pm
Pemberton PE Building Pool
\$35

BASIC SCUBA COURSE

Scuba Diver e-learning Course

Enjoy the underwater world that others experience.

Burlington County College and Aquatech Scuba Center in Maple Shade team up to give you the ultimate scuba training adventure. You'll receive the academic knowledge and pool training required to begin the sought after certification of the NAUI Scuba Diver. The best part is that our newly designed schedule is so flexible, that you won't believe how easy it is. Simply purchase required course materials (NAUI e-learning book pack, scuba mask, fins, snorkel and booties) at Aquatech with your student discount. Then start our new e-learning program which allows you to study and do academic exercises at home, on your schedule. All other equipment will be supplied for the pool sessions. The National Association of Underwater Instructors is known worldwide as one of the oldest and most respected diver certifying agencies in the world. Successful completion of one evening of classroom instruc-

tion and four evenings of pool training prepares you for your additional certification dives and leads to a NAUI certification card.

Minimum requirements are 10 years of age, be in good health and demonstrate some ability to swim. For more information, contact Aquatech Scuba Center at (856) 482-1996.

CFP 206 40

Feb 16 to March 12 M,TH 7-9:30 pm
Monday Nights: Pemberton PE Building Pool
Feb 20, 27, Mar 5 & 12
Thursday Nights: Aqua Tech,
Maple Shade, 479 Route 38 West
Feb 16, 23, Mar 1 & 8
Cost: \$206



SPRING 2012 AQUATIC SPECIAL EVENTS

DISCOVER SCUBA

Sat., February 11 • 1:00-3:00 pm

Presented by Aqua-Tech SCUBA Center. Open to all ages 10 years and up. (Ages 10 to 15 MUST be accompanied by an adult on-deck or in water.) Includes underwater participation with SCUBA gear. Bring bathing suit and a towel.

SCOUT BADGE DAYS

Sat., Feb. 25, Mar. 24, Apr. 21 & May 12 • 1:00pm

See our ad on page 50 for more info.

AQUA EXERCISE CLASS

February • Try out for Heart Health Month
Participate in one FREE aqua exercise class. Try one... just for fun. Contact the Aquatics Office to obtain a free class pass.

KAYAKING

Pick up news on local kayak routes, techniques to improve your kayaking, view kayaking videos, or take a fun ride in the pool with a kayak! Kayak classes for beginners thru advanced available each night (registration required).

SPECIAL OLYMPICS SWIM MEET

March 3 • 1:30pm

MASTERS SWIM MEET

March 25 • 8:00 am–2:00 pm

Open to Master Swimmers. Advanced entry required. USMS recognized meet.

CALL EXT. 1496 at (609) 894-9311
or (856) 222-9311.

