



2019

**Three Rivers Family
Swim Program**



Informational Guide



Table of Contents

Table of Contents	2
Welcome Letter	3
Class Schedule	4
Driving Directions: Centennial High School	5
Program Notes and Reminders	6
Course Descriptions	
▪ Learn to Swim/Cub Scout/Webelos Courses	7
▪ Learn to Swim Level 5/Merit Badge Courses	8
▪ Advanced Lifeguarding Modules	9
▪ Adult Learn to Swim	11
▪ BSA Snorkeling	11

Celebrating our 56th year!

Welcome again everyone to the 56th year of the Three Rivers Family 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 this Swim Program, our swim program is an excellent, low cost, eight-week educational swim program for Scouters, the Community, and the whole family. It has been specially designed to teach your whole family 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 Venturing 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!

Tom Beck
Program Director
ASM276@yahoo.com

Susan Gerard
Youth President

Three Rivers Family 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>

2019 Swim Program Lesson Dates

Month	Class Dates – Saturdays shown in GREY will have no classes			
January	5 – Staff Day*	12 Staff Day*	19	26
February	2	9 – OA Ice Fishing	16	23 – Klondike
March	2	9	16	23
March	30			

*Students in BSA / Red Cross Lifeguard will meet on Jan 12th from 8:00 am, until 2:00 and all Staff will meet on Jan 5th, 10:00 – 4:00.

Daily Class Schedule

Course	Course Description	Time	Price	Max#	Dates
A	Learn to Swim Level 1-3 & Cubs Scout awards	10:00 am – 10:40	\$75	30	All
B	Learn to Swim Level 1-3 & Cubs Scout awards	10:50 am -11:30	\$75	30	All
C	Learn to Swim Level 1-3 & Cubs Scout awards	11:40pm – 12:20	\$75	30	All
D	Learn to Swim (Level 4) & Webelos	10:00 am – 10:40	\$80	10	All
E	Learn to Swim (Level 4) & Webelos	10:50 am -11:30	\$80	10	All
F	Learn to Swim (Level 4) & Webelos	11:40 pm – 12:20	\$80	10	All
G	ARC Level 5/ 1 st class swimming skills and Swimming Merit Badge.	1:00 pm – 2:15	\$80	10	All
H	ARC Level 5/ 1 st class swimming skills and Swimming Merit Badge.	2:30pm - 3:45	\$80	10	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!	1:45pm - 3:45	\$85	15	All
J	BSA Lifeguard & American Red Cross Lifeguard with Waterfront Module * Contact Tom Beck for dates & details upon Registration asm276@yahoo.com	10:00 am – 4:00	\$115	8	All
K	Adult Learn to Swim	1:00pm – 2:00	\$75	10	All
L	Snorkeling BSA	2:30pm – 3:30	\$80	7	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 for Life Guard is December 29. The deadline for registration for all other classes is January 12th. If you need to register after this date, contact Tom Beck asm276@yahoo.com There will be a \$10.00 per person late registration fee at this time.

<https://scoutingevent.com/250-TRSwim>

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.



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.** 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, Tom Beck by email at asm276@yahoo.com
- Make up day** – In case of pool closure, or as needed additional time for lessons. We are holding March 30st, as a backup day. We will also hold the mile swim event, on that day.

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 Awards”**: 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 Cub Scout Awards.
- **ARC Level 3-“Stroke Development” and Cub Scout Awards**: 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 Awards, and 2nd Class skills**: Purpose: develops confidence in the strokes learned and to improve other aquatic skills. This course will also pass Webelos swimming requirements and beginning Scouts in their 2nd class swimming requirements.



American Red Cross Level 5, 1st class swimming skills and Boy Scout Swimming Merit Badge

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 10 participants per time slot
- 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 15 participants
- No refunds after the first day of lessons.



Lifeguarding Modules



**American
Red Cross**

BSA Lifeguard and American Red Cross Lifeguard

Prerequisites: Swimming Merit Badge, Lifesaving MB, Rowing MB, and Canoeing MB, but these prerequisites are open to discussion.

One part of this course is a Boy Scout course designed to provide units with qualified members who can give knowledgeable leadership for activities on or around the water.

The other part of this course 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 19st, participants must:

- Swim 500 yards continuously using the front crawl, breaststroke, sidestroke, and elementary backstroke.
- 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 10:00 am - 4:00pm. All sessions must be attended and absences will not be made up.

- Maximum of 8 participants.
- 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.

Adult Learn to Swim

This course is intended to adults ranging from frightened to go in to the water, to adults who are comfortable in the water, but can not swim. All done in a safe environment.

- Maximum of 10 participants - No refunds after the first day of lessons.



The **Snorkeling BSA** requirements introduce Scout-age children and adult leaders to the special skills, equipment, and safety precautions associated with snorkeling; encourage the development of aquatics skills that promote fitness and recreation; and provide a foundation for those who later will participate in more advanced underwater activity. Student needs to provide Mask, Snorkel, and Fins.

Snorkeling BSA is not a merit badge.

We will provide 7 hours of Snorkeling training and practice. 1 hour each session.