

aquatic PROGRAMS

MAIN POOL AND SPA SWIMMING SCHEDULE

Effective January 2, 2010 through March 31, 2010

Day of Week	Lap Swim (8 lanes) 18+ years old	Limited Lane Lap Swim 13+ years old	Open Swim All Ages Welcome	Whirlpool, Sauna & Steam Room 18+ ONLY
Mon.	6 - 8 a.m. Noon - 2 p.m.	8 - 9 a.m. (3 lanes) 9 -10 a.m. (2 lanes) 11 a.m. - noon (3 lanes) 6:30 - 8 p.m. (1 lane) 8 - 9:30 p.m. (2 lanes)	Starting March 1 3:30 - 5 p.m.	6 a.m. - 2 p.m. 3:30 - 9:30 p.m.
Tues.	6 - 8 a.m. 11 a.m. - 1 p.m.	8 - 9 a.m. (3 lanes) 9 - 10 a.m. (2 lanes) 1 - 2 p.m. (3 lanes) 3:30 - 5 p.m. (2 lanes) 5 - 6 p.m. (3 lanes all ages) 7 - 8 p.m. (1 lane) 8 - 9:30 p.m. (2 lanes)	3:30 - 5 p.m.	6 a.m. - 2 p.m. 3:30 - 9:30 p.m.
Wed.	6 - 8 a.m. Noon - 2 p.m.	8 - 9 a.m. (3 lanes) 9 -10 a.m. (2 lanes) 11 - noon (3 lanes) 6:30 - 8 p.m. (1 lane) 8 - 9:30 p.m. (2 lanes)	Starting March 1 3:30 - 5 p.m.	6 a.m. - 2 p.m. 3:30 - 9:30 p.m.
Thurs.	6 - 8 a.m. 11 a.m. - 1 p.m.	8 - 9 a.m. (3 lanes) 9 - 10 a.m. (2 lanes) 1 - 2 p.m. (3 lanes) 3:30 - 5 p.m. (2 lanes) 5 - 6 p.m. (3 lanes, all ages) 7 - 8 p.m. (1 lane) 8 - 9:30 p.m. (2 lanes)	3:30 - 5 p.m.	6 a.m. - 1:30 p.m. 3:30 - 9:30 p.m.
Fri.	6 - 8 a.m. 11 a.m. - 1:30 p.m.	8 - 9 a.m. (3 lanes) 9 - 10 a.m. (2 lanes) 7 - 9:30 p.m. (1 lane)	Starting March 1 3:30 - 5 p.m. 7 - 9:30 p.m.	6 a.m. - 1:30 p.m. 3:30 - 9:30 p.m.
Sat.	7 - 9 a.m.	1 - 8 p.m. (2 lanes)	1 - 8 p.m.	7 a.m. - 8 p.m.
Sun.	Noon - 1 p.m.	1 - 5 p.m. (2 lanes)	1 - 5 p.m.	Noon - 5 p.m.

*The Pool Schedule is subject to change. Notice of changes will be posted on the website as well as at the Kettering Recreation Complex. Feel free to call 296-2587 to verify the schedule.

SPECIAL HOURS

Dec. 18	No Open Swim; pool/spa closes at 7 p.m.
Dec. 24	Christmas Eve: Lap Swim 8 a.m. - 1 p.m.; Open Swim 1 - 4 p.m.; Pool and Spa Close at 4 p.m.
Dec. 25	Christmas Day: Closed
Dec. 26	Holiday Lap Swim: 7 a.m. - 1 p.m.; Open swim 1 - 8 p.m.
Dec. 31	New Year's Eve: Adult/Lap Swim 8 a.m.- 1 p.m.; Open Swim 1 - 4 p.m.; Pool and Spa Close at 4 p.m.
Jan. 1	New Year's Day: Closed
Jan. 8	Pool and Spa close at 1:30 p.m. for a swim meet
Jan. 18	MLK Day: Open Swim: 2 - 5 p.m.
Jan. 22, 23, 24	Pool and Spa close at 1:30 p.m. on Friday; closed all day Sat. and Sun. for a swim meet
Feb. 5, 6	Job Fair: Please see ad for details
Feb. 6, 13	Open Swim 3 p.m. - 8 p.m. due to lifeguard class
Feb. 15	President's day open swim 2 - 5 p.m.
Feb. 19 - 21	Pool and Spa area closed all 3 days for a swim meet
March 20, 27	Open Swim 3 - 8 p.m. due to lifeguard class
March 29 - April 2	Kettering Schools Spring Break: Open Swim 3 - 5 p.m. every day

For more information, call 937.296.2587.

www.ketteringoh.org

WINTER 2010 SWIMMING FEES

BEGINNING JANUARY 2, 2010	Res.	Non-Res.
POOL/SPA ADMISSION & DROP-IN WATER WORKOUT:		
Youth (3 - 17)	\$3	\$6
Adult	\$3.50	\$7
CIL Member	\$3.25	\$6.50
Spectator	\$1	\$1
PUNCH PASS (12 admissions)	\$39	\$81
SWIMMING PASS: Reduced rates beginning January 2, 2010		
Youth (3 - 17)	\$40	\$60
Adult	\$55	\$82
CIL Member	\$45	\$68
Family (2 adults & 4 children)	\$150	\$225
YEAR-ROUND MAIN POOL PASS:		
Adults Only	\$115	\$173
CIL Member	\$111	\$166
YEAR-ROUND LOCKER PASS (ADULT):	\$25	\$39
YEAR-ROUND TOWEL RENTAL PASS (ADULT):	\$32	\$48
POOL RENTAL:	\$100/hr.	\$200/hr.
WATER PARK RENTAL:	\$185/hr.	\$370/hr.

- A Family Pass consists of 2 adults and 4 children.
- Passes not only make your visits to the Recreation Complex more economical, they are convenient to use and speed your entrance into the facilities. Passes may be purchased at the Kettering Recreation Complex, 2900 Glengarry Dr.
- Swim passes may be applied to all public swim and drop-in water workout sessions through May 22, 2010.
- A senior adult must be a Charles I. Lathrem Center member or pay adult rates. Fees are for one-time admittance. Admission is required to re-enter.

Special Admission Guidelines

Spectator Fee: The purpose of the spectator fee is to avoid the Ice Arena, Pool and Water Park becoming an unsupervised gathering location, and to ensure that paying customers enjoy their visit to our facilities. To accomplish this goal, we are charging a Spectator Fee (\$1) in the Aquatic and Ice Arena (when it applies).

Guidelines: Qualify for Spectator Fee: An older Adult who is here with younger children, simply to observe/ monitor the child or children and not participate in any activities (sand, water and or ice). Limit = One adult per child qualifies for the Spectator Fee.

Guidelines: Do Not Qualify for Spectator Fee: Any teen 13-17 years of age who is not swimming, skating or using the sand area is required to pay the appropriate resident or non-resident drop in rate.

Any customer who is 8 years of age or younger is required to be accompanied by someone 13 or older, and they do not qualify for the spectator fee.

Any adult customer that does not arrive with a child.

Admission for People with Disabilities who Require Assistance:

If you are a person with a disability and would like more information regarding accessibility of the facility please call 296-2587.

Patrons who require assistance to participate in our drop-in activities are required to pay admission, but their attendants are admitted at no charge.

GENERAL INFORMATION

Poor Weather?

In the event of snowy or icy conditions, aquatic classes will be canceled according to the department's Inclement Weather Policy as stated on Page 5. When Kettering City Schools are closed, all classes are canceled. When Kettering City Schools are on delay, classes will run if the instructor can teach. In addition, the Main Pool must close for 30 minutes whenever lightning or thunder occurs. In the event of a threatening rainstorm, a decision on whether to cancel classes will be made 30 minutes before class time. Please call the Inclement Weather Hotline at 296-3282 for up-to-date weather cancellations.

Aquatic Job Opportunities

The Kettering Parks, Recreation and Cultural Arts Department is seeking individuals to join the Aquatic staff at the Main Pool and Water Park. Opportunities exist for Water Safety Instructors, Lifeguards and Water Park Attendants. Please call 296-2587 and ask for more details. If you are interested in Summer Seasonal Employment with the City of Kettering, please attend the Job Fair at the Kettering Recreation Complex on Feb. 5 and 6.

Group Rate During Open Swim

Groups of 10 or more are eligible for a group rate during all scheduled open swim times (see schedule). Please call 296-2587 for more information. Businesses, organizations and special groups must pay City of Kettering taxes to be eligible for the resident discount rate.

Note: Please be aware that when bringing a group of children, the ratio of adults to children must be as follows: 1 adult to every 5 non-swimmers, 1 adult to every 5 - 10 swimmers. **We require that the adults be in the water with the children.** Adult accompanying youth must verify residency to receive a resident group rate.

Special Pool Rentals

Do your kids, friends and you LOVE to swim? Renting the Kettering Pool is a great way to celebrate a special event or just have fun with a group. Various hours are available before and after open swim sessions. Please call the Kettering Recreation Complex at 296-2587 for more information. Please call 14 days in advance for registration.

Private Swim Lessons

Good News!! We offer Private Swim Lessons! If group swim lessons are not working for you and you would prefer to invest in private swim lessons with your favorite swim instructor, then please sign up by calling the Aquatic Instruction Coordinator at 296-2587 and buy a ticket at the front desk. All instructors are American Red Cross Water Safety Instructor certified and will meet with you on their own time to work on your swimming skills. Private swim lessons will take place during Open swim times. Cost of private swim instruction is \$17 per half-hour lesson plus the cost of open swim. For questions, please call 296-2587 and ask for the Aquatic Instruction Coordinator.



NURSERY INFORMATION

Please refer to page 6 for information regarding nursery services. Nursery hours are available to you while you use the Kettering Ice Arena and Aquatics area.

SWIM INSTRUCTION

Baby Bubblers

Age(s) 6 months - 18 months years old

This class is designed with an emphasis on safety, skills, comfort, fun and parent participation. Additional instruction will be given on basic water skills that develop coordination and confidence in the water. One parent per child is required to be in the water. Progression to the next level is determined by age. *Class will not meet on: Jan. 23, Feb. 20

Evening Classes

110200-A	M/W	5:30 - 6 p.m.	Jan. 4 - 27
110200-B	M/W	5:30 - 6 p.m.	Feb. 1 - 24
110200-C	M/W	5:30 - 6 p.m.	March 1 - 24

Saturday Classes

110200-D	Sat.	9:30 - 10 a.m.	Jan. 30 - March 27*
Fee:		\$32/resident; \$42/non-resident	

ABC Come Splash with Me

Age(s) 18 months - 2 years old

This class will offer instruction on water exploration, bobbing, floating, gliding and basic water skills. The main goal is to instruct parents or guardians in effective ways to work with toddlers. One parent per child is required to be in the water. *Class will not meet on: Jan. 23, Feb. 20

Day Classes

110201-A	M/W	11 - 11:30 a.m.	Jan. 4 - 27
110201-B	M/W	11 - 11:30 a.m.	Feb. 1 - 24
110201-C	M/W	11 - 11:30 a.m.	March 1 - 24

Evening Classes

110201-D	M/W	5:30 - 6 p.m.	Jan. 4 - 27
110201-E	M/W	5:30 - 6 p.m.	Feb. 1 - 24
110201-F	M/W	5:30 - 6 p.m.	March 1 - 24

Saturday Classes

110201-G	Sat.	9 - 9:30 a.m.	Jan. 30 - March 27*
Fee:		\$32/resident; \$42/non-resident	

Rootin' Tootin' Toddlers

Age(s) 3 - 4

This level will build on water exploration and basic skills. Bobbing, floating, gliding and locomotion with the assistance of a parent will be the focus. New skills will include rotary breathing, backsculling, backstroke and treading water. One parent per child is required to be in the water. *Class will not meet on: Jan. 23, Feb. 20

Day Classes

110202-A	M/W	11:30 a.m. - noon	Jan. 4 - 27
110202-B	M/W	11:30 a.m. - noon	Feb. 1 - 24
110202-C	M/W	11:30 a.m. - noon	March 1 - 24

Evening Classes

110202-D	T/Th	5 - 5:30 p.m.	Jan. 5 - 28
110202-E	T/Th	5 - 5:30 p.m.	Feb. 2 - 25
110202-F	T/Th	5 - 5:30 p.m.	March 2 - 25

Saturday Classes

110202-G	Sat.	9 - 9:30 a.m.	Jan. 30 - March 27*
Fee:		\$32/resident; \$42/non-resident	

Preschool Level 1

Age(s) 4 - 5

There are no prerequisites for this course. The objective of Level 1 is to help children feel comfortable in the water and to enjoy the water safety. Elementary aquatic skills are taught which children build on as they progress through the Preschool Aquatics and Learn-to-Swim levels. Children also start developing good attitudes and safe practices around the water. *Class will not meet on: Jan. 23, Feb. 20

Evening Classes

110211-A	T/Th	5 - 5:30 p.m.	Jan. 5 - 28
110211-B	T/Th	5 - 5:30 p.m.	Feb. 2 - 25
110211-C	T/Th	5 - 5:30 p.m.	March 2 - 25

Saturday Classes

110211-D	Sat.	9:30 - 10 a.m.	Jan. 30 - March 27*
Fee:		\$32/resident; \$42/non-resident	

Preschool Level 2

Age(s) 4 - 5

Children entering this course must have a Preschool Level 1 certificate or be able to demonstrate all of the completion requirements from Level 1. The objectives of Level 2 are to build upon the skills learned in Level 1 and give children success with fundamental skills. Children learn to float on their back without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Children continue to explore simultaneous and alternating arm and leg actions on front and back to lay the foundation for future strokes. Level 2 adds to the self-help and basic rescue skills begun in Level 1. *Class will not meet on: Jan. 23, Feb. 20

Evening Classes

110212-A	T/Th	5:30 - 6 p.m.	Jan. 5 - 28
110212-B	T/Th	5:30 - 6 p.m.	Feb. 2 - 25
110212-C	T/Th	5:30 - 6 p.m.	March 2 - 25

Saturday Classes

110212-D	Sat.	9:30 - 10 a.m.	Jan. 30 - March 27*
Fee:		\$32/resident; \$42/non-resident	

Preschool Level 3

Age(s) 4 - 5

Children entering this course must have a Preschool Level 2 certificate or must be able to demonstrate all the completion requirements from Level 2. The objective of Level 3 is to build on the skills in Level 2 by providing additional guided practice. Children learn to effectively coordinate combined simultaneous arm and leg actions and alternating arm and leg actions. As in all levels, additional safety skills are learned. *Class will not meet on: Jan. 23, Feb. 20

Evening Classes

110213-A	T/Th	5:30 - 6 p.m.	Jan. 5 - 28
110213-B	T/Th	5:30 - 6 p.m.	Feb. 2 - 25
110213-C	T/Th	5:30 - 6 p.m.	March 2 - 25

Saturday Classes

110213-D	Sat.	9:30 - 10 a.m.	Jan. 30 - March 27*
Fee:		\$32/resident; \$42/non-resident	



Gift Certificates

A great idea for any occasion! Purchase gift certificates for most Parks, Recreation and Cultural Arts programs. Purchase certificates at any recreation facility.

Adult Instruction Level I

Age(s) 13 +

This class is designed for those who lack comfort and/or basic swimming technique. Instruction will include flutter kick, rotary breathing, mechanics for front crawl, back crawl and elementary backstroke. Safety skills that will be taught are bobbing, floating, gliding, treading water and feet-first surface dives. *Class will not meet on: Jan. 23, Feb. 20

Saturday Classes

110205-A	Sat.	Noon - 12:45 p.m.	Jan. 30 - March 27*
Fee:		\$38/resident; \$48/non-resident	

Adult Instruction Level II

Age(s) 13 +

This class is designed to continue work with front crawl, back crawl, elementary backstroke and treading water. New stroke instruction includes the breaststroke, sidestroke and butterfly kick. New safety skills include changing directions while swimming, turning from front to back, back to front and jumping in. *Class will not meet on: Jan. 23, Feb. 20

Saturday Classes

110206-A	Sat.	Noon - 12:45 p.m.	Jan. 30 - March 27*
Fee:		\$38/resident; \$48/non-resident	

Flying Fish

Age(s) 3 - 12

Formerly known as W.A.T.E.R., this class offers one-on-one swim instruction for those individuals who have physical or emotional special needs. The class is designed to provide the participant with a positive water acclimation experience. This is not a therapeutic swim program. The instructors are American Red Cross Water Safety Instructors and are certified to teach swimming lessons. A parent, sibling or a responsible friend is invited to be in the water as a volunteer to assist the instructor. Participants may not register for two consecutive classes that would have them in the water for a full hour. *Class will not meet on: Jan. 23, Feb. 20

Saturday Classes

110207-A	Sat.	Noon - 12:30 p.m.	Jan. 30 - March 27*
110207-B	Sat.	12:30 - 1 p.m.	Jan. 30 - March 27*
Fee:		\$48/resident; \$60/non-resident	

Lockers, Towels — Easy as 1-2-3!

Kettering Recreation Complex: Lockers and towels are available for a daily drop-in rate. Annual locker rental is also available for \$25/resident, \$39/non-resident. Annual towel rental is also available for \$32/resident, \$48/non-resident for a year. For more information, call 296-2587.

Kettering Fitness & Wellness Center: Daily locker and towel use is included for pass holders.

NURSERY INFORMATION

Please refer to page 6 for information regarding nursery services. Nursery hours are available to you while you use the Kettering Ice Arena and Aquatics area.

LEARN-TO-SWIM CLASSES

The Kettering Parks, Recreation and Cultural Arts Department provides American Red Cross swim programs taught by certified Water Safety Instructors in a supportive environment. Descriptions of the classes are listed below. Participants must receive a certificate of completion or demonstrate competency in the skills prior to moving on to the next level. All classes are held at the Kettering Recreation Complex Main Pool. If you have any questions, please call 296-2587 and ask for the Aquatic Instruction Coordinator.

Fun storybooks that reinforce the skills being taught in class are available for purchase at the front desk for \$2. *Raffy Learns to Swim* coincides with Levels I and II. *Waddles in the Deep* coincides with Levels III & IV. Bring your book to class and your instructor will sign the certificate!

L-T-S Level I

Age(s) 5 - 12

There are no prerequisites for this level. The objectives of Level I are to learn basic personal water safety information and skills, to help participants feel comfortable in the water and to enjoy the water safely. In Level I, participants learn elementary aquatic skills which they will build on as they progress through the six Learn-to-Swim levels. Participants begin developing good attitudes about swimming and water safety, good swimming habits and safe practices in and around the water. *Class will not meet on: Jan. 23, Feb. 20

Evening Classes

110221-A	M/W	6 - 6:45 p.m.	Jan. 4 - 27
110221-B	T/Th	6 - 6:45 p.m.	Jan. 5 - 28
110221-C	M/W	6 - 6:45 p.m.	Feb. 1 - 24
110221-D	T/Th	6 - 6:45 p.m.	Feb. 2 - 25
110221-E	M/W	6 - 6:45 p.m.	March 1 - 24
110221-F	T/Th	6 - 6:45 p.m.	March 2 - 25

Saturday Classes

110221-G	Sat.	10 - 10:45 a.m.	Jan. 30 - March 27*
110221-H	Sat.	11 - 11:45 a.m.	Jan. 30 - March 27*

Fee: \$38/resident; \$48/non-resident

L-T-S Level II

Age(s) 6 - 12

Participants entering this course must have a Level I certificate or must be able to demonstrate all the completion requirements of Level I. The objective of Level II is to give participants success with fundamental skills. Participants learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Participants continue to explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes. *Class will not meet on: Jan. 23, Feb. 20



Evening Classes

110222-A	M/W	6 - 6:45 p.m.	Jan. 4 - 27
110222-B	M/W	6 - 6:45 p.m.	Feb. 1 - 24
110222-C	M/W	6 - 6:45 p.m.	March 1 - 24

Saturday Classes

110222-D	Sat.	10 - 10:45 a.m.	Jan. 30 - March 27*
110222-E	Sat.	11 - 11:45 a.m.	Jan. 30 - March 27*

Fee: \$38/resident; \$48/non-resident

L-T-S Level III

Age(s) 6 - 12

Participants entering this course must have a Level II certificate or must be able to demonstrate all the completion requirements in Level II. The objectives of Level III are for participants to learn the survival float, the elementary backstroke and to coordinate the front crawl. They are introduced to the scissors kick and the dolphin kick and build on the fundamentals of treading water. Participants also learn rules for headfirst entries and begin to learn to enter the water headfirst from the side of the pool. *Class will not meet on: Jan. 23, Feb. 20



Evening Classes

110223-A	T/Th	5:15 - 6 p.m.	Jan. 5 - 28
110223-B	T/Th	5:15 - 6 p.m.	Feb. 2 - 25
110223-C	T/Th	5:15 - 6 p.m.	March 2 - 25

Saturday Classes

110223-D	Sat.	10 - 10:45 a.m.	Jan. 30 - March 27*
----------	------	-----------------	---------------------

Fee: \$38/resident; \$48/non-resident

L-T-S Level IV

Age(s) 7 - 12

Participants entering this course must have a Level III certificate or must be able to demonstrate all the completion requirements in Level III. The objectives of Level IV are to develop confidence in the strokes learned thus far and to improve other aquatic skills. Participants improve their skills and increase their endurance by swimming familiar strokes (front crawl, elementary backstroke) for greater distances. Students also continue to build upon the scissors kick and dolphin kick by adding the arms for sidestroke and butterfly. The back crawl and the breaststroke are introduced in Level IV as well as the basics of turning at a wall. *Class will not meet on: Jan. 23, Feb. 20

Evening Classes

110224-A	T/Th	6 - 6:45 p.m.	Jan. 5 - 28
110224-B	T/Th	6 - 6:45 p.m.	Feb. 2 - 25
110224-C	T/Th	6 - 6:45 p.m.	March 2 - 25

Saturday Classes

110224-D	Sat.	11 - 11:45 a.m.	Jan. 30 - March 27*
----------	------	-----------------	---------------------

Fee: \$38/resident; \$48/non-resident

L-T-S Level V

Age(s) 7 - 12

Participants entering this course must have a Level IV certificate or must be able to demonstrate all the course requirements in Level IV. The objectives of Level V are to coordinate and refine strokes. Participants refine their performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distances. Flip turns on the front and back are also introduced. *Class will not meet on: Jan. 23, Feb. 20

Evening Classes

110225-A	T/Th	6 - 6:45 p.m.	Jan. 5 - 27
110225-B	T/Th	6 - 6:45 p.m.	Feb. 2 - 24
110225-C	T/Th	6 - 6:45 p.m.	March 2 - 24

Saturday Classes

110225-D	Sat.	10 - 10:45 a.m.	Jan. 30 - March 27*
----------	------	-----------------	---------------------

Fee: \$38/resident; \$48/non-resident

For more information, call 937.296.2587.

L-T-S Level VI

Age(s) 7 - 12

Refines the strokes so the student swims them with ease, efficiency, power and smoothness over greater distances. This class is designed with options that focus on preparing students to participate in more advanced courses including Water Safety Instructor and Lifeguard training courses. Prerequisite: A L-T-S Level V certificate or demonstrated competency in Level V skills. *Class will not meet on: Jan. 23, Feb. 20

110226-A	Sat.	11 - 11:45 a.m.	Jan. 30 - March 27*
----------	------	-----------------	---------------------

Fee: \$38/resident; \$48/non-resident

One-on-One Swim Lesson

Age(s) All

Do you or your child need a one-on-one swim lesson with one of our highly qualified American Red Cross Water Safety Instructors? We are offering half-hour classes with the purpose of helping you or your child reduce fears and/or work on skills to help you advance through our group swim lesson classes.

110208-A	Sat.	9 - 9:30 a.m.	Jan. 9
110208-B	Sat.	9:30 - 10 a.m.	Jan. 9
110208-C	Sat.	10 - 10:30 a.m.	Jan. 9
110208-D	Sat.	10:30 - 11 a.m.	Jan. 9
110208-E	Sat.	9 - 9:30 a.m.	Jan. 16
110208-F	Sat.	9:30 - 10 a.m.	Jan. 16
110208-G	Sat.	10 - 10:30 a.m.	Jan. 16
110208-H	Sat.	10:30 - 11 a.m.	Jan. 16

Fee: \$10/resident; \$15/non-resident

SWIM TEAM

Kettering City Swim Team

The Kettering City Swim Team (KCST) is a registered United States Swimming competitive program. Team members compete at USS-sponsored meets on a local, state, regional and national basis, depending upon ability.

The team members are expected to have some swimming experience. KCST is not for the novice or beginner swimmer.

The team is divided into 3 levels. Entry into each level is determined by age, skill and commitment. For more information, you can email the team at KCST@ketteringoh.org or log onto the website at www.kcstcobras.com.

Stroke & Swim Clinic With KCST

Age(s) 5 +

These clinics are designed for any young person who has a sincere interest in swimming. The purpose of this class is to improve upon the techniques of the participants' swimming strokes. The clinics will be taught by the Kettering City Swim Team coaches and senior swimmers. Pre-registration is required.

110220-A	F	6 - 7 p.m.	Jan. 15	Front Crawl & Back Stroke
110220-B	F	6 - 7 p.m.	Feb. 12	Butterfly & Breast Stroke
110220-C	F	6 - 7 p.m.	March 12	Starts & Turns

Fee: \$10/resident; \$15/non-resident

Please register for all these classes at the Kettering Recreation Complex unless otherwise noted. All classes and programs are held at the Kettering Recreation Complex unless otherwise noted.

AQUATIC PROGRAMS

KATS Pre-Skills

Age(s) 14 +

The Kettering Aquatic Training School is proud to offer a wide range of American Red Cross Aquatic courses. This Pre-Skills Session will test your swimming and endurance. These tests were specifically created by the National American Red Cross to ensure that participants are ready to take the full Lifeguard Training Course.

No other testing dates will be offered. The skills testing is a required part of the lifeguard training course:

- Swim 300 yards continuously, using these strokes in the following order:
 - 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick
 - 100 yards of breaststroke using a pull, breathe, kick and glide sequence
 - 100 yards of front crawl or breaststroke or a combination of both
- Timed Event: Starting in the shallow 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. The time is completed once the participant has exited the water and is standing up on deck.

Upon successful completion, you can register for the lifeguard training course.

Should you cancel your session or not be successful, no refunds will be available.

110240-A	Sun.	11 - 11:45 a.m.	Jan. 31
110240-B	Sun.	10 - 10:45 a.m.	March 14
110240-C	Sun.	11 - 11:45 a.m.	March 14
110240-D	Sun.	10 - 10:45 a.m.	April 11
110240-E	Sun.	11 - 11:45 a.m.	April 11
110240-F	Sun.	10 - 10:45 a.m.	May 9
110240-G	Sun.	11 - 11:45 a.m.	May 9

Fee: \$7/resident; \$10/non-resident

ARC Lifeguarding

Age(s) 15 +

This course teaches individuals the skills and knowledge necessary to prevent and respond to aquatic emergencies. It includes CPR for the Professional Rescuer and first aid. Course materials are \$52.25. Materials can be purchased at the Dayton Area Chapter of the American Red Cross, 222-0124. Materials must be purchased before the first day of class. You must pass pre-skills prior to registering for this class.

110241-A	Fri.	5:30 - 9 p.m.	Feb. 5, 12
	Sat.	9 a.m. - 6 p.m.	Feb. 6, 13
	Sun.	9 a.m. - 6 p.m.	Feb. 7, 14
110241-B	Fri.	5:30 - 9 p.m.	March 19, 26
	Sat.	9 a.m. - 6 p.m.	March 20, 27
	Sun.	9 a.m. - 6 p.m.	March 21, 28
110241-C	Fri.	5:30 - 9 p.m.	April 16, 23
	Sat.	9 a.m. - 6 p.m.	April 17, 24
	Sun.	9 a.m. - 6 p.m.	April 18, 25
110241-D	Fri.	5:30 - 9 p.m.	May 14, 21
	Sat.	9 a.m. - 6 p.m.	May 15, 22
	Sun.	9 a.m. - 6 p.m.	May 16, 23

Fee: \$90/resident; \$112/non-resident

WATER ACTIVITIES FOR FITNESS

The KRC offers a variety of fitness activities that take place in the pool. Descriptions of these activities follow. Please refer to the accompanying schedule. See descriptions for specific dates on water fitness classes.

LAP SWIMMING

Reassess your goals and increase your mileage as you swim for fitness, a leading form of cardiovascular exercise! Remember there are 72 lengths to a mile in the Kettering Recreation Complex pool, and for good cardiovascular fitness, all that is required is to exercise for a minimum of 30 minutes, three times each week. Certain hours have been set aside for those 18 and up to swim laps.

DEEP WATER WORKOUT

This is a basic deep-water class. Benefits include no impact, improved flexibility, improved muscle strength and cardiovascular fitness. Vests, belts, hand buoys and kick boards are provided. **This is a drop-in class and you may pay daily or use your swim pass for admission.**

WATER WORKOUT

This class consists of aerobic routines, stretching and toning performed in the chest- to shoulder-deep water. Not only is this class fun and much less likely to cause injury, but the natural buoyancy of the water makes even a beginner feel graceful and competent. The resistance from the water gives you a first-rate workout. No swimming skills necessary. **This is a drop-in class, and you may pay daily or use your swim pass for admission.**

Water Walking

Age(s) 16 +

This class consists of basic water aerobic activities such as walking, jogging and side-stepping along with toning and strength training exercises in shoulder-deep water. No swimming skills are necessary. All ages will benefit from water walking and everyone enjoys the camaraderie that comes from joining this class. *Class will not meet on: Feb. 19

110230-A	M/W/F	10 - 10:55 a.m.	Jan. 4 - 27
110230-B	T/Th	1 - 1:55 p.m.	Jan. 5 - 28
110230-C	M/W/F	10 - 10:55 a.m.	Feb. 1 - 24*
110230-D	T/Th	1 - 1:55 p.m.	Feb. 2 - 25
110230-E	M/W/F	10 - 10:55 a.m.	March 1 - 24
110230-F	T/Th	1 - 1:55 p.m.	March 2 - 25

Fee: A, E: \$36/resident; \$48/non-resident
 B, D, F: \$24/resident; \$32/non-resident
 C: \$33/resident; \$44/non-resident

Registered Water Workout

Age(s) 16 +

This class is the same as our drop-in water workout class. However, if you want to ensure your space in class or you prefer a later morning class, you now have an option. Swim passes are not valid for this class.



110231-A	T/Th	10 - 10:55 a.m.	Jan. 5 - 27
110231-B	T/Th	10 - 10:55 a.m.	Feb. 2 - 25
110231-C	T/Th	10 - 10:55 a.m.	March 2 - 25

Fee: \$24/resident; \$32/non-resident

Maternity Aqua Shape-Up

Age(s) 16 +

Congratulations new and expecting mommies! Are you looking for a way to stay in shape and help prepare for the delivery of your new bundle of joy? Or are you looking for a way to ease tension and get your body back into shape after the delivery of your new baby? Maternity Aqua Shape-Up is a low-impact aerobic workout teamed up with strength training exercises aimed at the lower back, abdomen, arms and legs. A DOCTOR'S PERMISSION IS REQUIRED. A doctor's note must be presented in order to register for this class.

110235-A	T/Th	6 - 6:55 p.m.	Jan. 5 - 27
110235-B	T/Th	6 - 6:55 p.m.	Feb. 2 - 25
110235-C	T/Th	6 - 6:55 p.m.	March 2 - 25
Fee:	\$30/resident; \$38/non-resident		

Drop-In Water Exercise Schedule

Effective Jan. 2 – March 31, 2010

Age(s): 16+ years old

All programs are co-ed and are held in the Main Pool.

Time(s)	Mon.	Tues.	Wed.	Thurs.	Fri.
8 – 8:55 a.m.	Deep	Deep	Deep	Deep	Deep
8 – 8:55 a.m.	WWO		WWO		WWO
8:30 – 9:25 a.m.		WWO		WWO	
9 – 9:55 a.m.	Deep	Deep	Deep	Deep	Deep
9 – 9:55 a.m.	WWO		WWO		WWO
5:35 – 6:30 p.m.	Deep		Deep		
5:35 – 6:30 p.m.	WWO		WWO		
6 – 6:55 p.m.		Deep		Deep	

Special Notes and/or Hours:

The 8 – 8:55 a.m. WWO class is limited to 25 students.

All classes will be canceled on Feb. 19 due to a swim meet.

WWO (Water Workout): This class consists of aerobic routines, stretching and toning performed in chest to shoulder deep water. The resistance from the water gives a first-rate workout. No swimming skills necessary.

Deep: This is a basic deep-water class. Benefits include no impact, improved flexibility, improved muscle strength and cardiovascular fitness. Belts, noodles and hand buoys are provided.

Drop-In Water Exercise Fees

	Res.	Non-Res.
Drop-In: Adult/Youth	\$3.50	\$7.00
CIL Members	\$3.25	\$6.50

For pass and punch card options, call 296-2587.

Lockers, Towels — Easy as 1-2-3!

Kettering Recreation Complex: Lockers and towels are available for a daily drop-in rate. Annual locker rental is also available for \$25/resident, \$39/non-resident. Annual towel rental is also available for \$32/resident, \$48/non-resident for a year. For more information, call 296-2587.

Kettering Fitness & Wellness Center: Daily locker and towel use is included for pass holders.

SPECIAL EVENTS

Discover SCUBA!

Age(s) 12 +

Have you always wondered what it would be like to breath underwater? This is your opportunity! Aquatic Realm Scuba Center and Kettering Recreation Complex have teamed up to make your dream a reality. This single class experience introduces you to scuba diving in the controlled and safe environment of Aquatic Realm Scuba Center's heated indoor pool. Minimum age is 12 years old, and a parent or guardian of anyone under the age of 18 is required to be present. The course fee is non-refundable.



110246-A	Sat.	Noon - 1:30 p.m.	Jan. 9
110246-B	Sat.	Noon - 1:30 p.m.	Feb. 6
110246-C	Sat.	Noon - 1:30 p.m.	March 13

Fee: \$25/resident; \$30/non-resident

Certified Pool Operator Course

Age(s) 18 +

Sponsored by the National Swimming Pool Foundation, the Certified Pool & Spa Operator Certification training is designed to provide individuals with the basic knowledge, techniques and skills of pool and spa operations. The Certified Pool & Spa Operator program has delivered more training than any other program in the pool and spa industry since 1972, resulting in more than 200,000 successful CPO certifications in 44 countries. The CPO certification program is widely accepted by health departments.

Who should attend this course?

Pool managers, facility managers, club managers, hotel and motel engineering and housekeeping staff, seasonal aquatic staff, recreation facility managers and public health department sanitarians may all benefit from the class and will receive a 5-year Professional Certification upon successful completion of the class requirements. Price of class includes the text book.

110249-A	Th/F	8 a.m. - 5 p.m.	Feb. 25 - 26
Fee:	\$290		

Job Fair

Summer may seem far away, but now is the best time to apply for a summer job! The Kettering Recreation Complex will be hosting a Job Fair at 2900 Glengarry Drive, Kettering, OH 45420, on the following days:

Friday, February 5 from 4 – 7 p.m. &

Saturday, February 6 from 10 a.m. – 2 p.m.

There will be SEASONAL positions available with the Kettering Recreation Complex (Aquatics, Camps and Concessions), Frazee Pavilion, Kettering Parks Department, Polen Farm and Rosewood Arts Center.

Most jobs require employees to be at least 18 years of age; limited jobs are available for those 15 years of age and above.

For more information about the job fair, please call 937-296-2587.

Please register for all these classes at the Kettering Recreation Complex unless otherwise noted. All classes and programs are held at the Kettering Recreation Complex unless otherwise noted.