



Boy Scouts Of America
Northern Star Council
393 Marshall Avenue
St Paul, MN. 55102

Three Rivers
District
Swim Program
www.threeriversbsaswim.org



Informational Guide for:



2012



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Celebrating our 49th year!

Welcome again everyone to the 49th 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, eight-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 and 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 our website, 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!

Dynessa Nordrum
Program Director
dynordrum@gmail.com

Catie Manion
Youth President

Three Rivers District Swim Program Class Schedule

For a list of pre-requisites, and all materials included with the class fee, please look through our course descriptions or online at <http://www.threeriversbsaswim.org/classes.html>

2012 Swim Program Lesson Dates

Month	Class Dates – Saturdays shown in GREY will have no classes			
January	7	14 – Staff Day*	21	28
February	4	11 – OA Ice Fishing	18 – Klondike	25
March	3	10	17	24

*Students in BSA / Red Cross Lifeguard and all Staff will meet on Jan 14th, 11am – 3 pm.

Daily Class Schedule

Course	Course Description	Time	Price	Max#	Dates
A	Learn to Swim Level 1-3 & Cubs Scout awards	11 am - 11:40	\$40	55	All
B	Learn to Swim Level 1-3 & Cubs Scout awards	11:50am -12:30	\$40	55	All
C	Learn to Swim Level 1-3 & Cubs Scout awards	12:45pm - 1:25	\$40	55	All
D	Learn to Swim (Level 4) & Aquanaut	11 am - 11:40			
E	Learn to Swim (Level 4) & Aquanaut	11:50am -12:30	\$40	25	All
F	Learn to Swim (Level 4) & Aquanaut	12:45pm - 1:25	\$40	25	All
G	Swimming Merit Badge with ARC Lv 5 and 1 st class swimming skills	1:35 – 2:50	\$45	20	All
H	Swimming Merit Badge with ARC Lv 5 and 1 st class swimming skills	3:00 - 4:15	\$45	20	All
I	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 - 3:45	\$55	20	All
L	BSA Lifeguard & American Red Cross Lifeguard with Waterfront Module	11 am – 5:45	\$90	10	All

Our website will post the latest enrollment information at

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

Registration Deadline: Registration is done online at the Three Rivers District website. The deadline for registration is Saturday, January 14th. If you want to register after this date, show up the first day of lessons on January 21st to see if there are any openings available. There will be a \$5.00 per person late registration fee at this time.

Driving Directions: Centennial High School in Circle Pines

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.



Program Notes and Reminders

- **Please do not bring valuables to the pool.** Other programs may use the locker rooms and the the Swim Program cannot be responsible for lost or stolen items. Lockers are available, but you will have to bring your own padlock.
- **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.
- **Refunds** we are unable to give refunds after the first day of lessons.
- **If you Have Any Questions:** About what a program entails or are unsure about which class your child qualifies for, please contact the program director, Dynessa Nordrum by email at dynordrum@gmail.com

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: For more information regarding course requirements visit the "Classes" page of our website www.threeriversbsaswim.org

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.
- **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”.
- **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”.
- **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.

- The cost is \$40.00

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.

- Maximum of 20 participants per time slot
- The cost is \$45.00

- No refunds after the first day of lessons.



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.

- Maximum of 20 participants
- The cost is \$55.00
- 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 on the first day of class. 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.

- Maximum of 8 participants
- The cost is \$90.00
- No refunds after the Pre-course testing.



**American
Red Cross**

American Red Cross Lifeguard

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 21st, 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 - 5:00 pm. All sessions must be attended and absences will not be made up.

- Maximum of 10 participants.
- The cost is \$90.00.
- 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.