

Adult Swim I: Learning the Basics

American Red Cross Adult Swim is intended for adults who wish to improve their knowledge and skill for many reasons. It may be to overcome their fear of the water and to learn the basic skills and achieve a minimum level of water competency to improve their skill and technique either to increase their level of safety to improve their health and fitness or to perhaps compete in triathlons or to join a masters team. The purpose of this class is help participants gain basic aquatic skills and swimming strokes. Teach skills and concepts needed to stay safe in and around water and to help themselves or others in an aquatic emergency. Prerequisites None - Participants should be 18 years of age Learning Objectives:Increase comfort level in the waterExperience breath controlExperience buoyancyMoving through the waterLearn safety skills and safe behaviors in and around the water

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4121.2030	Ortner Wolfgang	10/21/2015	11/18/2015	We Fr	8	18yr-54yr	-05:30 PM	06:00 PM	Barry Farm Aquatic Center	Lane 2	\$50.00
4125.1043	Richburg Karen	9/15/2015	10/8/2015	Tu Th	8	18yr-& Up	06:00 PM	06:30 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #1	\$50.00
4121.2144	Ashley Lawrence	10/19/2015	11/11/2015	Mo We	8	18yr-& Up	06:00 PM	06:30 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4125.2043	Richburg Karen	10/20/2015	11/12/2015	Tu Th	8	18yr-& Up	06:00 PM	06:30 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #1	\$50.00
4121.1144	Ashley Lawrence	9/14/2015	10/7/2015	Mo We	8	18yr-& Up	06:00 PM	06:30 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4121.1151	Hungerford Darrell	9/14/2015	10/7/2015	Mo We	8	18yr-54yr	-06:00 PM	06:30 PM	Deanwood Aquatic Center	Deanwood Pool	\$50.00
4121.2151	Hungerford Darrell	10/19/2015	11/11/2015	Mo We	8	18yr-54yr	-06:00 PM	06:30 PM	Deanwood Aquatic Center	Deanwood Pool	\$50.00
4121.1002	TBD TBD	9/12/2015	10/31/2015	Sa	8	18yr-& Up	01:00 PM	01:30 PM	H.D. Woodson Aquatic Center	H.D. Woodson Aquatic Center Natatorium	\$50.00
4121.1063	Phillips Webster	9/14/2015	10/7/2015	Mo We	8	18yr-54yr	-06:00 PM	06:30 PM	Marie Reed Aquatic Center	Marie Reed Pool Lane #1	\$50.00
4121.2063	Phillips Webster	10/19/2015	11/11/2015	Mo We	8	18yr-54yr	-06:00 PM	06:30 PM	Marie Reed Aquatic Center	Marie Reed Pool Lane #1	\$50.00
4121.2095	Cypress Brandi	10/20/2015	11/12/2015	Tu Th	8	18yr-54yr	-05:00 PM	05:30 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Lane #1	\$50.00
4121.1095	Cypress Brandi	9/15/2015	10/8/2015	Tu Th	8	18yr-54yr	-05:00 PM	05:30 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Main Pool	\$50.00
4121.2023	Kinsey Genuine	10/19/2015	11/11/2015	Mo We	8	18yr-54yr	-05:30 PM	06:00 PM	Takoma Aquatic Center	All Lanes	\$50.00
4121.1023	Kinsey Genuine	9/14/2015	10/7/2015	Mo We	8	18yr-54yr	-05:30 PM	06:00 PM	Takoma Aquatic Center	Pool	\$50.00
4121.1030	Ortner Wolfgang	9/16/2015	10/9/2015	We Fr	8	18yr-54yr	-05:30 PM	06:00 PM	Barry Farm Aquatic Center	Lane 2	\$50.00

Adult Swim II: Improving Skills and Swimming Strokes

The purpose of this class is to improve participants' proficiency in basic aquatic skills and the six basic swimming strokes. Teach skills and concepts needed to stay safe in and around water and to help themselves or others in an aquatic emergency. Prerequisites- Valid American Red Cross Adult Swim—Learning the Basics Skills certificateandParticipant must be: Comfortable in chest-deep water. Able to put his or her face in the water. Able to perform strokes that can be recognized as front crawl, breaststroke and back crawl, each for 15 yards. Learning ObjectivesImprove fundamental aquatic skillsImprove effectiveness and efficiency of swimming strokesImprove ability to swim continuously and swimming enduranceLearn safety skills and safe behaviors in and around the water IT IS HIGHLY RECOMMENDED THAT PARTICIPANTS HAVE THEIR SKILL LEVEL ASSESSED AT A DEPARTMENT OF PARKS AND RECREATION FACILITY BEFORE ENROLLING IN A CLASS. ANY PARTICIPANTS ENROLLED IN THE INCORRECT SKILL LEVEL WILL BE DROPPED FROM THE COURSE.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4131.1144	Ashley Lawrence	9/14/2015	10/7/2015	Mo We	8	18yr-& Up	06:45 PM	07:15 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00

4135.2043	Richburg Karen	10/20/2015	11/12/2015	Tu Th	8	18yr-& Up	06:40 PM	07:10 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #2	\$50.00
4131.2144	Ashley Lawrence	10/19/2015	11/11/2015	Mo We	8	18yr-& Up	06:45 PM	07:15 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4135.1043	Richburg Karen	9/15/2015	10/8/2015	Tu Th	8	18yr-& Up	06:40 PM	07:10 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #1	\$50.00
4131.1030	Ortner Wolfgang	9/16/2015	10/9/2015	We Fr	8	18yr-54yr-	06:15 PM	06:45 PM	Barry Farm Aquatic Center	Lane 1	\$50.00
4131.2030	Ortner Wolfgang	10/21/2015	11/18/2015	We Fr	8	18yr-54yr-	06:15 PM	06:45 PM	Barry Farm Aquatic Center	Lane 2	\$50.00
4131.1095	Cypress Brandi	9/15/2015	10/8/2015	Tu Th	8	18yr-54yr-	05:45 PM	06:15 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Main Pool	\$50.00
4131.2095	Cypress Brandi	10/20/2015	11/12/2015	Tu Th	8	18yr-54yr-	05:45 PM	06:15 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Main Pool	\$50.00
4131.1063	Phillips Webster	9/14/2015	10/7/2015	Mo We	8	18yr-54yr-	06:40 PM	07:10 PM	Marie Reed Aquatic Center	Marie Reed Pool Lane #1	\$50.00
4131.2063	Phillips Webster	10/19/2015	11/11/2015	Mo We	8	18yr-54yr-	06:40 PM	07:10 PM	Marie Reed Aquatic Center	Marie Reed Pool Lane #1	\$50.00
4131.1151	Hungerford Darrell	9/14/2015	10/7/2015	Mo We	8	18yr-54yr-	06:30 PM	07:00 PM	Deanwood Aquatic Center	Deanwood Pool	\$50.00
4131.2151	Hungerford Darrell	10/19/2015	11/11/2015	Mo We	8	18yr-54yr-	06:30 PM	07:00 PM	Deanwood Aquatic Center	Deanwood Pool	\$50.00
4131.1023	Kinsey Genuine	9/14/2015	10/7/2015	Mo We	8	18yr-54yr-	06:15 PM	06:45 PM	Takoma Aquatic Center	Pool	\$50.00
4131.2023	Kinsey Genuine	10/19/2015	11/11/2015	Mo We	8	18yr-54yr-	06:15 PM	06:45 PM	Takoma Aquatic Center	Pool	\$50.00

Adult Swim III: Swimming for Fitness

The purpose of this class is to build on the skills in Adult Swim—Improving Skills and Swimming Strokes by providing additional guided practice in deeper water. Prerequisites-Valid American Red Cross Adult Swim—Improving Skills and Swimming Strokes certificate.and Participants must be able to swim the following strokes.Front crawl, 25 yardsBreaststroke, 15 yardsBack crawl, 25 yardsLearning ObjectivesImprove effectiveness and efficiency of the following swimming strokes.Front crawl with open or flip turns, 100 yardsBack crawl with open or flip turns, 50 yardsBreaststroke with open turn, 50 yardsButterfly with open turns, 50 yards (optional)IT IS HIGHLY RECOMMENDED THAT PARTICIPANTS HAVE THEIR SKILL LEVEL ASSESSED AT A DEPARTMENT OF PARKS AND RECREATION FACILITY BEFORE ENROLLING IN A CLASS. ANY PARTICIPANTS ENROLLED IN THE INCORRECT SKILL LEVEL WILL BE DROPPED FROM THE COURSE.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4145.1043	Richburg Karen	9/15/2015	10/8/2015	Tu Th	8	18yr-& Up	07:15 PM	08:00 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #1	\$50.00
4141.1144	Ashley Lawrence	9/14/2015	10/7/2015	Mo We	8	18yr-& Up	07:30 PM	08:00 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4141.2144	Ashley Lawrence	10/19/2015	11/11/2015	Mo We	8	18yr-& Up	07:30 PM	08:00 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4145.2043	Richburg Karen	10/20/2015	11/12/2015	Tu Th	8	18yr-& Up	07:15 PM	08:00 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #5	\$50.00
4141.1151	Hungerford Darrell	9/14/2015	10/7/2015	Mo We	8	18yr-54yr-	07:00 PM	07:45 PM	Deanwood Aquatic Center	Deanwood Pool	\$50.00
4141.2151	Hungerford Darrell	10/19/2015	11/11/2015	Mo We	8	18yr-54yr-	07:00 PM	07:45 PM	Deanwood Aquatic Center	Deanwood Pool	\$50.00
4141.1063	Phillips Webster	9/14/2015	10/7/2015	Mo We	8	18yr-54yr-	07:15 PM	08:00 PM	Marie Reed Aquatic Center	Marie Reed Pool Lane #1	\$50.00
4141.2063	Phillips Webster	10/19/2015	11/11/2015	Mo We	8	18yr-54yr-	07:15 PM	08:00 PM	Marie Reed Aquatic Center	Marie Reed Pool Lane #1	\$50.00
4141.2095	Cypress Brandi	10/20/2015	11/12/2015	Tu Th	8	18yr-54yr-	06:30 PM	07:15 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Lane #1	\$50.00

4141.1095	Cypress Brandi	9/15/2015	10/8/2015	Tu Th	8	18yr-54yr	06:30 PM	07:15 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Lane #1	\$50.00
4141.2023	Kinsey Genuine	10/19/2015	11/11/2015	Mo We	8	18yr-54yr	07:00 PM	07:45 PM	Takoma Aquatic Center	Pool	\$50.00
4141.1023	Kinsey Genuine	9/14/2015	10/7/2015	Mo We	8	18yr-54yr	07:00 PM	07:45 PM	Takoma Aquatic Center	Pool	\$50.00

BASS 1

Beginner level learn to swim class. Participants will learn basic swimming skills, floating, breathe control and kicking.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
7311.2005	ThompsonWalker Cheryl	10/19/2015	11/9/2015	Mo We	7	-	09:00 AM	09:40 AM	Therapeutic Aquatic Center	TR Center Natatorium	\$50.00
7311.1005	ThompsonWalker Cheryl	9/14/2015	10/7/2015	Mo We	8	-	09:00 AM	09:40 AM	Therapeutic Aquatic Center	TR Center Natatorium	\$50.00

Deep Water Aerobics

Deep Water Aerobics ***Participants MUST be comfortable in deep water for this class*** In this class guests will participate in vigorous aerobic exercise while in deep water with the assistance of a flotation. This class promotes muscle strength, endurance and muscle tone Class Duration: 45 min *Please consult your doctor before beginning this or any other exercise program.*

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4535.1043	Brown Johnson Jeanie	9/12/2015	10/31/2015	Sa	8	18yr-& Up	09:10 AM	09:55 AM	William H Rumsey Aquatic Center	Rumsey Pool Lane #4	\$50.00
4531.1144	Boozer Jennifer	9/16/2015	10/9/2015	We Fr	8	18yr-& Up	06:30 AM	07:15 AM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4531.2095	Baskin Dorothy	10/20/2015	11/12/2015	Tu Th	8	18yr-& Up	06:30 PM	07:30 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Main Pool	\$50.00
4531.1095	Baskin Dorothy	9/15/2015	10/8/2015	Tu Th	8	18yr-& Up	06:30 PM	07:30 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Main Pool	\$50.00

Deep Water Walking

Deep Water Walking ***Participants MUST be comfortable in deep water for this class*** In this class participants will learn how to run and walk in deep water with the assistance of a flotation. This class promotes muscle strength, endurance and muscle tone Class Duration: 45 min *Please consult your doctor before beginning this or any other exercise program.*

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
7271.1005	ThompsonWalker Cheryl	9/18/2015	10/30/2015	Fr	7	-	10:00 AM	10:40 AM	Therapeutic Aquatic Center	TR Center Natatorium	\$50.00

HydroSpin

Hydrospin is the aquatic fitness class that incorporates the benefits of spinning with the resistance of the pool. Each class is taught by a certified instructor and uses state of the art Hydrorider bikes made in Italy. We join the handful of facilities in the entire country to offer these types of classes.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
3995.1043	Jones Rashid	9/14/2015	10/7/2015	Mo We	8	18yr-& Up	06:00 AM	07:00 AM	William H Rumsey Aquatic Center	Rumsey Pool Lane #2	\$160.00

3995.2043	Jones Rashid	9/14/2015	10/7/2015	Mo We	8	18yr-& Up	12:00 PM	01:00 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #8	\$160.00
3995.3043	Jones Rashid	10/19/2015	11/16/2015	Mo We	9	18yr-& Up	06:00 AM	07:00 AM	William H Rumsey Aquatic Center	Rumsey Pool Lane #1	\$160.00
3995.4043	Jones Rashid	10/19/2015	11/16/2015	Mo We	9	18yr-& Up	12:00 PM	01:00 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #3	\$160.00

Junior Waves - Swim Team Prep

The Junior Wave Swim Team Prep program is designed to enhance stroke mechanics, and help individuals develop the skills necessary to join a competitive swimming team. Emphasis is placed on proper body position on the front and back, development of a strong flutter, breaststroke and dolphin kick, bi-lateral breathing mechanics, diving, and streamline body position.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4301.1144	Guandique Roxy	9/21/2015	10/16/2015	Mo We Fr	12	8yr-12yr	04:00 PM	04:45 PM	Wilson Aquatic Center	Wilson Aquatic Center Natatorium	\$60.00
4301.2144	Guandique Roxy	10/26/2015	11/20/2015	Mo We Fr	12	8yr-12yr	04:00 PM	04:45 PM	Wilson Aquatic Center	Wilson Aquatic Center Natatorium	\$60.00
4301.1095	Henley Sally	9/21/2015	10/16/2015	Mo We Fr	12	8yr-12yr	05:45 PM	06:30 PM	Turkey Thicket Aquatic Center	Turkey Thicket Aquatic Center Natatorium	\$60.00
4301.1023	Kinsey Genuine	9/21/2015	10/16/2015	Mo We Fr	12	8yr-12yr	05:30 PM	06:15 PM	Takoma Aquatic Center	Takoma Aquatic Center Natatorium	\$60.00
4301.2023	Kinsey Genuine	10/26/2015	11/20/2015	Mo We Fr	12	8yr-12yr	05:30 PM	06:15 PM	Takoma Aquatic Center	Takoma Aquatic Center Natatorium	\$60.00
4301.1043	Giles Darius	9/21/2015	10/16/2015	Mo We Fr	12	8yr-12yr	06:00 PM	07:00 PM	William H Rumsey Aquatic Center	William H. Rumsey Aquatic Center Natatorium	\$60.00
4301.2043	Giles Darius	10/26/2015	11/20/2015	Mo We Fr	12	8yr-12yr	06:00 PM	07:00 PM	William H Rumsey Aquatic Center	William H. Rumsey Aquatic Center Natatorium	\$60.00
4301.1030	Williams Curtis	9/21/2015	10/16/2015	Mo We Fr	12	8yr-12yr	05:45 PM	06:30 PM	Barry Farm Aquatic Center	Leisure Pool	\$60.00
4301.2030	Williams Curtis	10/26/2015	11/20/2015	Mo We Fr	12	8yr-12yr	05:45 PM	06:30 PM	Barry Farm Aquatic Center	Leisure Pool	\$60.00
4301.1151	Sharp Mary	9/21/2015	10/16/2015	Mo We Fr	12	8yr-12yr	05:45 PM	06:30 PM	Deanwood Aquatic Center	Deanwood Aquatic Center Natatorium	\$60.00
4301.2095	Henley Sally	10/26/2015	11/20/2015	Mo We Fr	12	8yr-12yr	05:45 PM	06:30 PM	Turkey Thicket Aquatic Center	Turkey Thicket Aquatic Center Natatorium	\$60.00
4301.2151	Sharp Mary	10/26/2015	11/20/2015	Mo We Fr	12	8yr-12yr	05:45 PM	06:30 PM	Deanwood Aquatic Center	Deanwood Aquatic Center Natatorium	\$60.00
4301.1101	TBD TBD	9/21/2015	10/16/2015	Mo We Fr	12	8yr-12yr	05:45 PM	06:30 PM	H.D. Woodson Aquatic Center	H.D. Woodson Aquatic Center Natatorium	\$60.00
4301.2101	TBD TBD	10/26/2015	11/20/2015	Mo We Fr	12	8yr-12yr	05:45 PM	06:30 PM	H.D. Woodson Aquatic Center	H.D. Woodson Aquatic Center Natatorium	\$60.00

4301.1063	TBD TBD	9/21/2015	10/16/2015	Mo We Fr	12	6yr-14yr - 05:00 PM	06:00 PM	Marie Reed Aquatic Center	Marie Reed Aquatic Center Natatorium	\$60.00
4301.2063	TBD TBD	10/26/2015	11/20/2015	Mo We Fr	8	6yr-14yr - 05:00 PM	06:00 PM	Marie Reed Aquatic Center	Marie Reed Aquatic Center Natatorium	\$60.00

Learn to Swim for Children I: Introduction to Water Skills

The purpose of this class is to orientate participants to the aquatic environment and help them gain basic aquatic skills. Help participants begin to develop positive attitudes and safe practices around water. Prerequisites: No skill prerequisites. Participants usually start at about 6 years of age. Learning Objectives: Helps participants feel comfortable in the water. Enter water using ramp, steps or side. Exit water using ladder, steps or side. Blow bubbles through mouth and nose. Bobbing. Open eyes underwater and retrieve submerged objects. Front and back glides and recover to a vertical position. Back float. Roll from front to back and back to front. Tread water using arm and hand actions. Alternating and simultaneous arm and leg actions on front. Alternating and simultaneous arm and leg actions on back. Combined arm and leg actions on front and back. Plus age-appropriate water safety topics.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4041.1030	Ortner Wolfgang	9/12/2015	10/31/2015	Sa	8	5yr-11yr - 10:15 AM	10:45 AM	Barry Farm Aquatic Center	Catch Pool	\$50.00	
4041.1151	Hutchins Aaron	9/15/2015	10/8/2015	Tu Th	8	5yr 11mo-11yr - 05:00 PM	05:30 PM	Deanwood Aquatic Center	Deanwood Pool	\$50.00	
4045.1043	Giles Darius	9/14/2015	10/7/2015	Mo We	8	5yr-11yr - 04:00 PM	04:30 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #1	\$50.00	
4041.2151	Hutchins Aaron	10/20/2015	11/12/2015	Tu Th	8	5yr 11mo-11yr - 05:00 PM	05:30 PM	Deanwood Aquatic Center	Deanwood Pool	\$50.00	
4045.3043	Giles Darius	10/19/2015	11/16/2015	Mo We	9	5yr-11yr - 04:00 PM	04:30 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #3	\$50.00	
4045.2043	Brown Renairdo	9/13/2015	11/1/2015	Su	8	5yr-11yr - 10:00 AM	10:30 AM	William H Rumsey Aquatic Center	Rumsey Pool Lane #3	\$50.00	
4041.1144	Ashley Lawrence	9/15/2015	10/8/2015	Tu Th	8	5yr-11yr - 04:30 PM	05:00 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00	
4041.2144	Ashley Lawrence	10/20/2015	11/12/2015	Tu Th	8	5yr-11yr - 04:30 PM	05:00 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00	
4041.1002	TBD TBD	9/13/2015	11/8/2015	Su	9	5yr-11yr - 12:30 AM	01:00 PM	H.D. Woodson Aquatic Center	H.D. Woodson Aquatic Center Natatorium	\$50.00	
4041.1063	Simpson Demetrious	9/15/2015	10/8/2015	Tu Th	8	5yr-11yr - 04:00 PM	04:30 PM	Marie Reed Aquatic Center	Marie Reed Pool Lane #1	\$50.00	
4041.2063	Simpson Demetrious	10/20/2015	11/12/2015	Tu Th	8	5yr-11yr - 04:00 PM	04:30 PM	Marie Reed Aquatic Center	Marie Reed Pool Lane #1	\$50.00	
4041.3063	Simpson Demetrious	9/14/2015	10/7/2015	Mo We	12	5yr-11yr - 05:15 PM	05:45 PM	Marie Reed Aquatic Center	Marie Reed Pool Lane #1	\$50.00	
4041.4063	Simpson Demetrious	10/19/2015	11/11/2015	Mo We	8	5yr-11yr - 05:15 PM	05:45 PM	Marie Reed Aquatic Center	Marie Reed Pool Lane #1	\$50.00	
4041.1095	Cypress Brandi	9/14/2015	10/7/2015	Mo We	8	5yr-11yr - 05:00 PM	05:30 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Lane #1	\$50.00	
4041.2095	Cypress Brandi	10/19/2015	11/11/2015	Mo We	8	5yr-11yr - 05:00 PM	05:30 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Lane #1	\$50.00	
4041.2023	Kinsey Genuine	10/20/2015	11/12/2015	Tu Th	8	5yr-11yr - 04:30 PM	05:00 PM	Takoma Aquatic Center	Pool	\$50.00	
4041.1023	Kinsey Genuine	9/15/2015	10/8/2015	Tu Th	0	5yr-11yr - 04:30 PM	05:00 PM	Takoma Aquatic Center	Pool	\$50.00	

Learn to Swim for Children II: Fundamental Aquatic Skills

The purpose of this class is to give participants success with fundamental skills, including learning how to float without support and to recover to a vertical position. Prerequisites- Valid American Red Cross Level 1—Introduction to Water Skills certificate OR Successful demonstration of the Learn-to-Swim Level 1 exit skills assessment Learning Objectives Gives participants success with fundamental skills. Enter water by stepping or jumping from the side Exit water using ladder, steps or side Fully submerge and hold breath Bobbing Open eyes underwater and retrieve submerged objects Rotary breathing Front, jellyfish and tuck floats Back glide and recover to a vertical position Front glide and recover to vertical position Roll from front to back and back to front Tread water using arm and leg actions Change direction of travel while swimming on front or back Combined arm and leg actions on front and back Finning arm action Plus age-appropriate water safety topics IT IS HIGHLY RECOMMENDED THAT PARTICIPANTS HAVE THEIR SKILL LEVEL ASSESSED AT A DEPARTMENT OF PARKS AND RECREATION FACILITY BEFORE ENROLLING IN A CLASS. ANY PARTICIPANTS ENROLLED IN THE INCORRECT SKILL LEVEL WILL BE DROPPED FROM THE COURSE.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4051.1144	Ashley Lawrence	9/15/2015	10/8/2015	Tu Th	8	5yr-11yr	05:15 PM	05:45 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4051.2144	Ashley Lawrence	10/20/2015	11/12/2015	Tu Th	8	5yr-11yr	05:15 PM	05:45 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4055.2043	Brown Renairdo	9/13/2015	11/1/2015	Su	8	5yr-11yr	10:30 AM	11:00 AM	William H Rumsey Aquatic Center	Rumsey Pool Lane #5	\$50.00
4051.2151	Hutchins Aaron	10/20/2015	11/12/2015	Tu Th	8	5yr 11mo-11yr	05:30 PM	06:00 PM	Deanwood Aquatic Center	Deanwood Pool	\$50.00
4055.1043	Giles Darius	9/14/2015	10/7/2015	Mo We	8	5yr-11yr	04:40 PM	05:10 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #1	\$50.00
4051.1151	Hutchins Aaron	9/15/2015	10/8/2015	Tu Th	8	5yr 11mo-11yr	05:30 PM	06:00 PM	Deanwood Aquatic Center	Deanwood Pool	\$50.00
4051.1030	Ortner Wolfgang	9/12/2015	10/31/2015	Sa	8	5yr-11yr	11:00 AM	11:30 AM	Barry Farm Aquatic Center	Lane 1	\$50.00
4051.1095	Cypress Brandi	9/14/2015	10/7/2015	Mo We	8	5yr-11yr	05:35 PM	06:05 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Lane #1	\$50.00
4051.1063	Simpson Demetrious	9/15/2015	10/8/2015	Tu Th	8	5yr-5yr	04:40 PM	05:10 PM	Marie Reed Aquatic Center	Marie Reed Pool Lane #1	\$50.00
4051.2063	Simpson Demetrious	10/20/2015	11/12/2015	Tu Th	8	5yr-11yr	04:40 PM	05:10 PM	Marie Reed Aquatic Center	Marie Reed Pool Lane #1	\$50.00
4051.1002	TBD TBD	9/13/2015	11/8/2015	Su	9	5yr-11yr	01:30 PM	02:00 PM	H.D. Woodson Aquatic Center	H.D. Woodson Aquatic Center Natatorium	\$50.00
4055.3043	Giles Darius	10/19/2015	11/16/2015	Mo We	9	5yr-11yr	04:40 PM	05:10 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #2	\$50.00
4051.2095	Cypress Brandi	10/19/2015	11/11/2015	Mo We	8	5yr-11yr	05:35 PM	06:05 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Lane #1	\$50.00
4051.1023	Kinsey Genuine	9/15/2015	10/8/2015	Tu Th	0	5yr-11yr	05:15 PM	05:45 PM	Takoma Aquatic Center	Pool	\$50.00
4051.2023	Kinsey Genuine	10/20/2015	11/12/2015	Tu Th	8	5yr-11yr	05:15 PM	05:45 PM	Takoma Aquatic Center	Pool	\$50.00

Learn to Swim for Children III: Stroke Development

Build on the skills learned in Levels 1 and 2 to help participants achieve basic water competency in a pool environment. Prerequisites-Valid American Red Cross Learn-to-Swim Level 2: Fundamental Aquatic Skills certificate. OR Successful demonstration of the Learn-to-Swim Level 2 exit skills assessment. Learning Objectives Builds on the skills in Level 2 through additional guided practice in deeper water. Enter water by jumping from the side, fully submerge then recover to the surface and return to the side Headfirst entries from the side in sitting and kneeling positions Bobbing while moving toward safety Rotary breathing Back float Survival float Change from vertical to horizontal position on front and back Tread water Flutter and dolphin kicks on front Scissors and breaststroke kicks Front crawl and elementary backstroke Plus age-appropriate water safety topics

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4061.1030	TBD TBD	9/12/2015	10/31/2015	Sa	8	5yr-11yr	11:45 AM	12:15 PM	Barry Farm Aquatic Center	Lane 1	\$50.00
4061.1151	Washington Darien	9/15/2015	10/8/2015	Tu Th	8	5yr 11mo-11yr	06:00 PM	06:45 PM	Deanwood Aquatic Center	Deanwood Pool	\$50.00
4065.1043	Giles Darius	9/14/2015	10/7/2015	Mo We	8	5yr-11yr	05:15 PM	06:00 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #1	\$50.00

4061.2151	Washington Darien	10/20/2015	11/12/2015	Tu Th	8	5yr-11mo-11yr -	06:00 PM	06:45 PM	Deanwood Aquatic Center	Deanwood Pool	\$50.00
4061.1144	TBD TBD	9/15/2015	10/8/2015	Tu Th	8	5yr-11yr -	06:00 PM	06:30 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4061.2144	TBD TBD	10/20/2015	11/12/2015	Tu Th	8	5yr-11yr -	06:00 PM	06:30 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4065.2043	Simon Robert	9/12/2015	10/31/2015	Sa	8	5yr-11yr -	11:30 AM	12:15 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #2	\$50.00
4061.2095	Cypress Brandi	10/19/2015	11/11/2015	Mo We	8	5yr-11yr -	06:10 PM	06:50 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Lane #1	\$50.00
4065.3043	Giles Darius	10/19/2015	11/16/2015	Mo We	9	5yr-11yr -	05:15 PM	06:00 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #2	\$50.00
4061.1063	Simpson Demetrious	9/15/2015	10/8/2015	Tu Th	8	5yr-11yr -	05:15 PM	06:00 PM	Marie Reed Aquatic Center	Marie Reed Pool Lane #1	\$50.00
4061.2063	Simpson Demetrious	10/20/2015	11/12/2015	Tu Th	8	5yr-11yr -	05:15 PM	06:00 PM	Marie Reed Aquatic Center	Marie Reed Pool Lane #1	\$50.00
4061.1095	Cypress Brandi	9/14/2015	10/7/2015	Mo We	8	5yr-11yr -	06:10 PM	06:50 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Lane #1	\$50.00
4061.2023	Kinsey Genuine	10/20/2015	11/12/2015	Tu Th	8	5yr-11yr -	06:00 PM	06:45 PM	Takoma Aquatic Center	Pool	\$50.00
4061.1023	TBD TBD	9/15/2015	10/8/2015	Tu Th	0	5yr-11yr -	06:00 PM	06:30 PM	Takoma Aquatic Center	Pool	\$50.00

Learn to Swim for Children IV: Stroke Improvement

The purpose of this course is to improve participants' proficiency in performing the swimming strokes that were introduced in Level 3. Prerequisites- Valid American Red Cross Learn-to-Swim Level 3: Stroke Development certificate OR - Successful demonstration of the Learn-to-Swim Level 3 exit skills assessment Learning Objectives Develops confidence in the skills learned and improves other aquatic skills. Headfirst entries from the side in compact and stride positions Swim underwater Feet first surface dive Survival swimming Open turns on front and back Tread water using 2 different kicks Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly Flutter and dolphin kicks on back Plus age-appropriate water safety topics IT IS HIGHLY RECOMMENDED THAT PARTICIPANTS HAVE THEIR SKILL LEVEL ASSESSED AT A DEPARTMENT OF PARKS AND RECREATION FACILITY BEFORE ENROLLING IN A CLASS. ANY PARTICIPANTS ENROLLED IN THE INCORRECT SKILL LEVEL WILL BE DROPPED FROM THE COURSE.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4075.1043	Simon Robert	9/12/2015	10/31/2015	Sa	8	5yr-11yr -	12:15 PM	01:00 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #1	\$50.00
4071.1144	TBD TBD	9/15/2015	10/8/2015	Tu Th	8	5yr-11yr -	07:00 PM	07:45 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4071.2144	TBD TBD	10/20/2015	11/12/2015	Tu Th	8	5yr-11yr -	07:00 PM	07:45 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4071.1095	Cypress Brandi	9/14/2015	10/7/2015	Mo We	8	5yr-11yr -	07:00 PM	07:45 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Lane #1	\$50.00
4071.2095	Cypress Brandi	10/19/2015	11/11/2015	Mo We	8	5yr-11yr -	07:00 PM	07:45 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Lane #1	\$50.00

Learn to Swim for Parent/Child: Level A

Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. The two levels are fun-filled and help introduce water safety concepts, encouraging a healthy recreational habit that your entire family can enjoy. Prerequisites No skill prerequisites Child must be at least 6 months old Parent must accompany child to each class Learning Objectives Provides experiences and activities for children to: • Learn to ask for permission before entering the water. • Learn how to enter and exit the water in a safe manner. • Feel comfortable in the water. • Explore submerging to the mouth, nose and eyes and fully submerging. • Explore buoyancy on the front and back position. • Change body position in the water. • Learn how to play safely. • Experience wearing a U.S. Coast Guard-approved life jacket. • Plus age-appropriate water safety topics.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4011.1144	TBD TBD	9/15/2015	10/8/2015	Tu Th	8	6mo-3yr -	12:00 PM	12:30 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00

4011.2144	TBD TBD	10/20/2015	11/12/2015	Tu Th	8	6mo-3yr - 12:00 PM	12:30 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4011.3144	TBD TBD	9/12/2015	10/31/2015	Sa	8	6mo-3yr - 10:00 AM	10:30 AM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4011.1151	Harvey Rana	9/12/2015	10/31/2015	Sa	8	6mo-1yr - 09:30 AM	10:00 AM	Deanwood Aquatic Center	Deanwood Pool	\$50.00
4011.1030	Ortner Wolfgang	9/18/2015	11/6/2015	Fr	8	6mo-1yr - 11:00 AM	11:30 AM	Barry Farm Aquatic Center	Catch Pool	\$50.00
4011.1095	Cypress Brandi	9/12/2015	10/31/2015	Sa	8	6mo-1yr - 09:30 AM	10:00 AM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Main Pool	\$50.00
4011.1063	Simpson Demetrious	9/15/2015	10/8/2015	Tu Th	8	6mo-1yr - 03:00 PM	03:30 PM	Marie Reed Aquatic Center	Marie Reed Pool Lane #1	\$50.00
4011.1002	TBD TBD	9/12/2015	10/31/2015	Sa	8	6mo-1yr - 11:00 AM	11:30 AM	H.D. Woodson Aquatic Center	H.D. Woodson Aquatic Center Natatorium	\$50.00
4011.1023	Smith Cara	9/12/2015	11/7/2015	Sa	9	6mo-1yr - 10:00 AM	10:30 AM	Takoma Aquatic Center	Pool	\$50.00
4015.1043	Scott Zaan	9/12/2015	10/31/2015	Sa	8	6mo-1yr - 09:30 AM	10:00 AM	William H Rumsey Aquatic Center	Rumsey Pool Lane #3	\$50.00

Learn to Swim for Parent/Child: Level B

Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. The two levels are fun-filled and help introduce water safety concepts, encouraging a healthy recreational habit that your entire family can enjoy. Prerequisites No skill prerequisites Child must be at least 6 months old Parent must accompany child to each class Learning Objectives Builds upon the skills learned in Level 1 and provides experiences and activities for children to:

- Establish expectation for adult supervision.
- Learn more ways to enter and exit the water in a safe manner.
- Explore submerging in a rhythmic pattern.
- Glide on the front and back with assistance.
- Perform combined stroke on front and back with assistance.
- Change body position in the water.
- Experience wearing a U.S. Coast Guard-approved life jacket in the water.
- Plus age-appropriate water safety topics.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4021.1151	Harvey Rana	9/12/2015	10/31/2015	Sa	8	2yr-3yr - 10:15 AM	10:45 AM	Deanwood Aquatic Center	Deanwood Pool	\$50.00	
4021.1030	Ortner Wolfgang	9/18/2015	11/6/2015	Fr	8	2yr-3yr - 11:45 AM	12:15 PM	Barry Farm Aquatic Center	Lane 2	\$50.00	
4021.1144	TBD TBD	9/15/2015	10/8/2015	Tu Th	8	6mo-3yr - 12:45 PM	01:15 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00	
4021.1002	TBD TBD	9/12/2015	10/31/2015	Sa	8	1yr-2yr - 12:00 PM	12:30 PM	H.D. Woodson Aquatic Center	H.D. Woodson Aquatic Center Natatorium	\$50.00	
4021.2144	TBD TBD	10/20/2015	11/12/2015	Tu Th	8	6mo-3yr - 12:45 PM	01:15 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00	
4021.3144	TBD TBD	9/12/2015	10/31/2015	Sa	8	6mo-3yr - 10:45 AM	11:15 AM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00	
4021.1063	Simpson Demetrious	9/15/2015	10/8/2015	Tu Th	8	2yr-3yr - 03:30 PM	04:00 PM	Marie Reed Aquatic Center	Marie Reed Pool Lane #1	\$50.00	
4021.1095	Cypress Brandi	9/12/2015	10/31/2015	Sa	8	2yr-3yr - 10:15 AM	10:45 AM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Main Pool	\$50.00	
4025.1043	Scott Zaan	9/12/2015	10/31/2015	Sa	8	2yr-3yr - 10:00 AM	10:30 AM	William H Rumsey Aquatic Center	Rumsey Pool Lane #3	\$50.00	
4021.1023	Smith Cara	9/12/2015	11/7/2015		0	2yr-3yr - 10:45 AM	11:15 AM	Takoma Aquatic Center	Pool	\$50.00	

Learn to Swim for Youth I: Introduction to Water Skills

The purpose of this class is to orientate participants to the aquatic environment and help them gain basic aquatic skills. Help participants begin to develop positive attitudes and safe practices around water. PrerequisitesNo skill prerequisitesParticipants usually start at about 12 years of ageLearning ObjectivesHelps participants feel comfortable in the water.Enter water using ramp, steps or sideExit water using ladder, steps or sideBlow bubbles through mouth and noseBobbingOpen eyes underwater and retrieve submerged objectsFront and back glides and recover to a vertical positionBack floatRoll from front to back and back to frontTread water using arm and hand actionsAlternating and simultaneous arm and leg actions on frontAlternating and simultaneous arm and leg actions on backCombined arm and leg actions on front and backPlus age-appropriate water safety topics

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4081.1030	Ortner Wolfgang	9/12/2015	10/31/2015	Sa	8	12yr-17yr	- 12:30 PM	01:00 PM	Barry Farm Aquatic Center	Lane 1	\$50.00
4085.1043	Simon Robert	9/12/2015	10/31/2015	Sa	8	12yr-17yr	- 10:30 AM	11:00 AM	William H Rumsey Aquatic Center	Rumsey Pool Lane #2	\$50.00

Learn to Swim for Youth II: Fundamental Aquatic Skills

The purpose of this class is to give participants success with fundamental skills, including learning how to float without support and to recover to a vertical position. Prerequisites- Valid American Red Cross Level 1—Introduction to Water Skills certificate OR Successful demonstration of the Learn-to-Swim Level 1 exit skills assessment Learning ObjectivesGives participants success with fundamental skills.Enter water by stepping or jumping from the sideExit water using ladder, steps or sideFully submerge and hold breathBobbingOpen eyes underwater and retrieve submerged objectsRotary breathingFront, jellyfish and tuck floatsBack glide and recover to a vertical position Front glide and recover to vertical positionRoll from front to back and back to frontTread water using arm and leg actionsChange direction of travel while swimming on front or backCombined arm and leg actions on front and backFinnanng arm actionPlus age-appropriate water safety topicsIT IS HIGHLY RECOMMENDED THAT PARTICIPANTS HAVE THEIR SKILL LEVEL ASSESSED AT A DEPARTMENT OF PARKS AND RECREATION FACILITY BEFORE ENROLLING IN A CLASS. ANY PARTICIPANTS ENROLLED IN THE INCORRECT SKILL LEVEL WILL BE DROPPED FROM THE COURSE.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4091.1030	Ortner Wolfgang	9/12/2015	10/31/2015	Sa	8	12yr-17yr	- 01:15 PM	01:45 PM	Barry Farm Aquatic Center	Lane 2	\$50.00
4095.1043.	Simon Robert	9/12/2015	10/31/2015	Sa	8	12yr-17yr	- 11:00 AM	11:30 AM	William H Rumsey Aquatic Center	Rumsey Pool Lane #5	\$50.00

Leisure Swim

A non-instructed class. Participants can swim or do exercises recommended by their physician at their own pace.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
7351.1005	Glymph Russell	9/14/2015	10/7/2015	Mo We	8	21yr-& Up	-02:30 PM	03:15 PM	Therapeutic Aquatic Center	TR Center Natatorium	
7351.2005	Glymph Russell	10/19/2015	11/9/2015	Mo We	7	21yr-& Up	-02:30 PM	03:15 PM	Therapeutic Aquatic Center	TR Center Natatorium	
7051.1005	Glymph Russell	9/18/2015	10/30/2015	Fr	7	21yr-& Up	-11:00 AM	12:30 PM	Therapeutic Aquatic Center	TR Center Natatorium	

Lifeguard Training Academy (LGTA)

LGTA is a free course that will help prospective DPR lifeguards enhance their swimming skills, strength, and endurance so that they can pass the lifeguarding class.

Class times and days will vary by location.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4845.1043	Moore Deon	9/15/2015	10/29/2015	Tu Th	14	15yr-& Up	-07:00 PM	08:00 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #8	\$0.00
4771.1002	TBD TBD	9/18/2015	11/6/2015	Fr	8	14yr-& Up	-06:00 PM	07:00 PM	H.D. Woodson Aquatic Center	H.D. Woodson Aquatic Center Natatorium	\$0.00

Preschool Aquatics: Level I

Prerequisites: No skill prerequisites. Children should be approximately 4 years old or older Purpose: Familiarize children approximately 4 and 5 years old to the aquatic environment and help them acquire rudimentary basic aquatic skills -Help participants begin to develop positive attitudes and safe practices in and around water Learning Objectives: Level I—Orients children to the aquatic environment and helps them gain basic aquatic skills. Enter water using ramp, steps or sideExit water using ladder, steps or sideBlow bubbles through mouth and noseSubmerge mouth, nose and eyesOpen eyes underwater and retrieve submerged objectsFront glide and recover to a vertical position Back glide and recover to a vertical positionBack floatRoll from front to back and back to frontTread with arm and hand actionsAlternating and simultaneous arm and leg actions on frontAlternating and simultaneous arm and leg actions on backCombined arm and leg actions on front and backPlus age-appropriate water safety topics

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4911.1151	Harvey Rana	9/12/2015	10/31/2015	Sa	8	4yr-5yr	11:00 AM	11:30 AM	Deanwood Aquatic Center	Deanwood Pool	\$50.00
4911.1030	Ortner Wolfgang	9/12/2015	10/31/2015	Sa	8	4yr-5yr	09:30 AM	10:00 AM	Barry Farm Aquatic Center	Lane 1	\$50.00
4911.1144	TBD TBD	9/15/2015	10/8/2015	Tu Th	8	4yr-5yr	01:30 PM	02:00 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4911.2144	TBD TBD	10/20/2015	11/12/2015	Tu Th	8	4yr-5yr	01:30 PM	02:00 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4911.3144	TBD TBD	9/12/2015	10/31/2015	Sa	8	4yr-5yr	11:30 AM	12:00 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4911.1063	Simpson Demetrious	9/14/2015	10/7/2015	Mo We	8	4yr-5yr	04:00 PM	04:30 PM	Marie Reed Aquatic Center	Marie Reed Pool Lane #1	\$50.00
4911.1095	Cypress Brandi	9/12/2015	10/31/2015	Sa	8	4yr-5yr	11:00 AM	11:30 AM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Main Pool	\$50.00
4911.1023	Smith Cara	9/12/2015	11/7/2015	Sa	9	4yr-5yr	11:30 AM	12:00 PM	Takoma Aquatic Center	Pool	

Preschool Aquatics: Level II

Prerequisites: Successful demonstration of the Preschool Aquatics Level I exit skills assessment Purpose: The purpose of Parent and Child Aquatics is to teach safe behaviors around the water and develop swimming readiness by leading parents and their children in water exploration activities with the objective of having fun and becoming comfortable in, on and around water Learning Objectives Level II—Helps children gain greater independence in their skills and develop more comfort in and around water. Enter water by stepping in from a deck or low heightExit water using ladder, steps or sideBobbingOpen eyes underwater and retrieve submerged objectsFront floatBack glide and float and recover to a vertical position Roll from front to back and back to frontTread water using arm and leg actionsCombined arm and leg actions on front and backFinning arm action on backPlus age-appropriate water safety topics

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4921.1063	Simpson Demetrious	9/14/2015	10/7/2015	Mo We	8	4yr-5yr	04:40 PM	05:10 PM	Marie Reed Aquatic Center	Marie Reed Pool Lane #1	\$50.00
4921.1144	TBD TBD	9/12/2015	10/31/2015	Sa	8	4yr-5yr	12:15 PM	12:45 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4921.1023	Smith Cara	9/12/2015	11/7/2015	Sa	9	4yr-5yr	12:15 PM	12:45 PM	Takoma Aquatic Center	Pool	\$50.00

Preschool Aquatics: Level III

Prerequisites: Successful demonstration of the Preschool Aquatics Level II exit skills assessment Purpose: Increase proficiency and build on the basic aquatic skills learned in Preschool Aquatics Levels I and II -Reinforce water safety concepts and skills introduced in earlier levels and introduce additional water safety topics Learning Objectives: Level III—Helps children start to gain basic swimming propulsive skills to be comfortable in and around water. Enter water by jumping inFully submerge and hold breathBobbingRotary breathingFront, jellyfish and tuck floatsFront and back float or glide and recover to a vertical positionChange direction of travel while swimming on front or backTread water using arm and leg actionsCombined arm and leg actions on front and backFinning arm action on backPlus age-appropriate water safety topics

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4931.1144	TBD TBD	9/12/2015	10/31/2015	Sa	8	-	01:00 PM	01:30 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4931.1023	Smith Cara	9/12/2015	11/7/2015	Sa	9	-	01:00 PM	01:30 PM	Takoma Aquatic Center	Pool	\$50.00

Senior Swim I: Learning the Basics

American Red Cross Senior Swim is intended for seniors who wish to improve their knowledge and skill for many reasons. It may be to overcome their fear of the water and to learn the basic skills and achieve a minimum level of water competency to improve their skill and technique either to increase their level of safety or to improve their health and fitness. The purpose of this class is help participants gain basic aquatic skills and swimming strokes. Teach skills and concepts needed to stay safe in and around water and to help themselves or others in an aquatic emergency. Prerequisites None - Participants should be 55 years of age Learning Objectives: Increase comfort level in the water Experience breath control Experience buoyancy Moving through the water Learn safety skills and safe behaviors in and around the water

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4151.1030	Ortner Wolfgang	9/16/2015	10/9/2015	We Fr	8	55Yr-& Up	10:30 AM	11:00 AM	Barry Farm Aquatic Center	Lane 1	\$50.00
4151.2030	Ortner Wolfgang	10/21/2015	11/18/2015	We Fr	8	55Yr-& Up	10:15 AM	10:45 AM	Barry Farm Aquatic Center	Lane 2	\$50.00
4155.1043	Brown Renairdo	9/15/2015	10/8/2015	Tu Th	8	55Yr-& Up	09:00 AM	10:00 AM	William H Rumsey Aquatic Center	Rumsey Pool Lane #8	\$50.00
4155.2043	Brown Renairdo	10/20/2015	11/12/2015	Tu Th	8	55Yr-& Up	09:00 AM	10:00 AM	William H Rumsey Aquatic Center	Rumsey Pool Lane #2	\$50.00
4151.1144	Ashley Lawrence	9/14/2015	10/7/2015	Mo We	8	55Yr-& Up	03:00 PM	03:30 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4151.2144	Ashley Lawrence	10/19/2015	11/11/2015	Mo We	8	55Yr-& Up	03:00 PM	03:30 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4151.1151	McCall Alex	9/14/2015	10/7/2015	Mo We	8	55Yr-& Up	10:00 AM	10:30 AM	Deanwood Aquatic Center	Deanwood Pool	\$50.00
4151.2151	Steele Angelo	10/19/2015	11/11/2015	Mo We	8	55Yr-& Up	10:45 AM	11:15 AM	Deanwood Aquatic Center	Deanwood Pool	\$50.00
4151.1002	TBD TBD	9/13/2015	11/8/2015	Su	9	55Yr-& Up	11:30 AM	12:00 PM	H.D. Woodson Aquatic Center	H.D. Woodson Aquatic Center Natatorium	\$50.00
4151.2095	Medley Devin	10/20/2015	11/12/2015	Tu Th	8	55Yr-& Up	09:00 AM	09:30 AM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Main Pool	\$50.00
4151.1095	Medley Devin	9/15/2015	10/8/2015	Tu Th	8	55Yr-& Up	09:00 AM	09:30 AM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Lane #1	\$50.00
4151.2023	Abdullah Asia	10/19/2015	11/11/2015	Mo We	8	55Yr-& Up	09:30 AM	10:00 AM	Takoma Aquatic Center	Pool	\$50.00
4151.1023	Abdullah Asia	9/14/2015	10/7/2015	Mo We	8	55Yr-& Up	09:30 AM	10:00 AM	Takoma Aquatic Center	Pool	\$50.00

Senior Swim II: Improving Skills and Swimming Strokes

The purpose of this class is to improve participants' proficiency in basic aquatic skills and the six basic swimming strokes. Teach skills and concepts needed to stay safe in and around water and to help themselves or others in an aquatic emergency. Prerequisites- Valid American Red Cross Senior Swim I – Learning the Basics Skills certificate and Participant must be: Comfortable in chest-deep water. Able to put his or her face in the water. Able to perform strokes that can be recognized as front crawl, breaststroke and back crawl, each for 15 yards. Learning Objectives Improve fundamental aquatic skills Improve effectiveness and efficiency of swimming strokes Improve ability to swim continuously and swimming endurance Learn safety skills and safe behaviors in and around the water IT IS HIGHLY RECOMMENDED THAT PARTICIPANTS HAVE THEIR SKILL LEVEL ASSESSED AT A DEPARTMENT OF PARKS AND RECREATION FACILITY BEFORE ENROLLING IN A CLASS. ANY PARTICIPANTS ENROLLED IN THE INCORRECT SKILL LEVEL WILL BE DROPPED FROM THE COURSE.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4161.1030	Ortner Wolfgang	9/16/2015	10/9/2015	We Fr	8	55Yr-& Up	11:15 AM	11:45 AM	Barry Farm Aquatic Center	Lane 1	\$50.00
4161.2030	Ortner Wolfgang	10/21/2015	11/18/2015	We Fr	8	55Yr-& Up	11:15 AM	11:45 AM	Barry Farm Aquatic Center	Lane 1	\$50.00
4161.2095	Medley Devin	10/20/2015	11/12/2015	Tu Th	8	55Yr-& Up	09:45 AM	10:15 AM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Main Pool	\$50.00

4161.1151	McCall Alex	9/14/2015	10/7/2015	Mo We	8	55yr-& Up	10:45 AM	11:15 AM	Deanwood Aquatic Center	Deanwood Pool	\$50.00
4161.2151	Steele Angelo	10/19/2015	11/11/2015	Mo We	8	55yr-& Up	10:45 AM	11:15 AM	Deanwood Aquatic Center	Deanwood Pool	\$50.00
4161.1144	Ashley Lawrence	9/14/2015	10/7/2015	Mo We	8	55yr-& Up	03:30 PM	04:00 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4161.2144	Ashley Lawrence	10/19/2015	11/11/2015	Mo We	8	55yr-& Up	03:30 PM	04:00 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4161.1023	Abdullah Asia	9/14/2015	10/7/2015	Mo We	8	55yr-& Up	10:15 AM	10:45 AM	Takoma Aquatic Center	Pool	\$50.00
4161.2023	Abdullah Asia	10/19/2015	11/11/2015	Mo We	8	55yr-& Up	10:15 AM	10:45 AM	Takoma Aquatic Center	Pool	\$50.00
4161.1095	Medley Devin	9/15/2015	10/8/2015	Tu Th	8	55yr-& Up	09:45 AM	10:15 AM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Main Pool	\$50.00

Senior Swim III: Swimming for Fitness

The purpose of this class is to build on the skills in Senior Swim—Improving Skills and Swimming Strokes by providing additional guided practice in deeper water. Prerequisites-Valid American Red Cross Senior Swim—Improving Skills and Swimming Strokes certificate.and Participants must be able to swim the following strokes.Front crawl, 25 yardsBreaststroke, 15 yardsBack crawl, 25 yardsLearning ObjectivesImprove effectiveness and efficiency of the following swimming strokes.Front crawl with open or flip turns, 100 yardsBack crawl with open or flip turns, 50 yardsBreaststroke with open turn, 50 yardsButterfly with open turns, 50 yards (optional)IT IS HIGHLY RECOMMENDED THAT PARTICIPANTS HAVE THEIR SKILL LEVEL ASSESSED AT A DEPARTMENT OF PARKS AND RECREATION FACILITY BEFORE ENROLLING IN A CLASS. ANY PARTICIPANTS ENROLLED IN THE INCORRECT SKILL LEVEL WILL BE DROPPED FROM THE COURSE.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4171.1023	Abdullah Asia	9/14/2015	10/7/2015	Mo We	8	55yr-& Up	11:00 AM	11:30 AM	Takoma Aquatic Center	Pool	\$50.00
4171.2023	Abdullah Asia	10/19/2015	11/11/2015	Mo We	8	55yr-& Up	11:00 AM	11:30 AM	Takoma Aquatic Center	Pool	\$50.00

Shallow Water Aerobics

Shallow Water Aerobics In this class guests will participate in vigorous aerobic exercise while shallow water. This class promotes muscle strength, endurance and muscle tone. This is a high energy water aerobics class for active adults. Class Duration: 45 min *Please consult your doctor before beginning this or any other exercise program.*

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4551.1030	Jones Betty	9/16/2015	10/9/2015	We Fr	8	18yr-54yr-	06:30 PM	07:30 PM	Barry Farm Aquatic Center	Lane 3	\$50.00
4551.2030	Jones Betty	10/21/2015	11/18/2015	We Fr	8	18yr-54yr-	06:30 PM	07:30 PM	Barry Farm Aquatic Center	Lane 4	\$50.00
4551.3030	Powers Charleen	9/12/2015	10/31/2015	Sa	8	18yr-54yr-	08:30 AM	09:30 AM	Barry Farm Aquatic Center	Lane 3	\$50.00
4555.1043	Jones Betty	9/14/2015	10/7/2015	Mo We	8	18yr-& Up	10:00 AM	11:00 AM	William H Rumsey Aquatic Center	Rumsey Pool Lane #5	\$50.00
4555.2043	Wilson Erica	9/15/2015	10/8/2015	Tu Th	8	18yr-& Up	05:00 PM	06:00 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #4	\$50.00
4555.3043	Jones Betty	10/19/2015	11/16/2015	Mo We	9	18yr-& Up	10:00 AM	11:00 AM	William H Rumsey Aquatic Center	Rumsey Pool Lane #3	\$50.00
4555.4043	Williams Erica	10/20/2015	11/12/2015	Tu Th	8	18yr-& Up	05:00 PM	06:00 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #5	\$50.00
4551.1002	TBD TBD	9/13/2015	11/8/2015	Su	9	18yr-& Up	10:00 AM	11:00 AM	H.D. Woodson Aquatic Center	H.D. Woodson Aquatic Center Natatorium	\$50.00

4551.2095	Malloy Jamilah	10/20/2015	11/12/2015	Tu Th	8	18yr-& Up	07:00 AM	08:00 AM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Main Pool	\$50.00
4551.1095	Malloy Jamilah	9/15/2015	10/8/2015	Tu Th	8	18yr-& Up	07:00 AM	08:00 AM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Main Pool	\$50.00

Water Aerobics: Abs & Glutes

Abs Glutes is a very high energy, co-ed class conducted in the shallow end of the pool. Exercises target the abs and glutes while still giving an overall workout. It is a more advanced class and not for the person recovering from surgery.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4671.2095	Malloy Jamilah	10/19/2015	11/11/2015	Mo We	8	18yr-& Up	01:00 PM	02:00 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Main Pool	\$50.00
4671.1095	Malloy Jamilah	9/14/2015	10/7/2015	Mo We	8	18yr-& Up	01:00 PM	02:00 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Main Pool	\$50.00

Water Aerobics: Aqua Zumba

This class promotes muscle strength, endurance and tones large muscle groups. This is a high energy water aerobics class for active adults

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4571.1144	Malloy Jamilah	9/13/2015	11/1/2015	Su	8	18yr-& Up	12:00 PM	12:45 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4571.1151	DPR Contractor	9/15/2015	10/8/2015	Tu Th	8	18yr-54yr	-06:30 PM	07:30 PM	Deanwood Aquatic Center	Deanwood Pool	\$50.00
4571.2151	DPR Contractor	10/20/2015	11/12/2015	Tu Th	8	18yr-54yr	-06:30 PM	07:30 PM	Deanwood Aquatic Center	Deanwood Pool	\$50.00
4571.1095	TBD TBD	9/18/2015	11/6/2015	Fr	8	18yr-& Up	06:30 PM	07:30 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Main Pool	\$50.00

Water Aerobics: BLT (Buns, Legs, and Tummy)

In this class guests can expect a vigorous aerobic workout that serves BLTs, (Buns, Legs and Tummy!). Participants will work to tighten, tone and strengthen their core and lower body with plenty of music to accompany the class. Class Duration: 45 min *Please consult your doctor before beginning this or any other exercise program.*

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4641.1151	Lewis David	9/18/2015	11/6/2015	Fr	8	18yr-54yr	-06:00 PM	06:45 PM	Deanwood Aquatic Center	Deanwood Pool	\$50.00

Water Aerobics: Deep Water Drills & Skills

This type of class uses ballistic type exercises using flotation belts. Using a progression method of teaching, each student will find his comfort zone while obtaining a cardio workout and converting fat into lean muscle mass. Drills and Skills is an aerobic workout focusing on the core, while building stamina and strength. Improvements will be made in posture, balance and muscle tone. Strength training is a part of this class.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4661.1144	Boozer Jennifer	9/15/2015	10/8/2015	Tu Th	8	18yr-& Up	07:00 PM	07:45 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4661.2144	Boozer Jennifer	10/20/2015	11/12/2015	Tu Th	8	18yr-& Up	07:00 PM	07:45 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00

Water Aerobics: Deep Water Running

This class is designed predominantly as a deep water running and conditioning class. Plan to improve your cardiovascular endurance and muscular strength in this fast paced, exciting workout packed with good music and fun!

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
6125.1023	TBD TBD	9/15/2015	10/8/2015	Tu Th	8	55yr-& Up -	11:00 AM	12:00 PM	Takoma Aquatic Center	Takoma Pool Lane 1	\$50.00
6125.2023	Malloy Jamilah	10/20/2015	11/12/2015	Tu Th	8	18yr-54yr -	11:00 AM	12:00 PM	Takoma Aquatic Center	Pool	\$50.00

Water Aerobics: Deep/Shallow

Water Aerobics: Deep/Shallow This class is a full body and cardiovascular strength work out for all levels. It is designed to challenge participants and improve fitness while having a great time with fast paced music. The program can be modified for different levels, body types or specific needs and accommodations. Class Duration: 45 min *Please consult your doctor before beginning this or any other exercise program.*

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4591.2002	Davis Dolly	10/19/2015	11/16/2015	Mo We	9	18yr-& Up -	07:00 PM	08:00 PM	H.D. Woodson Aquatic Center	H.D. Woodson Aquatic Center Natatorium	\$50.00
4591.1002	Davis Dolly	9/14/2015	10/7/2015	Mo We	8	18yr-& Up -	07:00 PM	08:00 PM	H.D. Woodson Aquatic Center	H.D. Woodson Aquatic Center Natatorium	\$50.00

Water Aerobics: Senior Body Wise

Water Aerobics: Senior Body Wise This class is a full body cardiovascular strengthening work out for all levels. It is designed to challenge participants and improve fitness all while having fun all while having fun in the water. The program can be modified for different levels, body types or specific needs and accommodations. Class Duration: 45 min *Please consult your doctor before beginning this or any other exercise program.*

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4621.1144	Gunn Candace	9/28/2015	11/20/2015	Mo We	16	55yr-& Up -	08:00 AM	08:45 AM	Wilson Aquatic Center	Wilson Leisure Pool	
4621.3144	Gunn Candace	9/28/2015	11/20/2015	Mo We Fr	24	55yr-& Up -	12:00 PM	12:45 PM	Wilson Aquatic Center	Wilson Leisure Pool	
4621.2023	Fisher Sandra	10/21/2015	11/6/2015	We Fr	6	55yr-& Up -	10:00 AM	11:00 AM	Takoma Aquatic Center	Pool	
4621.1023	TBD TBD	9/16/2015	10/9/2015	We Fr	8	55yr-& Up -	10:00 AM	11:00 AM	Takoma Aquatic Center	Pool	

Water Aerobics: Senior Shallow Water

Water Aerobics: Senior Shallow Water This class is a full body cardiovascular strengthening work out for all levels in shallow water. It is designed to challenge participants and improve fitness all while having fun in the water. The program can be modified for different levels, body types or specific needs and accommodations. Class Duration: 45 min *Please consult your doctor before beginning this or any other exercise program.*

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4631.1023	TBD TBD	9/15/2015	10/8/2015	Tu Th	8	55yr-& Up -	10:00 AM	10:45 AM	Takoma Aquatic Center	Pool	\$50.00
4631.2023	Malloy Jamilah	10/20/2015	11/12/2015	Tu Th	8	55yr-& Up -	10:00 AM	11:00 AM	Takoma Aquatic Center	Pool	\$50.00

YMCA Low Impact Water Aerobics

Water Aerobics: Low Impact Water Aerobics This class is brought to DPR guests through a partnership with the YMCA of Metropolitan Washington. It is a shallow water workout designed to improve cardiovascular ability, muscle strength and endurance with low impact on the body. This class is only offered to guests who are 55 years or older. Class Duration: 45 min *Please consult your doctor before beginning this or any other exercise program.*

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4605.1043	Brown Johnson Jeanie	9/28/2015	10/14/2015	Mo We Fr	8	55Yr-& Up -	08:00 AM	08:45 AM	William H Rumsey Aquatic Center	Rumsey Pool Lane #3	\$0.00
4605.2043	Brown Johnson Jeanie	9/28/2015	10/14/2015	Mo We Fr	8	55Yr-& Up -	09:00 AM	09:45 AM	William H Rumsey Aquatic Center	Rumsey Pool Lane #2	\$0.00
4601.1151	DPR Contractor	9/28/2015	11/20/2015	Mo We Fr	24	55Yr-& Up -	09:00 AM	09:45 AM	Deanwood Aquatic Center	Deanwood Pool	\$0.00
4605.3043	Brown Johnson Jeanie	10/26/2015	11/13/2015	Mo We Fr	9	55Yr-& Up -	08:00 AM	08:45 AM	William H Rumsey Aquatic Center	Rumsey Pool Lane #5	\$0.00
4605.4043	Brown Johnson Jeanie	10/26/2015	11/13/2015	Mo We Fr	9	55Yr-& Up -	09:00 AM	09:45 AM	William H Rumsey Aquatic Center	Rumsey Pool Lane #3	\$0.00

YMCA Senior Water Aerobics

This class is brought to DPR guests through a partnership with the YMCA of Metropolitan Washington. It is designed for guests with arthritis and other health problems. Participants will work towards increasing their strength, flexibility and joint mobility. Class Duration: 45 min *Please consult your doctor before beginning this or any other exercise program.*

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4561.1030	TBD TBD	9/30/2015	11/20/2015	We Fr	16	55Yr-& Up -	11:30 AM	12:30 PM	Barry Farm Aquatic Center	Lane 3	\$0.00
4561.1144	Smith Walter	9/29/2015	11/19/2015	Tu Th	16	55Yr-& Up -	09:45 AM	10:30 AM	Wilson Aquatic Center	Wilson Leisure Pool	
4561.1002	Scales Kim	9/28/2015	10/26/2015	Mo We Fr	13	55Yr-& Up -	07:00 AM	08:00 AM	H.D. Woodson Aquatic Center	H.D. Woodson Aquatic Center Natatorium	\$0.00
4561.2002	Scales Kim	10/28/2015	11/20/2015	Mo We Fr	11	55Yr-& Up -	07:00 AM	08:00 AM	H.D. Woodson Aquatic Center	H.D. Woodson Aquatic Center Natatorium	\$0.00
4561.2095	Smith Walter	9/28/2015	11/9/2015	Mo We	12	55Yr-& Up -	09:00 AM	09:45 AM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Main Pool	\$0.00
4561.1095	Wimbush Kathy	9/28/2015	11/9/2015	Mo We	12	55Yr-& Up -	08:00 AM	08:45 AM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Main Pool	\$0.00