

Informational Guide for:



2010



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November 2009

## Celebrating our 47<sup>th</sup> year!

Welcome again everyone to the 47<sup>th</sup> year of the Three Rivers Swim Program. We have come a long way from our humble beginnings at the pool at the Anoka State Mental hospital in 1963 when we were originally called “Take Your Son Out to Swim Day”. Back then there were only 2 community pools available to the community during the winter months. We have grown and expanded since those simple beginnings, thanks to the continued support from all of you.

For those of you new to Scouting or to the Three Rivers District, our swim program is an excellent, low cost, ten-week educational swim program for Scouters and their siblings. It has been specially designed to teach your children to be more proficient swimmers and develop confidence in and around the water. Classes include all Cub Scout - Boy Scout aquatic awards, American Red Cross Certifications in youth swimming classes, Adult CPR, and Advanced Lifeguarding.

We are staffed, run, planned & organized by a group of highly skilled American Red Cross certified Instructors from Venture Crew 513. Because **ALL** of our instructors are Scouting volunteers, we're able to provide swim lessons at a *fraction* of the cost of other community based programs

There's more information in this packet and at our website, [www.threeriversbsaswim.org](http://www.threeriversbsaswim.org). Give us a chance and I'm sure you'll find out why we are one of the most successful programs of its kind in the nation!

We hope to see all of you in January at Centennial High School!

Justin Coyne  
Program Director  
612-868-2411  
jcoyne@umn.edu

Lauren Faherty  
Youth President

# Class Schedule

## Swim Program Lesson Dates

Month	Class Dates - Saturdays shown in GREY will have no classes			
January	9 – Staff Only**	16	23	30
February	6 – OA Fishing	13	20 – Klondike	27 – Mile Swim
March	6	13	20	

**\*\* Staff Day – Jan 9<sup>th</sup>. Only program staff and students of BSA and Red Cross Lifeguarding. 9AM - 1PM**

## Daily Class Schedule

Course	Course Description	Time	Price	Max #
A	Level 1-3 & Cub Scout Awards	11:00 a.m. – 11:30 a.m.	\$35	55
B	Level 1-3 & Cub Scout Awards	11:40 a.m. – 12:10 p.m.	\$35	55
C	Level 1-3 & Cub Scout Awards	12:20 p.m. – 12:50 p.m.	\$35	55
D	Level 1-3 & Cub Scout Awards	1:00 p.m. – 1:30 p.m.	\$35	55
E	Level 4 & Aquanaut	11:00 a.m. – 11:40 a.m.	\$35	25
F	Level 4 & Aquanaut	11:40 a.m. – 12:20 p.m.	\$35	25
G	Level 4 & Aquanaut	12:20 p.m. – 1:00 p.m.	\$35	25
H	Swimming Merit Badge with ARC Lv 5 and 1 <sup>st</sup> Class swimming skills	1:45 p.m. – 3:00 p.m.	\$35	20
I	Swimming Merit Badge with ARC Lv 5 and 1 <sup>st</sup> Class swimming skills	3:05 p.m. – 4:25 p.m.	\$35	20
J	Lifesaving Merit Badge (NOTE: Adult CPR is required to pass this class. This year, we have again incorporated this class into Lifesaving MB for NO EXTRA CHARGE!)	1:45 p.m. – 3:45 p.m.	\$50	20
K	BSA Lifeguard & American Red Cross Lifeguard with Waterfront Module	11:00 a.m. – 5:45 p.m.	\$85	10
L	Adult CPR – March 6 <sup>th</sup> and 13 <sup>th</sup> only	1:45 p.m. – 3:45 p.m.	\$40	20

Our website will post the latest enrollment information at

<http://www.threeriversbsaswim.org/joining.html>

**Registration Deadline:** The registration cards at the end of this packet should be completed and returned with payment by **the January 2010 Roundtable Meeting (Jan 7<sup>th</sup>)**. People wanting to register after this date will need to show up the first day of lessons on January 16<sup>th</sup> to see if there are any openings available. There will be a \$5.00 per person late registration fee at this time.

## Driving Directions: Our Pool Location: Centennial High School in the Circle Pines / Blaine Area

### From the North:

Follow 35W south to the Lexington Avenue exit. At the top of the exit, turn left. Go south on Lexington to the stoplight at North Road. Turn left at North Road. Go approximately one-half mile until you see the electronic marquee for the Centennial School District. Enter in the second driveway past the electronic marquee. The Centennial Sports Arena will be straight ahead. The pool location is in the Red Building on the far side of the parking lot.

### From the South:

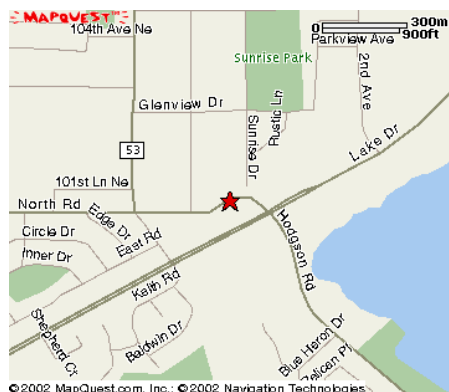
Follow 35W north to Lake Drive. Follow Lake Drive east to the stoplight at Lexington Avenue. Turn left onto Lexington Avenue. Go north on Lexington Avenue to the stoplight at North Road. Turn right onto North Road. Go approximately one-half mile until you see the electronic marquee for the Centennial School District. Enter in the second driveway past the electronic marquee. The Centennial Sports Arena will be straight ahead. The pool location is in the Red Building on the far side of the parking lot.

### From the West:

Go east on 694 to 35W north. Follow 35W north to Lake Drive. Follow Lake Drive east to the stoplight at Lexington Avenue. Turn left onto Lexington Avenue. Go north on Lexington Avenue to the stoplight at North Road. Turn right onto North Road. Go approximately one-half mile until you see the electronic marquee for the Centennial School District. Enter in the second driveway past the electronic marquee. The Centennial Sports Arena will be straight ahead. The pool location is in the Red Building on the far side of the parking lot.

### From the East:

Go west on 694 to 35W north. Follow 35W north to Lake Drive. Follow Lake Drive east to the stoplight at Lexington Avenue. Turn left onto Lexington Avenue. Go north on Lexington Avenue to the stoplight at North Road. Turn right onto North Road. Go approximately one-half mile until you see the electronic marquee for the Centennial School District. Enter in the second driveway past the electronic marquee. The Centennial Sports Arena will be straight ahead. The pool location is in the Red Building on the far side of the parking lot.



### **Centennial High School Address:**

Pool is located in the Red Building  
4881 - 101st Lane NE  
Circle Pines, MN. 55014  
763-792-5202

# Program Notes and Reminders

- **Please do not bring valuables to the pool.** The Swim Program cannot be responsible for lost or stolen items. The locker rooms are very crowded. To avoid confusion, bring a gym bag for the swimmer to store his/her clothes in and a lock to secure their items in a locker.
- **It is very important that class participants attend every class session.** Different course requirements are covered at every class. Missing classes could mean missing a skill that cannot be made up. If an absence is unavoidable, please talk to your child's instructor prior to the absence so that our instructors can try to make arrangements to make up missing material.
- **Successful completion** of any class taught through the swim program is dependent upon completion of a set of predetermined skills. A list of these skills can be provided upon request or may be viewed at our website, <http://www.threeriversbsaswim.org/courses.html>. Attendance alone does not guarantee successful completion of a course.
- **All students will receive a final check sheet** that will show what they have or have not completed. Our final skill check sheets will indicate which skills are American Red Cross skills or BSA Skills. If a Scout has satisfied the BSA requirements, it is up to a Unit Leader to sign the Scout off in his book. Scouting rules stipulate that we are not allowed to sign Scout books.
- **Merit Badge Cards** for students participating in either the Swimming Merit Badge or Lifesaving Merit Badge need to give to their Swim Instructors Merit Badge cards that are **completely filled out and signed by the Scoutmaster** on the first day of class in order to participate. Any Scout who doesn't turn in a Merit Badge Card cannot receive their award regardless of pass or fail status.
- **Electronic devices with Photographic Capabilities** are **BANNED** from our locker rooms. This includes cell phones and cameras. Anybody caught violating this policy will be removed from our program immediately with no refunds.
- **CONFIRMATION LETTERS** will be sent out the week after your confirmed paid registration slip arrives at the Boy Scout office.
- **If you Have Any Questions:** About what a program entails or are unsure about which class your child qualifies for, than please contact the program director, Justin Coyne at 612-868-2411 or email at [jcoyne@umn.edu](mailto:jcoyne@umn.edu)

# Course Descriptions

## Learn to Swim Courses:

Our American Red Cross Learn-to-Swim Program provides instruction to help swimmers of all ages and abilities develop their swimming and water safety skills. The objective is to not only teach people how to swim: but to be safe in, on, and around the water. We have also combined this curriculum with all current Boy Scouts of America swimming awards. We have spent a lot of time and effort in order to cross-reference requirements from both organizations so that we may teach matching skill sets in our swim program. All students who participate in the Learn-To-Swim courses will receive a checklist of all requirements passed while in the course, including corresponding Scouting requirements.

***It is the responsibility of the student to show our skill check-off sheets to their Adult leaders in order to get their Scout handbooks signed, Scouting rules stipulate that we are NOT allowed to do this.***

**Note:** due to space concerns, a full listing of all the physical requirements for each course will not be shown here; instead we will give a summary of the skills that are to be taught. All physical requirements for every course can be seen in their entirety at our website [www.threeriversbsaswim.org](http://www.threeriversbsaswim.org) at the “Courses” link.

Here is a listing of the 4 American Red Cross Learn-to-Swim levels and their corresponding Boy Scouts of America Swimming awards for each level include:

- **American Red Cross Level 1-“Introduction to Water Skills”:** Purpose: helps students feel comfortable in the water and to enjoy the water safely. All level 1 participants will receive a scorecard at the end of classes that will give parents additional information about their child’s progress. Cost: \$35
- **ARC Level 2-“Fundamental Aquatic Skills” and Cub Scout “Swimming Belt Loop”:** Purpose: gives students success with fundamental skills. All level 2 students will also receive a scorecard at the end of classes that will give parents additional information about their child’s progress. Students will also pass the requirements for the Cub Scout “Swimming Belt Loop”. Cost: \$35
- **ARC Level 3-“Stroke Development” and Cub Scout “Swimming Sports Pin”:** Purpose: builds on the skills in Level 2 by providing additional guided practice. Students will also pass the requirements for the Cub Scout “Swimming Sports Pin”. Cost: \$35
- **ARC Level 4-“Stroke Improvement”, Webelos Aquanaut, and 2nd Class skills:** Purpose: develops confidence in the strokes learned and to improve other aquatic skills. This course will also pass Webelos in the “Aquanaut” requirements and beginning Scouts in their 2nd class swimming requirements. Cost: \$35

# Boy Scout Merit Badges



## Swimming Merit Badge (with American Red Cross level 5, and 1st class swimming skills)

Prerequisites: Level IV certification (or equivalent skill ability).

**Students will need to bring a signed and filled out merit badge card on the first day of class**

This course is designed to help participants refine the following strokes and swimming skills: front crawl, back crawl, elementary backstroke, side-stroke, breaststroke, and butterfly. They will also learn how to perform the following survival swimming skills: survival floating, treading water, standing dive from a 1 meter board, surface dives, and clothes inflation. When completed, participants will earn the Boy Scout Swimming Merit Badge, American Red Cross Level V swimming certificate, and their 1st class swimming advancement skills. A Maximum of 20 participants allowed per time slot. The cost is \$35.00. No refunds after the first day



## Lifesaving Merit badge:

Prerequisites: Swimming Merit Badge.

**Students will need to bring a signed and filled out merit badge card on the first day of class**

This course is designed to help participants:

- Become familiar with the potential hazards of water activities,
- To prevent accidents,
- How to respond if an emergency does occur.

This course does not qualify a participant to be a lifeguard. However, it will serve as a foundation for further training in Lifeguarding, and it is a pre-requisite to the BSA Lifeguard course. Participants will need to provide their own Lifesaving Merit Badge Book.

NOTE: Adult CPR is a requirement for successful completion of this course. In the past, we have made participants register for an additional “Adult CPR” class that is taught separate from Lifesaving MB. This year we have incorporated the “Adult CPR” class into the daily Lifesaving MB Schedule! For more information on the Adult CPR Class, please see its course description. Cost: \$50. No refunds after the first day of lessons.

# Lifeguarding Modules



### **BSA LIFEGUARD –**

**Prerequisites:** Swimming Merit Badge, Lifesaving MB, Rowing MB, and Canoeing MB

This is a Boy Scout course designed to provide units with qualified members who can give knowledgeable leadership for activities on or around the water. On the first day of class, participants must be at least 14 years of age, swim 400 yards continuously using the front crawl, elementary backstroke, sidestroke, and breaststroke and recover a 10 pound brick in 9 feet of water. These prerequisite skills will be tested during staff day on January 9<sup>th</sup>. First Aid and CPR for the Professional Rescuer are a required for successful completion of this course, and will be included for no additional fees. All sessions must be attended and absences will not be made up. There is a maximum of 10 participants for this course. Cost is \$85.00. No refunds after the Pre-course testing.

### **American Red Cross Lifeguard:**



**American  
Red Cross**

This is an American Red Cross course designed to provide the necessary skills for a person to qualify for employment as a professional non-surf lifeguard. Participants must be 15 years old by the last day of class. On the first day of class on January 9<sup>th</sup>, participants must:

- Swim 500 yards continuously using the front crawl, breaststroke, and sidestroke.
- Recover a ten pound brick in 9 feet of water,
- Tread water for 2 minutes without using hands.

First Aid and CPR for the Professional Rescuer are a required part of the course and will be included in the course fee. All sessions will take place at Centennial High School Pool from 11:00 am - 5:45 pm. All sessions must be attended and absences will not be made up.

- Maximum of 10 participants.
- The cost is \$85.00.
- No refunds after the pre-course testing.
- Materials included in price: CPR barrier mask & gloves, “Lifeguarding Today” Booklet, All CPR classes, and if time permits instruction in AED training will be included in the price.

**NOTE:** \$85 may seem like a lot of money, but it is less than **HALF** the cost when compared to every other program in our area. Check around and I’m sure you’ll find that we have the best price in town!

# American Red Cross CPR



## Adult CPR:

Due to overwhelming demand for this course by adult leaders in our district, we have added courses of Adult CPR training. Both classes will be taught during the daily swim lessons so that Adults can get their CPR certification during their kids swimming lessons. All students In Adult CPR will learn the following skills for victims older than eight years:

- Rescue breathing
- CPR
- First aid for choking
- Using a breathing barrier and disposable gloves
- Recognizing signals of a heart attack
- Reducing the risk of injury to infants and children,

Materials included in Course fee. CPR mask and CPR skills card.

Certification received: Adult CPR (recognized as valid for one year).

Dates: March 6<sup>th</sup> & March 13<sup>th</sup> from 1:45 pm – 3:45 pm

Cost: \$40

# Three Rivers District Swim Program Registration Card

For more registration forms, please visit our website at <http://threeriversbsaswim.org/download.html>

Student Name \_\_\_\_\_ DOB \_\_\_\_\_ Gender \_\_\_\_\_

Parent Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email Address (This will only be used for announcements) \_\_\_\_\_

Medical Conditions: (If any) \_\_\_\_\_

Unit Type (circle one) Pack Troop Crew Unit Number \_\_\_\_\_ or Sibling \_\_\_\_\_

Course (Letter) First choice \_\_\_\_\_ Course (Letter) Second Choice (if needed) \_\_\_\_\_

Make check payable to: "**Northern Star Council BSA – Three Rivers Swim Program**"  
Mail To: **393 Marshall Avenue St. Paul, MN. 55102**

In the memo section of your check, please note: **Sellwise: 280**

.....✕ please cut here .....

# Three Rivers District Swim Program Registration Card

For more registration forms, please visit our website at <http://threeriversbsaswim.org/download.html>

Student Name \_\_\_\_\_ DOB \_\_\_\_\_ Gender \_\_\_\_\_

Parent Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email Address (This will only be used for announcements) \_\_\_\_\_

Medical Conditions: (If any) \_\_\_\_\_

Unit Type (circle one) Pack Troop Crew Unit Number \_\_\_\_\_ or Sibling \_\_\_\_\_

Course (Letter) First choice \_\_\_\_\_ Course (Letter) Second Choice (if needed) \_\_\_\_\_

Make check payable to: "**Northern Star Council BSA – Three Rivers Swim Program**"  
Mail To: **393 Marshall Avenue St. Paul, MN. 55102**

In the memo section of your check, please note: **Sellwise: 280**