



**MARCH-AUGUST
2012**

General Information

Town Resident	Daily Pass	12 Visit	6-Month Membership	Annual Membership
Child (2-11)	\$2	\$18	\$60	\$100
Youth (12-17)	\$3	\$27	\$90	\$150
Adult (18-59)	\$5	\$45	\$150	\$250
Senior 60+	\$3	\$27	\$90	\$150
Family	N/A	N/A	\$270	\$450
Couple/Single Parent	N/A	N/A	\$180	\$300

Non-Town Resident	Daily Pass	12 visit	6-Month Membership	Annual Membership
Child (2-11)	\$2	\$20	\$85	\$140
Youth (12-17)	\$3	\$32	\$130	\$210
Adult (18-59)	\$5	\$54	\$210	\$350
Senior 60+	\$3	\$32	\$130	\$210
Family	N/A	N/A	\$380	\$630
Couple/Single Parent	N/A	N/A	\$250	\$420

Dry Passes may be purchased for \$2. A dry pass allows access to pool deck for non-swimmers and cardio zone.

- Family defined as two adults (18+ years old) residing at the same address and their legal dependents under the age of 25. Legal dependents age 19-25 must be full time college students.
- 12 Visit passes have a 12 month expiration date from time of purchase.
- Couple/Single Parent defined as two adults residing at the same address, ages 18 and up or single parent w/legal dependants. Legal dependents age 19-25 must be full time college students.

Please inquire about our monthly automatic payment withdrawals for yearly memberships.

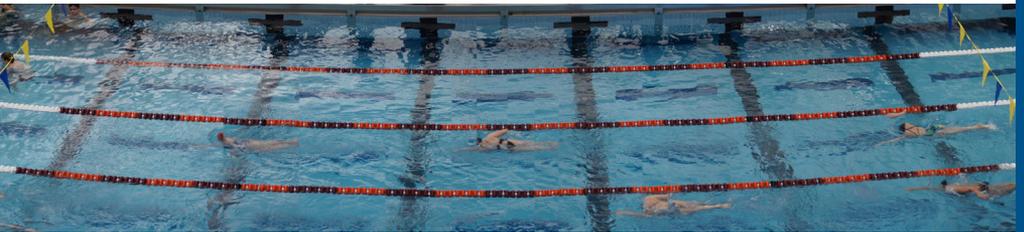
Facility Hours

Monday - Thursday	5:30am-9pm
Friday	5:30am-8pm
Saturday	10am-7pm
Sunday	1pm-7pm

For customer convenience the pools will close 30 minutes prior to the facility hours. All schedules are subject to change.

Staff Directory

Allison Zuchowski	azuchowski@christiansburg.org	Aquatic Services Manager
Bill Beecher	wbeecher@christiansburg.org	Competitive Coordinator
Ethen Phillips	ephillips@christiansburg.org	Lifeguard Supervisor
Lauren Woodcock	lwoodcock@christiansburg.org	Program Supervisor
Maddie Duke	mduke@christiansburg.org	Administrative Assistant
Megan Ebling	mebling@christiansburg.org	Head Lifeguard
Scott Bennett	sbennett@christiansburg.org	Assistant Facility Coordinator
Shawn Worthley	sworthley@christiansburg.org	Facility Coordinator
Terry Caldwell	tcaldwell@christiansburg.org	Director of Aquatics
Wayne Hunter	whunter@christiansburg.org	Maintenance Superintendent



Room Rentals

	Charge per hour	Accommodates		
		Tables/ Chairs	Chairs	Standing
Tide	\$25	67	144	202
Wave	\$25	69	148	207
Tidal Wave	\$45	136	292	409
Galley (Kitchen)	\$15	N/A	N/A	N/A
Champions Wet Classroom	\$20	37	79	111
Reef Wet Classroom	\$20	29	62	87

**Reservation and payment must be made 7 days in advance. Reservation is confirmed upon full payment.

Cancellations must be made 7 days prior to event.

Swimming and Water Safety

PARENT/CHILD LEVEL 1: BUBBLING BABIES (6-18 months)

Parents are taught to safely work with their child in the water, including supports and holds. Children are introduced to basic skills that lay a foundation to help them learn to swim. This class is not designed to make children independent swimmers.

Spring Sessions:

Code	Day	Time	Dates	Fees	Registration Period
1922	T/Th	6-6:30pm	March 13-April 5	\$45M/\$55NM	Feb 27-March 9
1948	Sat	9-9:30am	March 17-April 28 No classes April 7th	\$32M/\$42NM	Feb 27-March 14

Summer Sessions:

Code	Day	Time	Dates	Fees	Registration Period
1958	M-Th	9-9:30am	June 11-21	\$45M/\$55NM	May 29-June 8
1959	M-Th	8:30-9am	July 9-18	\$40M/\$50NM	June 25-July 6
1960	M-Th	9-9:30am	July 30-August 9	\$45M/\$55NM	July 18-July 27
1989	T/Th	5:30-6pm	June 12-28	\$32M/\$42NM	May 29-June 8
1990	T/Th	6-6:30pm	July 10-August 7 No Classes July 19th	\$45M/\$55NM	June 25-July 6

PARENT/CHILD LEVEL 2: CRABBY CRAWLERS (18 months-3 years)

This class will not make your child an independent swimmer; instead this class will prepare your child to enter the Preschool Aquatics Program. Skills learned include: getting adjusted to the water; showing comfort with front and back positions with assistance.

Spring Sessions:

Code	Day	Time	Dates	Fees	Registration Period
1935	T/Th	6-6:30pm	April 10-May 3	\$45M/\$55NM	March 26-April 6
1949	Sat	9:30-10am	March 17-April 28 No classes April 7th	\$32M/\$42NM	Feb 27-March 14

Summer Sessions:

Code	Day	Time	Dates	Fees	Registration Period
1961	M-Th	8:30-9am	June 11-21	\$45M/\$55NM	May 29-June 8
1962	M-Th	9-9:30am	July 9-18	\$40M/\$50NM	June 25-July 6
1963	M-Th	8:30-9am	July 30-August 9	\$45M/\$55NM	July 18-July 27
1991	T/Th	6-6:30pm	June 12-28	\$32M/\$42NM	May 29-June 8
1992	T/Th	5:30-6pm	July 10-August 7 No Classes July 19th	\$45M/\$55NM	June 25-July 6

M-Christiansburg Aquatic Center Member

NM-Non-Member

PRESCHOOL 1: GIGGLING GUPPIES(4-5 year olds)

Helps students feel comfortable and enjoy the water safely. Classes are fun and packed with learning the fundamentals of floating, streamlining and safety.

Spring Sessions:

Code	Day	Time	Dates	Fees	Registration Period
1923	T/Th	5:30-6pm	March 13-April 5	\$45M/\$55NM	Feb 27-March 9
1936	T/Th	6-6:30pm	April 10-May 3	\$45M/\$55NM	March 26-April 6
1950	Sat	9-9:30am	March 17-April 28 No classes April 7th	\$32M/\$42NM	Feb 27-March 14

Summer Sessions:

Code	Day	Time	Dates	Fees	Registration Period
1964	M-Th	9-9:30am	June 11-21	\$45M/\$55NM	May 29-June 8
1965	M-Th	9:30-10am	July 9-18	\$40M/\$50NM	June 25-July 6
1966	M-Th	9-9:30am	July 30-August 9	\$45M/\$55NM	July 18-July 27
1993	T/Th	5:30-6pm	June 12-28	\$32M/\$42NM	May 29-June 8
1994	T/Th	6-6:30pm	July 10-August 7 No Classes July 19th	\$45M/\$55NM	June 25-July 6

PRESCHOOL 2: TURTLE TYKES (4-5 year olds)

Child has completed Preschool Aquatics Level 1 or can open eyes under water and retrieve submerged objects and perform a front glide with assistance, back glide with support, swim on front and back with assistance.

Spring Sessions:

Code	Day	Time	Dates	Fees	Registration Period
1924	T/Th	5:30-6pm	March 13-April 5	\$45M/\$55NM	Feb 27-March 9
1937	T/Th	5:30-6pm	April 10-May 3	\$45M/\$55NM	March 26-April 6
1951	Sat	9-9:30am	March 17-April 28 No classes April 7th	\$32M/\$42NM	Feb 27-March 14

Summer Sessions:

Code	Day	Time	Dates	Fees	Registration Period
1967	M-Th	9-9:30am	June 11-21	\$45M/\$55NM	May 29-June 8
1968	M-Th	9-9:30am	July 9-18	\$40M/\$50NM	June 25-July 6
1969	M-Th	9:30-10am	July 30-August 9	\$45M/\$55NM	July 18-July 27
1995	T/Th	5:30-6pm	June 12-28	\$32M/\$42NM	May 29-June 8
1996	T/Th	5:30-6pm	July 10-August 7 No Classes July 19th	\$45M/\$55NM	June 25-July 6

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NM-Non-Member

PRESCHOOL 3: SUPER SHRIMP (4-5 year olds)

Completed Preschool Aquatics Level 2 or can float on their front or back with assistance, roll from front to back with assistance, swim three body lengths with assistance on front and back, bob and retrieve objects from the bottom of chest deep water.

Spring Sessions:

Code	Day	Time	Dates	Fees	Registration Period
1925	T/Th	6-6:30pm	March 13-April 5	\$45M/\$55NM	Feb 27-March 9
1938	T/Th	5:30-6pm	April 10-May 3	\$45M/\$55NM	March 26-April 6
1952	Sat	9:30-10am	March 17-April 28 No classes April 7th	\$32M/\$42NM	Feb 27-March 14

Summer Sessions:

Code	Day	Time	Dates	Fees	Registration Period
1970	M-Th	9:30-10am	June 11-21	\$45M/\$55NM	May 29-June 8
1971	M-Th	9-9:30am	July 9-18	\$40M/\$50NM	June 25-July 6
1972	M-Th	9-9:30am	July 30-August 9	\$45M/\$55NM	July 18-July 27
1997	T/Th	6-6:30pm	June 12-28	\$32M/\$42NM	May 29-June 8
1998	T/Th	5:30-6pm	July 10-August 7 No Classes July 19th	\$45M/\$55NM	June 25-July 6

LEVEL 1: JELLYFISH (6+ years)

Helps students feel comfortable and enjoy the water safely. Skills learned include: blowing bubbles and getting the head and face wet; floating on front and back with support; alternating and simultaneous arm and leg motion on front and back.

Spring Sessions:

Code	Day	Time	Dates	Fees	Registration Period
1926	T/Th	5:30-6:15pm	March 13-April 5	\$45M/\$55NM	Feb 27-March 9
1939	T/Th	5:30-6:15pm	April 10-May 3	\$45M/\$55NM	March 26-April 6
1953	Sat	9-9:45am	March 17-April 28 No classes April 7th	\$32M/\$42NM	Feb 27-March 14

Summer Sessions:

Code	Day	Time	Dates	Fees	Registration Period
1973	M-Th	9-9:45am	June 11-21	\$45M/\$55NM	May 29-June 8
1974	M-Th	9-9:45am	July 9-18	\$40M/\$50NM	June 25-July 6
1976	M-Th	9-9:45am	July 30-August 9	\$45M/\$55NM	July 18-July 27
1999	T/Th	5:30-6:15pm	June 12-28	\$32M/\$42NM	May 29-June 8
2000	T/Th	5:30-6:15pm	July 10-August 7 No Classes July 19th	\$45M/\$55NM	June 25-July 6

M-Christiansburg Aquatic Center Member

NM-Non-Member

LEVEL 2: PENGUINS

Prerequisites: Able to perform Level 1 skills

Gives students success with fundamental skills of locomotion. Students must be comfortable in the water to enter this level. Skills learned include unsupported front and back floats; front and back glides; combined arm and leg actions on front and back.

Spring Sessions:

Code	Day	Time	Dates	Fees	Registration Period
1927	T/Th	5:30-6:15pm	March 13-April 5	\$45M/\$55NM	Feb 27-March 9
1940	T/Th	5:30-6:15pm	April 10-May 3	\$45M/\$55NM	March 26-April 6
1954	Sat	9-9:45am	March 17-April 28 No classes April 7th	\$32M/\$42NM	Feb 27-March 14

Summer Sessions:

Code	Day	Time	Dates	Fees	Registration Period
1977	M-Th	9-9:45am	June 11-22	\$45M/\$55NM	May 29-June 8
1978	M-Th	9-9:45am	July 9-18	\$40M/\$50NM	June 25-July 6
1979	M-Th	9-9:45am	July 30-August 10	\$45M/\$55NM	July 18-July 27
2001	T/Th	5:30-6:15pm	June 12-28	\$32M/\$42NM	May 29-June 8
2002	T/Th	5:30-6:15pm	July 10-August 7 No Classes July 19th	\$45M/\$55NM	June 25-July 6

LEVEL 3: OTTERS

Prerequisites: Able to perform Level 1 and 2 skills. Students must be able to swim 15 yards independently on their front and back.

Skills learned include: survival and back floats; treading water; front and back glides with two different kicks; combined arm and leg actions on front and back; beginning diving skills.

Spring Sessions:

Code	Day	Time	Dates	Fees	Registration Period
1928	T/Th	5:30-6:15pm	March 13-April 5	\$45M/\$55NM	Feb 27-March 9
1941	T/Th	5:30-6:15pm	April 10-May 3	\$45M/\$55NM	March 26-April 6
1955	Sat	9-9:45am	March 17-April 28 No classes April 7th	\$32M/\$42NM	Feb 27-March 14

Summer Sessions:

Code	Day	Time	Dates	Fees	Registration Period
1980	M-Th	9-9:45am	June 11-22	\$45M/\$55NM	May 29-June 8
1981	M-Th	9-9:45am	July 9-18	\$40M/\$50NM	June 25-July 6
1982	M-Th	9-9:45am	July 30-August 10	\$45M/\$55NM	July 18-July 27
2009	T/Th	5:30-6:15pm	June 12-28	\$32M/\$42NM	May 29-June 8
2010	T/Th	5:30-6:15pm	July 10-August 7 No Classes July 19th	\$45M/\$55NM	June 25-July 6

LEVEL 4: PUFFINS

Prerequisites: Students must be able to swim 20 yards of front and back crawl independently.

Improve on skills and increase endurance on strokes learned in previous levels. Additional skills learned include: head-first entries, survival swimming and treading water using two kicks.

Spring Sessions:

Code	Day	Time	Dates	Fees	Registration Period
1929	T/Th	5:30-6:15pm	March 13-April 5	\$45M/\$55NM	Feb 27-March 9
1942	T/Th	5:30-6:15pm	April 10-May 3	\$45M/\$55NM	March 26-April 6
1956	Sat	9-9:45am	March 17-April 28 No classes April 7th	\$32M/\$42NM	Feb 27-March 14

Summer Sessions:

Code	Day	Time	Dates	Fees	Registration Period
1983	M-Th	9-9:45am	June 11-22	\$45M/\$55NM	May 29-June 8
1984	M-Th	9-9:45am	July 9-18	\$40M/\$50NM	June 25-July 6
1985	M-Th	9-9:45am	July 30-August 10	\$45M/\$55NM	July 18-July 27
2003	T/Th	5:30-6:15pm	June 12-28	\$32M/\$42NM	May 29-June 8
2004	T/Th	5:30-6:15pm	July 10-August 7 No Classes July 19th	\$45M/\$55NM	June 25-July 6

LEVEL 5: ALLIGATORS

Prerequisites: Able to perform Levels 1 - 4 skills.

Increased endurance, coordination and refinement of strokes: front crawl, back crawl, butterfly, breaststroke, elementary backstroke, side stroke and flip turns.

Spring Sessions:

Code	Day	Time	Dates	Fees	Registration Period
1930	T/Th	5:30-6:15pm	March 13-April 5	\$45M/\$55NM	Feb 27-March 9
1943	T/Th	5:30-6:15pm	April 10-May 3	\$45M/\$55NM	March 26-April 6
1957	Sat	9-9:45am	March 17-April 28 No classes April 7th	\$32M/\$42NM	Feb 27-March 14

Summer Sessions:

Code	Day	Time	Dates	Fees	Registration Period
1986	M-Th	9-9:45am	June 11-22	\$45M/\$55NM	May 29-June 8
1987	M-Th	9-9:45am	July 9-18	\$40M/\$50NM	June 25-July 6
1988	M-Th	9-9:45am	July 30-August 10	\$45M/\$55NM	July 18-July 27
2005	T/Th	5:30-6:15pm	June 12-28	\$32M/\$42NM	May 29-June 8
2006	T/Th	5:30-6:15pm	July 10-August 7 No Classes July 19th	\$45M/\$55NM	June 25-July 6

BASIC ADULT

The purpose of this level is what YOU want to get out of it. For some that may mean personal safety; for others it may be learning to swim the basic strokes to be used for fitness swimming. Your needs will be discussed at the beginning of class, and the class will be geared towards meeting your personal goals.

Spring Sessions:

Code	Day	Time	Dates	Fees	Registration Period
1931	T/Th	6:30-7:15pm	March 13-April 5	\$45M/\$55NM	Feb 27-March 9
1944	T/Th	6:30-7:15pm	April 10-May 3	\$45M/\$55NM	March 26-April 6

Summer Sessions:

Code	Day	Time	Dates	Fees	Registration Period
2007	T/Th	6:30-7:15pm	June 12-28	\$32M/\$42NM	May 28-June 8
2008	T/Th	6:30-7:15pm	July 10-August 7	\$45M/\$55NM	June 25-July 6
			No Classes July 19th		

HOMESCHOOL LESSONS

We have scheduled classes during the day for your home school child. The levels will follow the same guidelines as the Learn to Swim levels.

Levels 1 & 2

Code	Day	Time	Dates	Fees	Registration Period
1932	M/W	1:15-2pm	March 12-April 4	\$45M/\$55NM	Feb 27-March 9
1945	M/W	1:15-2pm	April 9-May 2	\$45M/\$55NM	March 26-April 6

Levels 3 & 4

Code	Day	Time	Dates	Fees	Registration Period
1933	M/W	1:15-2pm	March 12-April 4	\$45M/\$55NM	Feb 27-March 9
1946	M/W	1:15-2pm	April 9-May 2	\$45M/\$55NM	March 26-April 6

Levels 5 & 6

Code	Day	Time	Dates	Fees	Registration Period
1934	M/W	1:15-2pm	March 12-April 4	\$45M/\$55NM	Feb 27-March 9
1947	M/W	1:15-2pm	April 9-May 2	\$45M/\$55NM	March 26-April 6



Christiansburg Aquatic Center Blue Fins

Join summer season swim team with the Southwest Virginia Summer League. The Blue Fins is open to swimmers of all ages. You must be able to swim 25yds. Interest meeting to be scheduled in May. Practice schedule and fees to be discussed at meeting. Please call for more information.



H2okie Aquatics Consists of 3 Programs: Stroke School, the Age Group Program, and the Senior Program. Swimmers move through the different levels of each program as they develop the physical, mental, and emotional skills necessary for success at the next level. Swimmers entering our program for the first time will meet with a coach and be placed in the appropriate group based on the swimmer's age and ability level.

For more information visit:
www.h2okieaquatics.org



Dive in a Safe, Fun and Friendly environment.

Tina & Ron Piemonte, Virginia Tech Head Diving Coach

*30 years experience *2005 USA Diving Junior Coach of the Year

*Six time National Team Coach *Safety Certifying Instructor

*Vice President of Junior Diving for USA Diving

Space is limited. For information & to register, email or call
newriverdiving@verizon.net or 540.641.0779

Water Fitness Classes

AI CHI: Ai Chi is a Mind-Body program that is the perfect cross-training activity. Performed in shoulder deep water and utilizes slow, repetitive movements, deep breathing and wide range of motion to give participants a true feel of control, balance, and tranquility. Held in the Cove (1hr) with Luci.

Code	Day	Time	Dates	Fee
2011	M/W	6:30-7:30am	April 2-25	\$38M/\$48NM
2015	T/Th	4:30-5:30pm	April 3-26	\$38M/\$48NM
2012	M/W	6:30-7:30am	April 30-May 23	\$38M/\$48NM
2016	T/Th	4:30-5:30pm	May 1-24	\$38M/\$48NM
2013	M/W	6:30-7:30am	May 30-June 27	\$44M/\$54NM
2017	T/Th	4:30-5:30pm	May 29-June 28	\$50M/\$60NM
2014	M/W	6:30-7:30am	July 9-August 15	\$62M/\$72NM
2018	T/Th	4:30-5:30pm	July 10-August 16	\$62M/\$72NM

MORNING FIT: Start your days off right with a great, fun workout! This shallow water workout includes calisthenics style movements with variations of upper and lower body resistive moves. You will march, jog, kick, jack and jump through the water to create resistance to improve cardiovascular fitness, muscular endurance and flexibility. Held in the Lagoon (1hr) with Danielle.

Code	Day	Time	Dates	Fee
2019	M/W/F	8:30-9:30am	April 2-27	\$62M/\$72NM
2020	M/W/F	8:30-9:30am	April 30-May 25	\$62M/\$72NM
2021	M/W/F	8:30-9:30am	June 4-June 29	\$62M/\$72NM
2022	M/W	8:30-9:30am	July 9-August 15	\$62M/\$72NM

AQUA BOOT CAMP: This class will use weights, noodles, and water resistance to shape and tone muscles while giving you a great cardio workout! Get stronger and leaner without impacting your joints. Aqua Boot Camp provides a great core training and total body workout for all levels. Water Shoes are recommended. Held in both the Lagoon and Competition pools (1hr) with Judith.

Code	Day	Time	Dates	Fee
2023	M/W	5:30-6:30pm	April 2-25	\$38M/\$48NM
2024	M/W	5:30-6:30pm	April 30-May 23	\$38M/\$48NM
2025	M/W	5:30-6:30pm	May 30-June 27	\$44M/\$54NM
2026	M/W	5:30-6:30pm	July 9-August 15	\$62M/\$72NM

WARM WATER WORKOUT: Warm water exercise program designed for individuals with arthritic limitations. Great class for strengthening, toning, and stretching. Full range of motion. Very relaxing and helps to make you feel great. Held in the Cove (1 hr) with Danielle.

Code	Day	Time	Dates	Fee
2027	M/W/F	9:30-10:30am	April 2-27	\$62M/\$72NM
2031	T/Th	9:30-10:30am	April 3-26	\$38M/\$48NM
2028	M/W/F	9:30-10:30am	April 30-May 25	\$62M/\$72NM
2032	T/Th	9:30-10:30am	May 1-24	\$38M/\$48NM
2029	M/W/F	9:30-10:30am	June 4-June 29	\$62M/\$72NM
2033	T/Th	9:30-10:30am	May 29-June 28	\$50M/\$60NM
2030	M/W	9:30-10:30am	July 9-August 15	\$62M/\$72NM
2034	T/Th	9:30-10:30am	July 10-August 16	\$62M/\$72NM



This course is the “pool party” workout for all ages. AquaZumba combines high energy and motivating music with unique moves and combinations that allow the participants to dance away their worries.

Held in the Lagoon (1 hr)

Code	Day	Time	Dates	Fee
2035	F	5:30-6:30pm	April 6-May 4	\$20M/\$30NM

Fitness Passes

10-Fitness Pass \$65

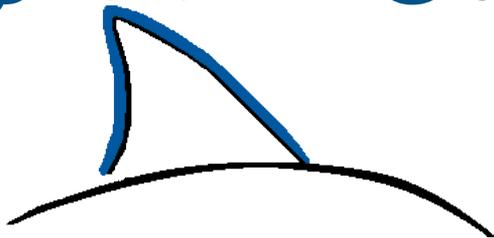
Daily Fitness Pass \$7

**Passes can be used for any fitness class if maximum limits have not been met.

Don't let LOW ENROLLMENT ruin your program!
 Most program cancellations are due to low enrollment.
SIGN UP NOW!!

M-Christiansburg Aquatic Center Member
 NM-Non-Member

Fin's Summer Camps



Swimming, outdoor activities, games, arts & crafts, field trips and more.

Register early!
Limited spaces available.

Specific camp information included in registration packet.

Ages 7-10 (min 5/max 20 children)

For all day camp; please bring a lunch and 2 snacks daily.

Registration begins May 1st

Registration packets must be complete before a child can be enrolled.

Days	Dates	Time	Fee
M-Th	June 11-June 14	9am-12pm	\$50M/\$60NM
M-Th	June 11-June 14	1pm-4pm	\$50M/\$60NM
M-Th	June 25-June 28	8am-5pm	\$150M/\$160NM
M-Th	July 23-July 26	9am-12pm	\$50M/\$60NM
M-Th	July 23-July 26	1pm-4pm	\$50M/\$60NM
M-Th	August 6-August 9	8am-5pm	\$150M/\$160NM



NATIONAL SWIMMING POOL FOUNDATION

CERTIFIED POOL/SPA OPERATORS COURSE



The NSPF offers both the extensive classroom training program and the Blended Fusion course with the Online Pool Primer Training. Upon successful completion you will receive certification and registration as a Pool/Spa Operator valid for five years. The CPO is recognized nation-wide as the leading standard of the swimming pool industry. The

CPO seal of approval is assurance to commercial pool and spa owners that their facilities and guests are under the care and supervision of a trained professional. Participants are trained in the most advanced techniques of chemical treatment, filtration, and mechanical system operation and maintenance.

COURSE DATES:

CPO1: March 5, 6, 7*: 5-10pm

CPO2: April 15*: 10am-6pm

CPO3: May 7, 14, 21*: 5-10pm

CPO4: May 20*: 10am-6pm

*Classes can be taken as the Blended Format option.

For information on schedules, tuition or to register for an upcoming class please visit www.thepoolschool.org or call 540-381-8112.



Health and Safety Classes

The “NEW” American Red Cross Lifeguard Training (15+ years old)

Teaches participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and prevent drownings and injuries.

Prerequisites

- Swim 300 yards continuously.
- Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7–10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.
- Tread water for 2 minutes using only legs

Code	Dates	Time	Fee
2036	April 4	4-9pm	\$250
	April 5 & 6	10am-8pm	
2037	April 27	4-9pm	\$250
	April 28-29	10am-8pm	
2038	May 18	4-9pm	\$250
	May 19-20	10am-8pm	

Water Safety Instructor (16 + years old)

Trains instructor candidates to teach water safety, including the Basic Water Rescue 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 at least 16 years of age on or before the last day of the instructor course. Candidate must successfully complete the precourse session.

- Front Crawl – 25 yds
- Back Crawl – 25 yds
- Breaststroke – 25 yds
- Float or scull for one minute
- Sidestroke – 25 yds
- Butterfly – 25 yds
- Elementary Backstroke – 25 yds
- Tread water for one minute

Code	Days	Dates	Time	Fee
2041	T/Th	March 13-April 5	4pm-7pm	\$300



CPR/AED for the Professional Rescuer Recertification (CPRO)

To recertify those with a duty to act (professional rescuers) in 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.

Code	Dates	Time	Fee
2042	April 29	12:30-2pm	\$60
2043	May 20	12:30-2pm	\$60

“NEW” Lifeguard Training Recertification

To recertify participants in the updated American Red Cross Lifeguarding knowledge and skills. Includes CPRO recert.

Code	Dates	Time	Fee
2039	April 27	4-9pm	\$150
	April 28	10am-8pm	
2040	May 18	4-9pm	\$150
	May 19	10am-8pm	

***Recertification classes are taught as a review.

A pocket mask is required for the CPRO skills.

Lifeguard Training Recertification is based on the NEW 2012 changes, all participants must have a current 2012 textbook and pocket mask before the start of your class. The Lifeguard Training text is available for download as an e-book or \$35.00 for a printed version and a pocket mask is \$15.00.

Please email lwoodcock@christiansburg.org to request these materials.



Birthday Blast!

Pricing:

\$160

Extra Person = \$5/person

Includes up to 12 children

Our 2-hour party includes:

- One hour in the pool and one hour in a party room.
- 3 one-topping pizzas
- Two 2-liter bottles of soda
- Option of an ice-cream filled birthday cake by Cold Stone Creamery or fruit bouquet by Edible Arrangements
- Color-themed paper products
- Banners and balloons
- One birthday t-shirt
- Personal Party Host

For more information or to book a party please contact
Scott Bennett
381-7665 ext 3111
sbennett@christiansburg.org

Sports Team Packages are now available. Call for more details.

Upcoming Swim Meets

March 1-4	Senior Champs
March 8-11	Age Groups
April 20-21	VT Alumni meet
June 1-3	H2okie Invitational
July 6-8	Carter Center Aquatics Meet
July 12-15	USA Diving
July 19-22	VA Age Group Championships
July 28	SVSL Championship
August 10-12	West VA Long Course Championships

Please call or check on-line for pool availability during these dates.

MASTERS

The Christiansburg Aquatic Center is sponsoring a master swim team for adults 18 and up geared toward improving fitness and performance. This is a great program for former competitive swimmers, triathletes, cross-trainers and anyone looking for a rewarding physical challenge. Minimum qualifications to join are to be able to swim 100 yards continuously with rhythmic breathing.

M/W/Th 7-8:30pm

T/Th 12-1:30pm

For more information please contact the Competitive Coordinator at 540.381.7665 ext 3104



ONLINE REGISTRATION

How do I find the registration page on-line?

activenet.active.com/Christiansburg

How do I register for a program?

You are not able to enroll in a program until you have set up an account for your household. Click on “request account” to enroll yourself and/or your family into the system. Fill out all information required (*), make sure to scroll to the bottom of Terms of Use and click the box to the left saying that you have read all the information in the window, then click submit. After submitting this information we will approve the account and you can continue on to registering for programs.

Click on the “Register for Activities” button. Next, find the program you would like to register for. You can sort the list by clicking on the left drop down window that is labeled “sort by”. Click on the class you want to enroll in, then click the “Add to my Cart” button. Next, select the participant that you need to enroll in the class from the drop down menu, then click continue. After this, you will be directed to your payment options to finish the transaction.

How can I search through activities?

You can search activities by the type of activity, the activity age, the activity name, or you can scroll through the entire list of programs.

REGISTRATION DEADLINES

Deadlines are created for each program to help provide a positive experience by ensuring appropriate staffing, supplies and facilities to meet the registration needs. If a program does not have the required class minimum registered 72 hours prior to the start of the class, the session will be cancelled. Participants will be notified if a class is cancelled. Water Fitness classes are open until filled.

AGE REQUIREMENTS

Each class/program has an age requirement. The participant must meet this age requirement within the time frame of the class/program.

WAITLIST POLICY

Participants will automatically be placed on a waitlist if a program has met its maximum capacity. If spots become available, participants will be notified by phone.

CANCELLATION

Programs or rentals cancelled by the Christiansburg Aquatic Center will be refunded in full. Refund requests must be made one week in advance of the start of the program or rental. A service fee of \$25 will be applied to all participant-based refunds and withdrawals with the exception of medical/illness. To avoid the service charge, we can refund the full amount to your household account. Refunds under \$25 will only be credited to your household account.

PHOTO POLICY

Please be advised that all participants involved in any programs or special events are subject to being photographed. Such photographs may be used by the Town of Christiansburg without an obligation to provide compensation to those photographed.

MISTAKES HAPPEN

Occasionally there may be an error in days, times, registration requirements, or fees in this brochure. When such errors do occur, our staff will do everything possible to correct the situation promptly. Thank you for your patience and understanding should these situations arise.

Water Safety Party!

Get ready for the summer season! Join the party to learn how to be safe while you enjoy the pool, lake or beach, we will also have fun games, snacks, and other activities!

For Children in Grades K-5

Date: Saturday, May 19, 2012

Time: 10:00am- 1:00pm

Cost: FREE (Registration is required, limited spaces available)

To register visit the Christiansburg Aquatic Center or E-mail **kidsh2osafety@hotmail.com**

Registration deadline is Saturday, May 5, 2012

This is a Girl Scout Gold Award Project Event!

Christiansburg Aquatic Center

595 North Franklin St

Christiansburg, VA 24073

540.381.POOL

www.christiansburg.org/aquatics