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Title: "Kritter" Klass

Description: This two-day, two hour workshop about animals is offered to anyone with disabilities. Included will be hand-on experience with live animals to interact with, stories to help you find out everything you need to know about caring for one, many visual aids / take hom handouts, and a tour of university animal hospital and kennels.

Age Group: Offered to anyone with disabilities - any age

Program or Special Event: Program

Length: 6:00 - 8:00 pm two hours, two days

Number of Participants: N/A

Season: N/A

Main Goal or Objective: Hands-on experience for person with disabilities, about animal care & general information dealing with animals

Highlights: This two-day, two hour workshop about animals is offered to anyone with disabilities. Included will be hand-on experience with live animals to interact with, stories to help you find out everything you need to know about caring for one, many visual aids / take hom handouts, and a tour of university animal hospital and kennels.

Submitted by: Dave Bucher

City of Tempe Community Services Department Recreation Supervisor

Title: 100 Mile Swim

Description: We are challenging you to swim 100 miles in 2019! Swimmers who complete laps throughout the year will receive a 100 Mile Swim t-shirt. One mile in a City of Temecula pool is 70 lengths or 35 laps. We'll help you track your swimming daily on the 100 mile board. This is a FREE program, but all yardage must be completed in a City of Temecula pool during lap swim. See a lifeguard to sign up today!

Age Group: 12 Years- Adults

Program or Special Event: Program

Length: 1 Year

Number of Participants: 85

Season: Year Round

Main Goal or Objective: Through this program we want to encourage our community to continue to live an active and healthy lifestyle. We hope that people see this as an attainable challenge and something for them to strive for.

Highlights: This program is free to anyone in our community or neighboring communities that uses our pool. We provide a board that swimmers can put their name on and fill out after each of their swims

Submitted by: Gwen Willcox

City of Temecula Community Services Manager (951) 308-6396
gwen.willcox@temeculaca.org

Title: 95th REHAB

Description: The Soldiers that are injured during Basic Training are put into a Rehabilitation Program. This Program utilizes our Rinehart Indoor Pool year-round twice a week for Water Physical Therapy an hour at a time.

Age Group: 18-30

Program or Special Event: Program

Length: 1 hour

Number of Participants: 35-60

Season: Tuesdays and Thursdays from 0900-1000

Main Goal or Objective: The Program is offered throughout the year. The main goal of this Program is to help those injured recover and continue their Basic Training.

Highlights: There is no budget/fee for this Program. We renew the continuous reservation on a quarterly basis. The reservation consists of our Pool Reservation Form and a DD2977. The group takes up approximately half of the pool. The other part of the pool is then divided down for lap swim and recreation.

Submitted by: Jason Browning

Fort Sill MWR Sports, Fitness & Aquatics Aquatic Manager (580) 442-6200 jason.w.browning.naf@mail.mil

Title: Adaptive Kayaking

Description: Come paddle with us! This class is open to all persons with disabilities. Participants will learn the basics of kayaking while enjoying being on the water. No experience required. All equipment and water safety will be provided. Participants must be comfortable in the water. Parents, guardians and caregivers must assist those with special needs to make this a rewarding experience. Swimsuits are required.

Age Group: All Ages

Program or Special Event: Program

Length: 1.5 hours, single day program

Number of Participants: 12

Season: 1-2 times per quarter

Main Goal or Objective: Participants may have Autism, Down Syndrome, or a physical disability but when they enter a kayak, they all face the same challenges. They must each balance in their vessel, provide enough power through paddling to propel the kayak forward or backward, and steer themselves from one point to another. Being on an equal setting with their peers helps to build self-esteem and confidence. The physical benefits of paddling are also great. Kayaking is a well-balanced workout, engaging the body in a continual motion. This constant movement increases the coordinated efforts of the arms, legs, and core. Other physical benefits of kayaking therapy include: increased aerobic potential, exposure to nature, and low-impact exercise. Additionally, there is an increased level of safety and inclusion that comes with kayaking. Water makes for a soft, absorbent landing surface, unlike gym floors or roads. The low-impact nature of this sport is also beneficial to those with higher BMI's. The kayak holds the body weight buoyant in the water and the participant is only responsible for the paddling efforts, not fighting gravity to stay upright.

Overall, the sport of kayaking is easy to learn through a quick process, easy for one person to manage, and is a great source of exercise and physical activity, even with adaptations to accommodate all participants.

Highlights: They City of Pearland's Outdoor Recreation Specialist and Adaptive Recreation Specialist, partnered to provide participants with disabilities a normalizing and inclusive experience though Adaptive Kayaking. This program can be offered by anyone with basic knowledge of kayaking, and assistance from an individual who has experience working with people with disabilities. Special Education instructors in your area can be a great resource, as well as Special Olympic coaches. A tumbling mat is placed on a very low pool edge, preferably no more than 4 inches above the water level, and hangs into the pool about a foot. Kayaks launch and dock from this mat to protect the bottom from damage. The mats allow the kayaks to slide into and out of the water fairly easily once wet. Required equipment include kayaks, small tumbling mats, and appropriately sized lifejackets. Kayaks can be purchased for around \$200.00 each. Tumbling mats can be purchased for around \$100 each, but check with schools and gymnastics facilities to see if they have any old mats since these will be getting wet aren't required to be in perfect condition.

Submitted by: Amber Popp

City of Pearland Adaptive Kayaking (281) 412-8902
apopp@pearlandtx.gov

Title: AI-CHI (Aquatic Tai Chi)

Description: Aquatic Tai Chi

Age Group: All ages

Program or Special Event: Program

Length: 45 minutes

Number of Participants: As many as pool depth will allow

Season: All year round at an indoor pool

Main Goal or Objective: Relaxation

Highlights: This class is a great new water exercise and relaxation program that uses a combination of deep breathing and slow broad movements. The class is similar to Tae Chi, but its done in the water. Appropriate for all levels of fitness.

Days: Wednesdays

Times: 1-1:45 pm & 55:45 pm

Fees: Member - \$15.00, Non-Member - \$20.00

Submitted by: Margot Howell

Shephard Center Aquatic Specialist

Title: American Red Cross Waterfront Lifeguard Course

Description: The American Red Cross Waterfront Lifeguarding course primary purpose is to learn the knowledge and skills needed to prevent, recognize and respond quickly and effectively to aquatic emergencies. Participants will learn rescue skills for pool facilities as well as skills for non-surf open waterfront facilities. Participants will be trained in basic lifeguarding knowledge, water rescue skills, First Aid, CPR and AED certifications that will be valid for a two year time frame.

Age Group: Fifteen years old and older

Program or Special Event: Program

Length: One full week, eight hours a day

Number of Participants: Minimum of three participants and a maximum of ten participants per instructor

Season: Offered one full week every month of every year.

Main Goal or Objective: The objective for conducting classes monthly are to:

- Certify Soldiers that are assigned to a detail to cover down and lifeguard at our open water beach/facility on Fort Drum.
- To certify as many Soldiers as possible to have knowledge and skills to react and help in situations where Soldiers are not at a facility and need help. Drowning is something that can happen at any time and knowing how to react quickly can save a life.
- To fill remaining slots with Family members/civilians/retirees and educate all participants that are willing and able to take the class depending on space.

Highlights: Since I have been in my position and teaching classes I have certified over 100 Soldiers to date to be on the detail or with their Unit and over 50 non-active duty participants.

Buying supplies at first can be expensive, but class funds generate money to replace items at future dates. Your facility standards often guide decision making to fall within a designated budget. But, if your facility doesn't have the budget to buy supplies to have on hand and you have a Lifeguard instructor you can reach out to your local Red Cross and borrow training supplies and still facilitate classes.

Submitted by: Jean Didas

U.S. Government, Army, MWR Aquatics Lead Lifeguard (315) 772-9673
jean.e.didas.naf@mail.mil

Title: Aqua Access

Description: 3 session of classroom instruction to every 2nd grade classroom in the local ISD, then the opportunity for each of those students for 4 hours of in water instruction at no cost to the family.

Age Group: 2nd grade students

Program or Special Event: Program

Length: runs over 2 weeks per campus

Number of Participants: all students in second grade

Season: school year

Main Goal or Objective: Water safety

Highlights: Funded by City Council, budget of \$6000.00

Submitted by: Betty Bridges

City of Denison, Waterloo Pool Aquatics Facility Manager (903) 271-0424
mbridges@cityofdenison.com

Title: Aqua Board Water Fitness Class

Description: This class uses one of the newest pieces of equipment in the fitness industry - the Tsunami Fitness Board! These boards are designed to be used on the water for a wide range of exercises. Balance with focus on core strength will be emphasized by a certified instructor who will teach the class using a variety of movements based on strength, plyometric movements and balance. Pilates and yoga will also be incorporated.

Age Group: Adults (ages 8 and up may also attend class with parent)

Program or Special Event: Program

Length: 45 minute classes offered at various times every week

Number of Participants: up to 8 participants per class

Season: Offered all year

Main Goal or Objective: Goal of maintaining/increasing fitness, strength, balance. Focus on core strength.

Highlights: Some of our regular water aerobics instructors attended training to certify. They are required to keep up with CEU's, so this was incorporated as part of their annual training requirements.

We received some equipment funds to help purchase the boards initially.

Number of participants in the class is limited by space - only a certain number of boards can be placed in each 2-lane area in order to stay a safe distance from adjacent boards.

Submitted by: Kathy Olsen

Gene Fullmer Rec Center/West Jordan Outdoor Pool Aquatics Coordinator
(385) 468-1954 kolsen@slco.org

Title: Aquatic Rehabilitation

Description: Low Impact-High Results. Aquatic Rehabilitation for Healthy Living. UH2O Underwater Gym at the Randolph YMCA-it's time to rethink your workout. Anything you can do on land, you can do in the water. More importantly-what you can NO LONGER do on land-you CAN NOW DO in the water and PAIN FREE-thanks to our state of the art facility. UH2O-the only one of its kind in the nation! Train in our zero gravity environment featuring stationary bikes, boxing heavy bags, trampolines, weights, therapy bands, balance beams, wobble boards, medicine balls and more! Our certified aquatic trainers and rehab specialists are onsite to help you learn how to properly use the equipment and will develop a program for you. Pools no longer are just for swimming. GET VERTICAL.

Age Group: newborn to advanced senior

Program or Special Event: Program

Length: on going by class or by appointment with a trainer

Number of Participants: 30-Jan

Season: daily

Main Goal or Objective: We help rehabilitate: joint replacement, post surgical, weight loss, musculoskeletal problems, Arthritis, stroke recovery, TBI, cancer care, CP, MS, RSD, Fibromyalgia, Parkinson's. The goal is to help bridge the gap from traditional physical therapy to full functionality, or in the case of chronic illness, to manage the progression of disease and to promote social interaction and emotional well being.

Highlights: Many things determine a successful program, but top priority is staffing. You must hire compassionate, dedicated people, full of personality. Even the best facility with the latest equipment will fail if the staff is uncaring. They must have a deep understanding of how the principles of water can enable someone to achieve their goals-consistent

with and better than what they could achieve on land. And they must have a deep understanding of the human psyche and the mental and physical struggle of illness or injury. Also-you must have support from upper administration. These programs take time to build and must be supported financially with the understanding that it does not happen overnight. However, once a few clients obtain favorable results-word of mouth will spread and the program will grow.

Submitted by: Kathy Fisher

Randolph YMCA Director of Aquatics/Director of Operations (973) 583-3326 kathy@randolphymca.org

Title: Aquatics Circuit Training

Description: AQUATICS CIRCUIT TRAINING

Circuit Training: 6 stations: 2 shallow water, 2 deep water, 1 swimming, and one deck.

- There is a mix of strength, aerobic/anaerobic, and endurance conditioning.
- Accommodates a mix of people who can swim, and those who are weak or non-swimmers.
- For groups of 30-35, or large groups up to 45 participants.
- Swimmers count off 1 through 6, and start at that respective station number.
- Weak or non-swimmers count off 4, 5, 6, and start at that respective station number.
- Work for 5 minutes at each station, and 1 minute transition to the next station.
- Equipment/supplies: whistle, stopwatch, foam dumbbells, dive rings, 10 lb. diving bricks, medicine ball, laminated sheets for each station, cones, tape.
- Station 1, Swimming (aerobic and conditioning):
 - o 2 x 50m, rest 10 seconds
 - o 1 x 25m sprint
 - o Rest until you hear the whistle
 - o Transition clockwise to the next station
- Station 2: Deep water (strength):
 - o 10 push-ups on deck (or sit-ups, or crunches)
 - o 10 deep water bobs (active rest)
 - o 10 press-ups on the side (but in water)
 - o 15 seconds vertical kicking
 - o Rest 10 seconds
 - o Start again; keep repeating until you hear whistle
 - o Transition clockwise to the next station
- Station 3: Deep water (aerobic/anaerobic):
 - o Dive for brick, and tread with brick 3 times. Each time tread with brick: 10 seconds, 15 seconds, 10 seconds, respectively
 - o Dive for rings, 3 times. Each time pick up 3 to 5 rings on one breath, come to the surface, toss them and repeat
 - o Rest 10 seconds

- o Start again; keep repeating until you hear whistle
- o Transition clockwise to the next station
- Station 4: Shallow water (strength):
 - o 25 x bi-cep press with dumbbells
 - o 25 x tri-cep press with dumbbells
 - o 25 x shoulder press with dumbbells (side or front)
 - o 25 x chest press with dumbbells
 - o 30 seconds water boxing (with or without dumbbells)
 - o 30 seconds rest
 - o Start again; keep repeating until you hear whistle
 - o Transition clockwise to the next station
- Station 5: Shallow water (aerobic):
 - o 5 times water walking (back and forth)
 - o 5 times water running (back and forth)
 - o 10 jumps, or jumps with crunch
 - o 10 bobs (active rest)
 - o Start again; keep repeating until you hear whistle
 - o Transition clockwise to the next station
- Station 6: Deck/dryland (strength):
 - o Walk with “high knees” back and forth between cones
 - o 5 lunges in place, each leg
 - o Stand in outward facing circle, pass medicine ball to left, all the way around the circle, then back to right all the way around the circle.
 - o Rest 10 seconds
 - o Start again; keep repeating until you hear whistle
 - o Transition clockwise to the next station

Age Group: Adults, primarily

Program or Special Event: Program

Length: 40 minutes, or up to 1 hour 20 minutes

Number of Participants: 30-35, but can accommodate up to 45 max

Season: Year Round

Main Goal or Objective: AQUATICS CIRCUIT TRAINING

PURPOSE: Manages large groups in multi-use aquatics facilities, to best utilize space, time, and equipment usage, and maximizes participation, especially with a mix of swimmers and non-swimmers. Change the activity at the station, improvise based on equipment availability, and adjust to accommodate group size. This can very easily be modified.

Most importantly, it is challenging enough to get a great workout, expands participants understanding of different ways to get a great workout in the water. Most of all, it is FUN!!!

At USAG Humphreys, we primarily use this as an alternate PRT (Physical Readiness Training) for Soldiers, however, it can also be utilized for adults as a community aquatics fitness class, or modified for swim team or other groups interested in aquatics fitness. It is by far the most requested alternate PRT activity for Military units making reservations at the pool for training!

Highlights: Utilize existing resources; most of what is listed is already being utilized at your pool. Otherwise, improvise, and find other ways to use existing equipment (use noodles or pull buoy instead of dumbbells; use a water polo ball instead of a medicine ball; use old goggles instead of rings. Minimum cost to purchase minimum needed equipment: \$300.00.

Submitted by: Kimberly Bailes

MWR, US Army Garrison Humphreys Aquatics Manager
kimberly.a.bailes.naf@mail.mil

Title: Bargain Swim Nights

Description: N/A

Age Group: Any age

Program or Special Event: Program

Length: Select Friday evenings from 7:00 - 9:00 am

Number of Participants: N/A

Season: July and August

Main Goal or Objective: N/A

Highlights: Red White and Blue Night - Wear any of these colors and get in for \$1.00

Sibling Night - Bring your brother or sister and get in for a \$1.00

Rubber Ducky Night - Bring your rubber ducky and you both get in for just \$1.00

Float Night - Bring your best pool float and get in for \$1.00

Submitted by: Bill King

Leesburg Ida Lee Town N/A

Title: BOGA Flow Yoga

Description: BOGA Flow is essentially Yoga on a BOGA Mat in the water and is an exciting new way to enhance your current yoga practice. The BOGA board is large enough and sturdy enough to support someone standing on it. Yoga practices on a board floating in the water helps to improve concentration, balance and core strength. All levels from beginner to advanced yogis welcome and encouraged to try a class.

Age Group: 16 and over

Program or Special Event: Program

Length: 60 minutes twice a week or you could offer it anytime of the day or week. Depending on the facility schedule.

Number of Participants: 10 depending on the pool space and the number of Boga boards you have.

Season: Can be offered year round. We offer it in the mornings 10:00-1100.

Main Goal or Objective: Yoga practices on a board floating in the water helps to improve concentration, balance and core strength.

Highlights: This class can be offered as pay per class or buy a punch pass. Single class \$4 per class or Class punch pass 10 class pass: \$35 (\$3.50 per class), 20 class pass: \$50 (\$2.50 per class). The boards are expensive up front. All yoga instructors can teach this class. The boards are easy to set up.

Submitted by: Bettie Lou Norman

DFWMR Aquatics Fort Bragg North Carolina Aquatics Program Manager
(910) 643-8533 bettie.l.norman.naf@mail.mil

Title: Bubble Makers

Description: A younger child beginner scuba class

Age Group: 8-12 year olds

Program or Special Event: Program

Length: N/A

Number of Participants: N/A

Season: N/A

Main Goal or Objective: N/A

Highlights: Learn the basics of scuba bubble making with this brand new class! This class is designed for our future divers of tomorrow. Bubble makers is designed for juniors age 8 - 12. However, that timed parent is also encouraged to sign up too. Some swimming is required. Minimum participation of four people.

Fee: \$8.00 pass holder, \$12.00 Non pass holder

Prices listed above are for small groups, larger groups may qualify for group discounts.

Submitted by: Christy Budell

Nampa Recreation Center Aquatic / Program Coordinator

Title: Cameron University Green to Gold Swim Lessons

Description: Fort Sill MWR Aquatics has partnership with Cameron University ROTC, the local university located in Lawton, OK, to help those Soldiers enrolled into Cameron University ROTC Green to Gold (GTG) Program learn how to swim so that they may pass their swim test portion their second year in the Program. The Green to Gold (GTG) Program identifies enlisted soldiers with officer potential. It assists them in transitioning from active duty to attend college and gain both a degree (baccalaureate or masters) and an officer's commission. There are Scholarship, Non-Scholarship, and Active Duty Options. Cameron University ROTC is the partner battalion for Fort Sill and is responsible for assisting soldiers with Green To Gold regardless of where they choose to attend college. Eligible Soldiers may attend college at Cameron University or choose to attend one of the other 270 colleges and universities that have Army ROTC programs.

Age Group: 18+ **Program or Special Event:** Program

Length: year-round **Number of Participants:** 5-7 a year

Season: in conjunction with our Adult Learn-to-Swim Program

Main Goal or Objective: To get the Soldiers comfortable in, on and around the water, and to get their swimming skills up to where they need to be to pass their portion of the swim test so that they may earn their officer's commission.

Highlights: There is no budget for this Program. We integrate those Soldiers attending the Program into our Adult Learn-to-Swim Program that offer to all DoD ID Card Holders and their Dependents.

Submitted by: Jason Browning

Fort Sill MWR Sports, Fitness & Aquatics Aquatic Manager (580) 442-6200 jason.w.browning.naf@mail.mil

Title: City of Conroe Private Swim Lesson Program

Description: Private lessons provide extra individual instruction to assist in mastering swimming skills to advance to the "next level."

(Half-hour sessions are available.)

Age Group: This program is intended to serve children as young as four years through adults.

Program or Special Event: Program

Length: The Private Swim Lesson Program runs throughout the entire year. The program scheduling is fairly flexible in that individuals ages 16 and older may choose individual sessions lasting 30 minutes up to 1hour in length. We limit individual lessons for child

Number of Participants: The Conroe Aquatic Center staff of instructors taught 1,185 private lessons throughout 2018. Participation in the program saw a 29.6% increase (+351 lessons) over 2017.

Season: The Private Swim Lesson Program runs throughout the entire year for children ages 4 through 15, except when our Learn to Swim Group Lesson Program is in session. Adult participants are not subject to this restriction and may register for lessons at any ti

Main Goal or Objective: The Conroe Aquatic Center Private Lesson Program is designed to meet the needs of a very diverse group of participants. We work with individuals trying to swim more efficiently so they may reduce competition times. We also work with individuals with a fear of the water. The Aquatic Center instructors meets with each adult participant or the parent of a child participant before the first in-water session. During this session, the instructor tries to learn what specific goals the participant has for taking private lessons. This approach allows the instructor to concentrate on skills that will best meet the participant's

stated goals. This is a good time for the instructor to become aware of any fears or other limitations that may be present.

Highlights: The City of Conroe believes that learning to swim is a vital skill needed by individuals of all ages in our community. As such, the emphasis is on increasing our reach more than receiving revenue from our Swimming Programs. The Conroe Aquatic Center only charges \$12 for residents and \$15 for non-residents per lesson. Our center employs 30 - 35 swim instructors many of which are only available during the Summer sessions. Only 12-15 instructors are available between September and May.

This program nroe Aquatic Center Private Lesson Program is very active throughout the year. Private lessons for children are scheduled during mornings and evenings in Spring, Summer, and Fall Sessions around our Learn to Swim Group Lesson Program. Children may take lessons during various two to three week sessions. There are three such sets of lessons in the Spring and Fall. Our Group Lesson Program dominates our pool space during the Summer Session so there is limited time for Private Lessons at that time.

Adults may take lessons throughout the year. They may register for the regularly scheduled Private Lesson periods listed above or for an individual Adult Swim Technique session. These lessons are scheduled by appointment throughout the week or on weekends. It was found that our adults were more receptive of this name than taking a "swimming lesson!"

Submitted by: Billy Pounds

Conroe Aquatic Center Aquatic Coordinator - Programs (936) 522-3930
bpounds@cityofconroe.org

Title: DEEP H2O Conditioning

Description: This is a deep water class (5 ft) open to all swim levels and ages. This is a class with a great source of cardio with no impact on the body, muscles, or joints.

Age Group: OPEN TO ALL AGES

Program or Special Event: Program

Length: 55 MINUTES

Number of Participants: DEPENDING ON POOL SIZE

Season: SUMMERTIME/YEAR AROUND

Main Goal or Objective: This deep water class is geared to train your cardiovascular system as well as give you a total body workout with no impact. This class helps you maximize your potential using a combination of deep water exercises, swim conditioning, pool side strength training, aqua- jogging and fun!

Highlights: Arrive early in case you have anybody new to your class. Expect all ages, sizes, and athleticism in this class. You will have a range form elderly to young adults. This class includes exercises such as high knees, hamstring curls, swimming laps, lifts on the side, straight leg kicks and many more. I would provide belts for any individuals whoa rent the best swimmers in case they get fatgiued. Also, using kicks boards are a great source of leg exercises.

Submitted by: Leah LeMaire

Corpus Christi Athletic Club Aquatics Team Leader
LEAH.LEMAIRE@NAVY.MIL

Title: Discover Scuba / Discover Snorkeling

Description: N/A

Age Group: Ages 12 and up (may vary with instructors preference)

Program or Special Event: Program

Length: 2 hours

Number of Participants: Usually 5-6 at a time

Season: Beginning of Summer

Main Goal or Objective: To expose individuals to the sports of scuba and snorkeling. Allow them to promote our aquatic programs offered at our facility.

Highlights: Instructors from a local dive shop brought in gear from their stores. They fitted individuals and allowed them to try out the sport in our pool with assistance from staff members. Participants were rotated in and out of the water so everyone has a chance to participate.

Instructors set age limits. Ages were lower for snorkeling than for scuba.

Expenses: Absorbed advertising costs in brochures with the rest of our programs. Press releases were also issued. Instructors offered this experience as a service and to recruit people for scuba classes. Lifeguards on duty.

We provide pool time and lifeguards. All other required equipment was supplied by the dive shop.

Lifeguards on duty, dive shop staff assumed responsibilities of fitting and instructing participants.

Submitted by: Joe Shuttleworth, Bridgeport Parks & Recreation Deputy Director

Title: Drop in Fitness Programs

Description: Aquarobics

Deep Water Aerobics

Swim Conditioning

Plus Aquarobics

Family Swim Conditioning

Age Group: Any

Program or Special Event: Program

Length: 20 classes

Number of Participants: N/A

Season: Year round classes offered

Main Goal or Objective: N/A

Highlights: Fitness passes may be used for all aquatic drop-in fitness classes where re-registration is not required.

20 visits

\$24 (in district)

\$42 (out of district)

Submitted by: Laurie Conlin

Tualatin Hills Parks & Recreation District Center Supervisor

Title: Expanded Core Curriculum Instructional Swim Program

Description: The Kappen Aquatic Center provides a School Year - 10 Month Instructional Swimming Program, which parallels the Overbrook School For the Blind Expanded Core Curriculum and the American Red Cross Learn to Swim Program.

Age Group: Birth through age 21

Program or Special Event: Program

Length: 2018-2019 School Year - 10 Months

Number of Participants: 200

Season: School Year 2018 - 2019

Main Goal or Objective: The mission of Overbrook School for the Blind and the Kappen Aquatic Center is to develop and deliver education that enhances the options available for persons with visual impairments and other challenges to have the greatest opportunity to experience active and fulfilling lives in reaching their highest potential. The Kappen Aquatic Center Instructional Swim program parallels the American Red Cross Learn To Swim Program (and Adapted Aquatics) along with being a part of our School Wide - Expanded Core Curriculum.

Highlights: The Kapen Aquatic Center provides the American Red Cross Learn To Swim Program - School Wide, along with offering adaptive aquatics as needed. The KAC offers swim classes to all students throughout the school year for either a Semester or the Full School Year. In addition to the School Swim Program and day, our visually impaired students and Swim Team visually impaired students participate in the Eastern Athletic Association for the Blind as we host swim meets and the EAAB Tournament every 2 years. The KAC is set up this year with 32 Visually impaired student workers who are Welcome Greeters, and wash,

dry, fold and restock our towels. Throughout the year, we host special events and activities.

Submitted by: Damaris Shiavi Schaefflein

Overbrook School for the Blind- Kappen Aquatic Center Aquatic Center Coordinator (215) 877-0313 dshiavi@obs.org

Title: Extreme Adventure Program: Rowing Camp

Description: Advanced Rowing Camp

Age Group: Grades 9-12

Program or Special Event: Program

Length: Two (2) hours per class 3:30-5:30 pm

Number of Participants: N/A

Season: Monday, Tuesday & Wednesday 3 days (Give dates)

Main Goal or Objective: To advance your rowing skills.

Highlights: This workshop will focus on preparation for collegiate rowing. Emphasis will be team-work, technical skills, strength, endurance and racing strategy. Participants must have completed one session of junior or advanced rowing.

Fee: \$13 (For all three days)

Submitted by: Dave Bucher

City of Tempe Community Services Department Recreation Supervisor

Title: Extreme Adventure Program: Rowing for Teens - Beginner

Description: Rowing Class

Age Group: 14 years old and up

Program or Special Event: Program

Length: 8 - 2 hour classes 3:30 - 5:30 pm

Number of Participants: N/A

Season: Four (4) weeks per session Tuesdays & Thursdays (Give dates for three (3) sessions)

Main Goal or Objective: Four (4) weeks per session Tuesdays & Thursdays (Give Dates for three (3) sessions)

Highlights: Are you looking for a AA Full-body workout in a team setting? Learn the basics of both sculling (each rower has two (20 oars) and sweep rowing (each rower has one oar) while developing cardiovascular endurance and muscle strength, safety, boat handling, proper rowing technique and fitness are stressed in class. To qualify for this class you must successfully complete a float test before the first day (float test is in this handout under that name).

Fee: \$38 per session

Submitted by: Dave Bucher

City of Tempe Community Services Department Recreation Supervisor

Title: Fort Sill Family and MWR Aquatics American Red Cross First Aid/CPR/AED

Description: Fort Sill MWR Aquatics trains all the employees throughout the Fort Sill D,FMWR Community Recreation Division in First Aid, CPR and AED.

Age Group: 18+

Program or Special Event: Program

Length: 8 hours

Number of Participants: 3-10 per class

Season: once, every other month

Main Goal or Objective: To ensure all Staff Members throughout the Fort Sill D,FMWR Community Recreation Division are properly trained and remain current in First Aid/CPR/AED.

Highlights: Each Activity is billed a fee per participant they send to the class. This fee covers the costs of labor, supplies and fees associated with the class.

Submitted by: Jason Browning

Fort Sill MWR Sports, Fitness & Aquatics Aquatic Manager (580) 442-6200 jason.w.browning.naf@mail.mil

Title: Fort Sill Family and MWR Aquatics American Red Cross Learn-to-Swim Program

Description: Fort Sill MWR Aquatics offers a year-round American Red Cross Learn-to-Swim Program.

Age Group: 6 months - Adults

Program or Special Event: Program

Length: lower levels = 8, 30 minute classes, higher levels = 8 45 minute classes

Number of Participants: 30-80

Season: year-round

Main Goal or Objective: To teach any DoD ID Card Holder or their Dependents to be safe in, on or around the water. To get the participants comfortable in aquatic environment and to teach them the life skill of swimming.

Highlights: We charge a fee for this course per participant, per session. The fee is collected through registration and fees are handled through CYS Parent Central Services and then the cost of labor and supplies are transferred out of those funds to cover the expense. Any additional money remaining at the end of the year is then used to upgrade the Fort Sill MWR ARC LTS Program.

Submitted by: Jason Browning

Fort Sill MWR Sports, Fitness & Aquatics Aquatic Manager (580) 442-6200 jason.w.browning.naf@mail.mil

Title: Fort Sill Family and MWR Aquatics American Red Cross Lifeguard Training

Description: Several Lifeguard courses are offered throughout the year.

Age Group: 15+

Program or Special Event: Program

Length: 30 hours

Number of Participants: 10-Mar

Season: multiple times

Main Goal or Objective: These courses are open to the public. Anybody that can obtain a Fort Sill Visitor's Pass and pass the pre-requisite swim test may enroll. The goal of these courses are help the MWR Aquatics Program, Lake Elmer Thomas Recreation Area and the local community to have enough Lifeguards throughout the year, especially during the summer months.

Highlights: There is no budget for this Program. The labor and supplies expense involved are transferred from one code to another and covered by the fees for collected by those participants enrolled into the course. These classes usually consume 3 lanes of our 8 lane pool. During the class, the other 5 lanes are divided for fitness and recreation.

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Submitted by: Jason Browning

Fort Sill MWR Sports, Fitness & Aquatics Aquatic Manager (580) 442-6200 jason.w.browning.naf@mail.mil

Title: Fort Sill Family and MWR Aquatics Family Fun Day

Description: Throughout the year, once a month Fort Sill MWR puts together a Family Fun Day for the patrons. During the summer months, This event is held at Quinette Outdoor Pool. During the rest of the year, this event is held at Rinehart Indoor Pool. The Aquatics Staff organizes and executes events such as: Underwater Obstacle Course, Build Your Own Boat, Remote Control Boat Races, Big Splash Competition, etc.

Age Group: all

Program or Special Event: Program

Length: 1 day, approx 6 hours

Number of Participants: 50-60

Season: once a month

Main Goal or Objective: This event gives the opportunity for the Soldiers and their Family Members, Brigades/Battalions/Units and Work Groups an opportunity to bond, work together and have fun.

Highlights: The cost of this event is very minimal, only the cost of supplies. MWR Aquatics reserves two thirds of the pool for this event. The other lanes are then divided for fitness and recreation.

Submitted by: Jason Browning

Fort Sill MWR Sports, Fitness & Aquatics Aquatic Manager (580) 442-6200 jason.w.browning.naf@mail.mil

Title: Fort Sill Family and MWR Aquatics Water Aerobics

Description: Three times a week, MWR Aquatics puts together a Water Aerobics class for all DoD ID Card holders and their Dependents. The class is offered on Monday, Wednesday and Friday from 0900-1000.

Age Group: all ages

Program or Special Event: Program

Length: 1 hour

Number of Participants: 25-40

Season: Monday, Wednesday and Friday from 0900-1000

Main Goal or Objective: To provide an array of Programs based upon the customer's needs and desires, promoting an environment which Service Members and their Families can thrive and view Fort Sill Sports, Fitness & Aquatics Branch as their First Choice for physical and mental well-being opportunities. This Program allows for all ages to enter the water and perform a low impact workout. This event is very popular with the Retired DoD local community.

Highlights: There is no budget for this Program. The certified Instructor(s) teaching the class are Volunteers registered through VMIS. MWR Aquatics requires a reservation form and a DD2977 and renews the reservation quarterly.

Submitted by: Jason Browning

Fort Sill MWR Sports, Fitness & Aquatics Aquatic Manager (580) 442-6200 jason.w.browning.naf@mail.mil

Title: Fort Sill Physical Ready Training: Pregnancy Postpartum Program Training

Description: Fort Sill MWR Aquatics hosts Aquatic PRT/P3T Program for Soldiers that are pregnant or postpartum once a week.

Age Group: 18+

Program or Special Event: Program

Length: 1 hour

Number of Participants: 40-60

Season: Fridays, 0630-0730

Main Goal or Objective: This Program focuses in on the Soldier's well-being during pregnancy and postpartum. Exercises during this Program focus in on the individual's centering, muscle strength, piriformis release & stretch, birth squat, carpal tunnel, postpartum hip stability, postpartum core strength, postpartum stability, relaxation, cardio, circuit training, calisthenics and conditioning.

Highlights: There is no budget for this Program. GRTC/P3T & Bravo 1-14 FA supplies the Instructors conducting the training. This is the only reservation the MWR Aquatics Staff accepts on Fridays during the PT hour. The Staff reserves 5 lanes for this reservation, the other 3 lanes are divided into fitness swim and recreation.

Submitted by: Jason Browning

Fort Sill Sports, Fitness & Aquatics Aquatic Manager (580) 442-6200 jason.w.browning.naf@mail.mil

Title: Fun In The Sun

Description: Youth off-track and summer program. Fun In the Sun is a supervised youth program featuring outdoor activities including land and water games. Bring a sack lunch or there will be a lunch option available for those who register for a full session. Bring a swimsuit, water bottle, towel, sunscreen to enjoy a day of "fun in the sun".

Age Group: Grades 1-6

Program or Special Event: Program

Length: Session is 3 weeks - meets 2 times/week for 3.5 hours each day

Number of Participants: 20 participants per session

Season: 3 sessions offered during summer season only

Main Goal or Objective: To provide supervised land and water activities in a safe atmosphere.

Highlights: Staff wages are included in our outdoor pool budget. Group leaders are usually swim instructors or lifeguards.

Equipment purchased is used season after season, so we don't buy all new gear each year. Some equipment is used by our swim lesson program.

We have large grassy areas inside of our outdoor pool fence, where the group does land games. They swim when we start our public open plunge hours for the day, so no special pool hours are required.

Submitted by: Kathy Olsen

Gene Fullmer Rec Center/West Jordan Outdoor Pool Aquatics Coordinator
(385) 468-1954 kolsen@slco.org

Title: Homeschool Swim Team

Description: We provide a swim team for Homeschool Kids in the DFW area. We meet 3 times a week, Monday-Wednesday from 11:45-1:00PM.

Age Group: 18-Jun

Program or Special Event: Program

Length: An 1 hour and 15 min. Three times a week.

Number of Participants: 100 Max

Season: During the School year.

Main Goal or Objective: Provide Swim team Instruction for homeschool kids. Our Program provides exercise and technique work so that the kids can compete in 4 community swim competitions during the summer.

Highlights: The Swim team costs 40 dollars a month so the program is very accessible. We meet three times a week, but the kids are not required to come to all practices unless they want to. We have two coaches that are USA swimming certified Coaches. A lot of our families use our program as an outlet for being social with other homeschool kids and a way they can keep their kids active.

Submitted by: Carrie Allen

Dallas Aquatics Supervisor I (214) 587-2868
carrie.allen@dallascityhall.com

Title: Kayaking Kiwanis Wave Pool

Description: Kayaking Classes

Age Group: N/A

Program or Special Event: Program

Length: N/A

Number of Participants: N/A

Season: N/A

Main Goal or Objective: Different classes for learning to kayak.

Highlights: Kiwanis Recreation Center is the perfect location to learn how to kayak. Watch and learn how to maneuver your kayak around the pool. Start out with kayak 101 and progress through the classes to kayak 104. Sessions are organized to build upon one another on consecutive class dates. All specialized equipment is included. Receive a \$5.00 discount for signing up for consecutive classes.

Submitted by: Dave Bucher

City of Tempe Community Services Department Recreation Supervisor

Title: Kids Water Polo

Description: This program is designed to help children build self-esteem and team working skills.

Age Group: 6-12 years old

Program or Special Event: Program

Length: Each session - 3 weeks Mondays & Wednesdays 4-5 pm

Number of Participants: 30-Oct

Season: Year round

Main Goal or Objective: N/A

Highlights: The hour-long class will focus on their ball handling, shooting, treading, swimming and a basic knowledge of waterpolo. It will also build good sportmanship, hand eye coordination, physical strength and just general love for the water and competition. Participants should feel comfortable in deep water and be able to pass level 8. All sessions must have a minimum of 10 participants and are limited to 30 participants.

Members: \$15.00 per child (2 or more immediate family members: \$12.50 per child)

Non-Members: \$22.50 per child (2 or more immediate family members: \$20.00 per child)

Submitted by: Terry Smith

West Valley City Family Fitness Center Aquatic Coordinator

Title: Lap Swim 101

Description: Looking to swim for exercise but not quite sure where to start? This workshop will introduce you to the basics of lap swimming including equipment, etiquette, how to read/write sets and perform drills.

Age Group: Adult

Program or Special Event: Program

Length: One hour, 2x per week for 4 weeks

Number of Participants: 8

Season: Year round

Main Goal or Objective: Teach people with basic swimming ability how to efficiently swim laps for exercise

Highlights: The only major expense to run this program is paying for the instructor.

Submitted by: Ryan Bailey

Arapahoe Park and Recreation District Aquatics Supervisor (303) 269-8410 Ryanbai@aprd.org

Title: Little Scientists

Description: A hands on approach to learning.

Age Group: Two age groups (A) 4-8 year olds (B) 8-10 year olds

Program or Special Event: Program

Length: (A) 9:30-10:30 am , Monday-Friday (B) 10:30-11:30 am, Monday-Friday

Number of Participants: N/A

Season: Summer

Main Goal or Objective: N/A

Highlights: Have you ever wondered, what lives in a shell? What's the difference between salt water and fresh water? What lives in the ocean? Where does sand come from?

This series explores life at the back Make your own sandpaper, create a water molecule, start an ocean environment to grow sea creatures and more!

Fee: Ten(10) one hour classes - \$165.00

Submitted by: Bill King

Leesburg Ida Lee Town Supervisor

Title: Making A Splash - Celebrating the KAC 10 Year Anniversary with 10 Events/Activities over 10 Months - School Staff Wellness Swimming Program

Description: The KAC offers a Staff Lap Swimming and Water Exercise program for the 10 months of the School Year. Staff Swimming is part of our School - Wide Wellness Program and is open to all staff - school wide. Throughout the school year this program offers special events and activities to increase participation and awareness of wellness, exercise and utilizing the Aquatic Center. Staff Swim is available four days per week - Monday - Thursday.

Age Group: 18-Retirement age

Program or Special Event: Program

Length: 10 Months

Number of Participants: Avg 1-20 staff and Open to all staff school wide 0 - 300

Season: November through June - School Year

Main Goal or Objective: Overbrook School for the Blind and the Kappen Aquatic Center is committed to offering wellness programs for staff and awareness in keeping physically fit, reducing stress, increasing cardio, core and endurance throughout the school year. Lap swimming is offered with designated lanes. Water exercise classes are offered at the same time - utilizing the entire pool.

Highlights: Throughout the school year this program offers special events and activities to increase participation and awareness of wellness, exercise and utilizing the Aquatic Center.

This month is the Fabulous February Fitness Challenge Month! (aka - Finding Damaris February) - "Get Your Fitness On and Power Up" Just Keep

Swimming! Just Keep Swimming! Just Keep Swimming! Seriously, We Will Find You!

Prizes will be awarded to participants who increase participation in Water Exercise classes and improve skills with the pacer test - cardio, endurance, core fitness. Lap Swimmers will earn prizes for increasing the number of laps swimming each day of participation.

\$Prizes and amount spent \$150.00- February

March Staff Swim Program Activity is

March Madness - 10 Year Anniversary Activity Event - Strive for 10 and be a part of the KAC 10 Year Anniversary Celebration. Participants who swim laps or take part in Aquatic Exercise 10 times this month will receive a prize.

\$150.00 budget allotment for prizes.

Submitted by: Damaris Shiavi - Schaefflein

Overbrook School for the Blind Aquatic Center Coordinator (215) 877-0313 dshiavi@obs.org

Title: Master Aquatic Fitness Program

Description: Adult lap swimming

Age Group: Adults (Ages 18+)

Program or Special Event: Program

Length: Run year round

Number of Participants: unlimited

Season: Tuesday, Thursday & Saturdays 7:00 - 8:00 am

Main Goal or Objective: To increase health / fitness levels and improve swimming technique.

Highlights: Adults possessing intermediate to advance swimming skills (no competitive experience necessary). Interested in organized swimming workouts. Many levels of skill are accommodated from health-related fitness swimmers, tri-athletes to competitive swimmers.

Participate by attending masters workouts. Experienced coaches will assist you with stroke technique and lead a fitness workout (including all major components; warm-up, cardiovascular, strength, flexibility and cool-down).

Submitted by: Terry Smith

West Valley City Family Fitness Center Aquatic Coordinator

Title: Mermaid University

Description: This is your chance to experience what it's like to swim like a mermaid – no need for any deals with sea witches! Mermaid University puts safety first, starting our mermaids-in-training with basic swimming skills before transitioning into the monofin. Instructors will teach safe fin use and proper breathing while swimming. Swim sessions incorporate movement skills, fitness, pool entries and exits, dolphin dives, spins, turns, and of course mermaid games. All this excitement builds up to learning choreography, and a final day with costumes, mermaid makeup and a photo shoot. Best of all, the fin is yours to keep! (Mermen are welcome to sign-up too!

Age Group: 15-Aug

Program or Special Event: Program

Length: M-f 8:30-4:30

Number of Participants: 16-32 each week in the summer

Season: July and August

Main Goal or Objective: To get children active and in the water during the summer break.

Highlights: The cost of each tail is built into the pricing, so each participant goes home with their own tail.

This way we do not need to keep an inventory of sizes and colors in stock or in storage.

We have a waiting list of staff that want to teach this program! The instructors are all Canadian Red Cross Water Safety Instructors and they do an in-pool summer camp training session to learn specific mermaid tail rules and safety.

They will have two pool sessions a day, learn about mermaid water safety on land and in the water. They will do mer-nutrition, mer-crafts, make a Mer-journal and learn mer-makeup and do mer-hair, have a photo shoot and the big finale is the mer-show on the last day. The parents and caregivers come and watch the mer-people perform and routine and fancy mer-tricks!

The program sold out in 1 minute last year and has long waiting lists.

Submitted by: Dominique MacDonald

The University of Calgary Aquatic Manager (403) 220-5009
Macdond@ucalgary.ca

Title: Michael Phelps Foundation Swim Lesson Program

Description: The City of Peoria received a grant from the Michael Phelps Foundation to provide free swim lessons, healthy living lessons, and goal setting lessons through their "im Program".

Age Group: 3 years - 18 years

Program or Special Event: Program

Length: It was an 8 day program (lessons were 30 minutes each)

Number of Participants: 150

Season: Monday-Thursday for 2 weeks during the summer

Main Goal or Objective: The main goal of the Michael Phelps Foundation's "im Program" is for participants be comfortable in and around water, advance their swimming skills, set and attain personal goals, and have good overall health.

Highlights: We collaborated with the local Boys and Girls Club to provide this free program to their members. The Boys and Girls Club staff taught the classroom-based lessons on health and goal setting at their facility and then bused the members to the pool where we provided the swim lessons. Once the participants completed a level in the program, they earned a medal to mark their accomplishment.

The Michael Phelps Foundation grant paid for the swim lessons for each child. The only cost to us was the part-time staff hours for the instructors who taught the swim lessons.

Submitted by: Megan Johnson

City of Peoria Recreation Coordinator (623) 773-7051
megan.johnson@peoriaaz.gov

Title: Ollie's Thursday Groups

Description: Come enjoy Ollie's Thursday groups at Rock River Rapids! This program provides an exclusive use time for individuals with intellectual, developmental and physical disabilities or special needs and their caregivers. Guests are welcome with free admission every Thursday, at 11:30 am with the option to stay upon opening to the community at 12:30 pm during our summer season.

Age Group: 8 years and older that have special needs

Program or Special Event: Program

Length: Minimum of 1 hour per week with the option to stay after opening to the public at 12:30pm for 11 weeks

Number of Participants: Average of 120 per week although the shallow pool capacity is 800

Season: Summer season every Thursday for 11 weeks

Main Goal or Objective: We realized that many individuals with special needs or disabilities became over stimulated or uncomfortable during busy days at the water park. We wanted to provide an opportunity to enjoy features such as a zero depth entry, interactive play structure including large dumping buckets, enclosed tube slides, interactive sprays, floatables, lily pad crossing, basketball goal, tumble buckets, therapy bench and large water slide. These features not only encourage physical health and wellness but foster soft skills such as communication and socialization, necessary for growth and acceptance. Other goals include fostering self-care skills, increasing self-esteem and creating lasting memories. Additionally, it provided care givers some much needed respite to practice their own self-care since most participants traditionally attended with an organized group.

Highlights: We evaluated our programming and recreational schedules and determined a time that would be appropriate to open the water park early to offer exclusive use for this program. We also evaluated the suitability and feasibility to determine whether to open the entire facility or just a portion of it. We decided to offer the shallow pool and one water slide during the hour prior to opening to the community. Based on our established maximum capacity, we determined we needed 1 dedicated manager to supervise the staff and assist caregivers as necessary and 10 lifeguards.

Income: Admission = \$0

Expenses: 10 lifeguards x \$12 x 11 weeks = \$1320, 1 manager x \$14 x 11 weeks = \$154, Staffing grand total = \$1475

We have been able to cover the cost of this program within our budget as our Board of Directors and City Council strongly support this program although options for obtaining sponsors may be an avenue that we explore in the future.

Next, we contacted area organizations that offer services to individuals with special needs or disabilities. By speaking with their program staff, we were able to gauge the anticipated interest level which confirmed the need for a program such as this. Additionally, we discovered that these organizations regularly coordinate trips or outings for their participants and therefore have the ability to provide transportation, which increased the probability of involvement. Finally, we learned that one organization used a registration process so they were able to communicate the number of participants expected to attend which allowed for scheduling adjustments.

Submitted by: Donita Grinde-Houtman

Derby Recreation Commission Aquatic Program Coordinator (316) 788-3781 donita@derbyrec.com

Title: Parent & Tot Open Swim

Description: A special time for parents and children to come enjoy the shallow end of the pool and our play features before nap time! Toys and giggles are welcome! Parents must accompany their child in the water at all times.

Days: Wednesdays and Saturdays

Times: 9:30-11:30am

Dates: June 13 - August 22

Fee: \$3 Adults/ \$2 children (2 and under are free)

Age Group: Small Children 6 months -6 years

Program or Special Event: Program

Length: All summer season on Wednesday and Saturday mornings

Number of Participants: Oct-50

Season: Summer pool season - outdoor pool season

Main Goal or Objective: To provide a time for young children to swim in the zero depth area before nap time. We can utilize the shallow end of the pool while swim lessons are in session.

Highlights: We hope to drive up revenue during a low use time.

Submitted by: Kiley Schulte

Port Washington Parks & Recreation Department Port Washington Parks
& Recreation Department (262) 284-5881 kschulte@cpwwi.org

Title: Reynold's Army Health Clinic Physical Therapy

Description: People whom are undergoing Physical Therapy at Reynold's Army Health Clinic are assigned to this Program. The Program meets year-round twice a week for an hour at a time. RAHC sends over a Physical Therapist to conduct the training.

Age Group: 18+

Program or Special Event: Program

Length: 1 hour

Number of Participants: 20-35

Season: Tuesdays & Thursdays from 1100-1200

Main Goal or Objective: The main goal is for those that are enrolled to get better while utilizing the water for low impact therapy.

Highlights: There is no budget for this Program. The class normally takes up 3 lanes of the 8 lane indoor pool and RAHC supplies the Physical Therapist. The remaining 5 lanes are then divided into lap swim and recreation. The Aquatic Staff renews this reservation on a quarterly basis, in which we require a pool reservation form and a DD2977.

Submitted by: Jason Browning

Fort Sill MWR Sports, Fitness & Aquatics Aquatic Manager (580) 442-6200 jason.w.browning.naf@mail.mil

Title: Safe Swim Program

Description: Hey Kids and Parents of Aztec Village! The city of Thornton is coming to your pool to offer free basic water safety lessons.

Age Group: 12-Mar

Program or Special Event: Program

Length: one week session, offered 4 times

Number of Participants: 60

Season: Summer of 2018

Main Goal or Objective: This is a program that we offered for free to the south-west quadrant of our community. It is 59% Hispanic and a large population of economically disadvantage households. We picked 2 developments that had community pools to try out the program. We used the managers at each site to help us advertise to the community and get sign ups. We created a basic program with an emphasis on safety. We offered 3 time slots that we divide the kids in based on age and ability. When they signed up we asked some basic questions in order to do this. Such as Is your child afraid of water, can they do bubbles, front float and so on. We allowed 5 kids in each time slot.

Highlights: We created a 5 day lesson plan. Lesson 1-Introduction, Pool Rules, Water Safety, Sun Safety, Safe water entry, water assessment(bobbing, floating, swimming on front) Advanced; (front and back float with and without kicking. Lesson 2- Shallow and Deep water dangers, submerging face (advanced jump in feet first and surface) Floating on back-front-float then turn onto back (advanced, kicking on front with face in water) Lesson 3-Calling for help 9-1-1, Review submerge face and bobbing (advanced jump in the water feet first and surface) Exploring underwater-submerge, open eyes to retrieve an object, kicking on Front (advanced, swimming on front with combined arms and legs) Lesson 4-

Reaching and throwing assist, blow bubbles, rhythmic breathing on front while holding on the wall (kicking) (Advanced-kicking and rhythmic breathing, face in the water, roll to the side to breathe), Combine stroke on front, (advanced, combine stroke on front), Safe water entry, turning to find a wall (advanced, treading water intro) Lesson-5- Safety Smart Video-12 mins., lifejackets, swimming, swimming/Safety progress card, safety smart workbook handout.

We provided the instructor and a lifeguard for this program. Each lesson was 30 mins. Cost of the program \$1000.

It was our goal to get information out on the importance of learning how to swim. We gave out information on our lesson program and reduce rate program. We wanted to teach them how to be safe in and around water, especially since these facilities are not guarded.

Submitted by: Renee Dodson

City of Thornton Recreation Program and Facility Supervisor/Aquatics
(720) 977-5917 renee.dodson@cityofthornton.net

Title: School to Pool

Description: We offer Red Cross Swim Lessons to local 3rd graders (6 local schools - 18 classes) at no cost to the students. We work with school administrator and teachers to schedule a full session of lessons every year. We do local fundraising to support this program

Age Group: 8-10 year old

Program or Special Event: Program

Length: 8 classes. 30 minute classes

Number of Participants: 500+ yearly

Season: January - May

Main Goal or Objective: For all students to have the opportunity to have a structure swim lesson, be exposed to safe water activity, learn safety in and around the water, learn stroke and have fun.

Highlights: Through local fundraising from private and public donors this program is possible. We have put over 5,000 students through our program. We started small, the first year we did one safety day for one school. Then we offered to bus the same school to our facility the next year for 8 classes. We have grown into the program we have now over the past 11 years.

Structure. I like to have a 1:8 ration. Prior to the session I contact teacher to ask if they have any special need students. We accommodate with a lower ratio. Day one we test students, practice basic skills and break into levels. We offer a safety day mid way through the session with all students in lifejackets. They learn Help and Huddle position, how to reach out throw for someone who needs help, boats safety and other various safety topics. At the end of the session we have a fun day and send swimmers home with special completion cards and current Red Cross Level.

Submitted by: Tiffany Gould

The Wave Aquatics and Fitness Aquatics manager (406) 862-2444
tiffany@whitefishwave.com

Title: Senior Stretch and Swim

Description: We have partnered with a local Nursing Home/ Assisted Living that is located across the street from our facility. We offer the residents an hour of open swim each week, within that hour we do 30 minutes of instructional teaching and 30 minutes of free swim. The open swim and group exercise is located in our large warm water pool which is kept at 90 degrees.

Age Group: Seniors

Program or Special Event: Program

Length: one hour per week

Number of Participants: 17

Season: year round

Main Goal or Objective: Our main goal in reaching out and creating this partnership was to allow all residents and age groups to enjoy the new facility that the community had built. Water therapy is also a great way for this age group to take some tension off of those joints and bones, allowing for pain free movement and range of motion exercises. We have worked on balance and strength exercises to help improve their activities of daily living.

Highlights: We try and add something different to the work out each week focusing on a new skill. The biggest highlight in this program is to see the joy that the water brings to the residents and how much they love coming. For many of them this is the only outing they may have. To watch the class grow in numbers each week has been such a blessing.

To run a program like this it is important to have a seasoned instructor that has worked with seniors and understands their needs and abilities. The AEA (Aquatic Exercise Association) offers many classes that have

information on senior aquatic programs and areas of focus for this age group.

Submitted by: Melody Escoto

Village of Ashwaubenon Aquatic Coordinator (920) 492-2331
mescoto@ashwaubenon.com

Title: Sensory Splash

Description: A safe, positive and exclusive aquatic and social "meet up" experience for individuals with special needs. We create an adaptive aquatic experience through planned activities for the participants to enjoy in a welcoming environment! Program is available at both of Marana's aquatic facilities, the Marana Pool and the Marana Heritage River Park Splash Pad.

Age Group: 12-May

Program or Special Event: Program

Length: 4 - 1 hour dates at each location

Number of Participants: Maximum of 20 per location

Season: Summer (June-July)

Main Goal or Objective: This program is designed to provide a fun and safe aquatic experience to individuals who otherwise might miss out on the traditional "open swim", due to sensory sensitivity, behaviors, fear, etc. It also doubles as a "meet up" for parents and their children with special needs.

Highlights: This activity just needs some time set aside at your facility so it can be exclusive to the group as well as adaptable and subject to change. Design a curriculum of games and activities to present to the participants and their parent/guardian and be involved with them, activities and games must always be interchangeable and have back up plans ready. Activities and games can range from individual activities (diving in shallow water for a dive stick) to group activities (Marco Polo) have your Lifeguards and or Swim Instructors engage as well, to reach a proper ratio.

Submitted by: Kevin Goodrich, Town of Marana Recreation Coordinator
(520) 382-3498 kgoodrich@maranaaz.gov

Title: Sensory Splash

Description: A safe, positive and exclusive aquatic and social "meet up" experience for individuals with special needs. We create an adaptive aquatic experience through planned activities for the participants to enjoy in a welcoming environment! Program is available at both of Marana's aquatic facilities, the Marana Pool and the Marana Heritage River Park Splash Pad.

Age Group: 12-May

Program or Special Event: Program

Length: 4 - 1 hour dates at each location

Number of Participants: Maximum of 20 per location, **Season:** Summer (June-July)

Main Goal or Objective: This program is designed to provide a fun and safe aquatic experience to individuals who otherwise might miss out on the traditional "open swim", due to sensory sensitivity, behaviors, fear, etc. It also doubles as a "meet up" for parents and their children with special needs.

Highlights: This activity just needs some time set aside at your facility so it can be exclusive to the group as well as adaptable and subject to change. Design a curriculum of games and activities to present to the participants and their parent/guardian and be involved with them, activities and games must always be interchangeable and have back up plans ready. Activities and games can range from individual activities (diving in shallow water for a dive stick) to group activities (Marco Polo) have your Lifeguards and or Swim Instructors engage as well, to reach a proper ratio.

Submitted by: Kevin Goodrich

Town of Marana Recreation Coordinator (520) 382-3498
kgoodrich@maranaaz.gov

Title: Splish Splash Story Hour

Description: Come enjoy Story Hour at the Swimming Pool! We will read several fun, Aquatics themed stories and enjoy a snack. After Story Hour, please join us for open swim in the zero depth entry pool for 30 minutes! Parents and their little ones to have fun at the pool while the older children are at school. Parents must be within arm's reach of children at all times.

Age Group: Parents with Children age 3 months to 4 years old.

Program or Special Event: Program

Length: 60 minutes with 30 minutes for story hour and 30 minutes to swim.

Number of Participants: It depends on the facility. We limit it to 30 participants. We offer the swim time in the shallow pool which is zero - 3.5 feet., **Season:** Year round. Can be an indoor or outdoor facility.

Main Goal or Objective: For parents to enjoy aquatic themed stories and songs with their little ones out of the water and family fun time in the water. We provide snacks and juice during story time. We play music and sing songs after each book. We were able to read three books in 30 minutes. If you have them swim first, a lot time (15 min) for them to shower and change.

Highlights: Friday Family fun time with the younger children. The staff from our local library come in and read to everyone. The only cost of this event are the snacks and juice. Cost \$4 DoD ID cardholders/members and \$6 guest. We have had such a large response, we have them registration on Mondays the week of Story Hour. Participants may pre-pay to reserve their slots. Slots are first come first serve.

Submitted by: Bettie Lou Norman, DFMWR Aquatics Fort Bragg Aquatics Program Manager (910) 643-8533 bettie.l.norman.naf@mail.mil

Title: Stroller classes

Description: Strollerrobics

Power Stroll

Age Group: N/A

Program or Special Event: Program

Length: Varies

Number of Participants: N/A

Season: N/A

Main Goal or Objective: N/A

Highlights: Strollerrobics - This nationally acclaimed class, designed by instructor Donna Lanam, is a lively general fitness class for new moms. The routines incorporate your lightweight stroller, and the class is appropriate for babies from one month through 14 months. Older babies should be "stroller content". Infant massage included. This class was featured on ABC World News, New York Times and The San Francisco Chronicle and is now out in video. Each session meets approximately ten (10) times (except for holidays).

Session #1: Classes meet on Mondays 6:00 - 7:00 pm - For 5 Mondays / Fee: \$41 / \$52 Dates: 1/8 - 3/12

Session #2: Classes meet on Fridays 9:30 - 11:00 am - For 11 Fridays / Fee: \$57 / \$71 Dates: 1/5 - 3/16

Power Stroll- Stroll with your baby like never before. After meeting by the front entrance of Central Park Recreation Center, moms will stretch and then join fellow "strollers" in the middle of beautiful central park. Let this be your simple answer to exercising and getting out for some fresh air. The

instructor is Donna Lanam. Creator of Strollerrobics. Each session meets approximately ten (10) times (Except for holidays)

Session: Classes meet on Wednesdays 10:00 - 11:00 am - for 11 Wednesdays.

Fee: \$35 / \$47 Dates: 1/3 - 3/14

Submitted by: Peter Beireis

City of San Mateo Aquatic Director

Title: Stroke Clinic

Description: To teach strokes of swimming.

Age Group: Adults

Program or Special Event: Program

Length: 10 1/2 hours (1 1/2 hours per day)

Number of Participants: 26 maximum

Season: December (Before the holidays)

Main Goal or Objective: To teach new strokes to lap swimmers that just swim the same stroke day after day. To help give them more variety.

Highlights: For a total of seven (7) days, one and one half hours per day. Lap swimmers will have the opportunity to learn new strokes on turns. During these times, a swimmer can receive free coaching in the stroke of his / her choice. The swimmer will also be given a handout based on the stroke they want to learn. These handouts will have various tips on stroke technique and basic fundamentals. The swimmer can also be video taped to give them a visual of their progress. If the swimmer wants to improve his / her existing stroke(s), they can be coached on all aspects of that stroke, i.e. turns, technique, kick, etc. Learning a new stroke(s) may help add variety to their workouts, thus making them feel good about themselves, and promoting good fitness and well-being.

Submitted by: Al Fuller

White Sands Aquatic Center Aquatic Director

Title: Stroke Critique: Video

Description: Watching strokes on video.

Age Group: 16 years old and up

Program or Special Event: Program

Length: 30 minutes

Number of Participants: N/A

Season: Monthly

Main Goal or Objective: To help improve the quality of strokes, maximize distance, and to make the time in the water more efficient and effective.

Highlights: During our adult lap swim, the swimmer swims as normal. During this time, they are video taped, emphasizing all aspects of stroke technique: arms, kick, breathing, etc. These tapes are then viewed by the swimmer and one of the aquatic center staff members. The swimmer is shown the problems in their strokes, and told how to correct them to make their stroke more efficient. They are then re-taped in one month to be shown the improvement.

Swimmers can be taped in any stroke they want.

Video camera is provided by the staff, personal tapes are provided by the swimmer.

One staff member is needed for the video taping. This time is part of the normal work schedule.

Submitted by: Al Fuller

White Sands Aquatic Center Aquatic Director

Title: Stroll & Splash

Description: Baby and parent workout

Age Group: N/A

Program or Special Event: Program

Length: Two (2) sections each is three (3) weeks long / Each class is one (1) hour long 1:00 - 2:00 pm

Number of Participants: N/A

Season: Section (1) Tuesdays & Thursdays (1/15-2/1) Section (2) Tuesdays & Thursdays (4/3-4/19)

Main Goal or Objective: N/A

Highlights: Bring your baby/toddler for an afternoon workout. Join us at the indoor track for 30 minutes of fitness walking or strolling. Then we will "stroll" to the pool for 30 minutes of parent & child water fitness.

Submitted by: Laurie Conlin

Tualatin Hills Parks & Recreation District Center Supervisor

Title: Summer Safety Wrist Band Challenge

Description: Youth who pass the swim assessment will receive a wrist band when they come to our Outdoor Pool during the summer months. We have eight different colors, so anytime they come, they may receive a different color. At the end of the summer, they bring in all eight colors, then they receive a "surprise".

Age Group: 17 and Under

Program or Special Event: Program

Length: Summer (seasonal opening of outdoor pool, May - Sept)

Number of Participants: any number

Season: Summer, May through September

Main Goal or Objective: Encourages youth to practice water safety! This puts a positive spin on having to do a swim assessment and actually wanting to pass the swim assessment. Of course, by passing a swim assessment, the participant is allowed to swim in the deep end and utilize the diving boards, which is a great reward. However knowing their is a mystery "surprise" at the end of the summer for having all the wristband colors is a positive challenge which creatively motivates youth!

Highlights: For \$25.00, I was able to put together simple goodie bags with stickers, bouncy balls, kids rings, plastic figures, cards, and of course a little candy! I also included a few handouts to color!

Submitted by: Kimberly Bailes

MWR, US Army Garrison Humphreys Aquatics Manager
kimberly.a.bailes.naf@mail.mil

Title: Swim & Safari

Description: Double your Summer Fun with a Swim & Safari Pass. Good for (1) admission at each location (Bahama Beach Waterpark and the Dallas Zoo). Purchase either online or at either location. For only \$18.00 (\$30 Value)

Age Group: All Ages

Program or Special Event: Program

Length: Valid during the Summer Season

Number of Participants: 200+

Season: Summer Season

Main Goal or Objective: Partner with the Dallas Zoo and provide additional exposure for each facility.

Highlights: Minimal budget. Ticket cost and print materials. Additional marketing done online and social media.

Submitted by: Richard Sharnsky Jr.

Bahama Beach Waterpark/City of Dallas General Manager (214) 671-0821 richard.sharnsky@dallascityhall.com

Title: Swim Lessons

Description: To teach swimming

Age Group: 1-3 year olds & 3-5 year olds

Program or Special Event: Program

Length: one hour - twice a week / one & 1/2 hours twice a week

Number of Participants: 8 kids / 8 parents

Season: 8 classes each session

Main Goal or Objective: Water adjustment / elementary swimming skills / water safety / fun

Highlights: The goal is to provide a fun time for both child and parent as they interact with each other. A secondary goal is to provide social interaction with other parents / children. Swimming, water safety, story-time, play time, guest speakers are an integral part of the lesson format - with the goal of quality time for a child & parent.

Submitted by: Marybeth Pavoggi

City of Cape Coral Yacht Club Pool Head Lifeguard

Title: Swim the Cruz Swimmer's Challenge

Description: Do you think you have what it takes to compete against other swimmers in swimming the distance of the Santa Cruz River in MARANA!?!? The Santa Cruz River twists and turns through the Town of Marana for 18 Miles? Do you think you can conquer the distance?

This is a self-paced swim challenge that you can participate in from any pool you'd like, including your own. Compete against yourself and others throughout the summer months, swimming the distance of the Santa Cruz River in MARANA! Keep track of your distance swam by logging each swim online at maranaaz.gov/aquatics. Take advantage of FREE lap swim at Marana Pool (13250 North Lon Adams Road) Tuesdays & Thursdays 4:30pm-6pm to get your miles in!

Age Group: Unlimited **Program or Special Event:** Program

Length: All summer long (Beginning of June-Beginning of August) Self Paced

Number of Participants: Unlimited **Season:** Summer (June-August)

Main Goal or Objective: Create a self paced challenge with recognition and awards throughout the summer while individuals are tracking and logging their distances. The goal is to promote a healthy lifestyle through swimming and entice participants with a little competition.

Highlights: You only have to account for personnel costs, but this program can easily be implemented within another program such as lap swim or swim team programs. You will also have to account for awards if you choose to do so, breaking it up into quarters and doing quarterly recognition and prizes, you can split it however you choose.

Submitted by: Kevin Goodrich

Town of Marana Recreation Coordinator (520) 382-3498
kgoodrich@maranaaz.gov

Title: Swim the World

Description: Lap swimming

Age Group: Adults

Program or Special Event: Program , **Length:** 90 days

Number of Participants: unlimited, **Season:** quarterly

Main Goal or Objective: To add a goal and purpose to the everyday lap swimming program.

Highlights: This is a program geared towards our lap swimmers to help give them a specific goal to reach every 90 days. A predetermined distance will be set prior to the first day, come up with a list of future swims and display them. Find a swim that will spark an interest in your lap swimmers. Maybe swim the English Channel or swim to Hawaii. Our first swim is "Swim with Magellan". It is the exact route that Magellan sailed when charting the globe. Figure the distance in open after and break it down into so many miles in the pool equals so many miles of open water. (Example: One (1) mile in the pool = 10 miles open water). Display the chart and make it so they can complete the task if they swim about 1 or 2 miles per day. Each swim may have a different distance breakdown. Create a map that can be displayed and mount it on a foam board. Use pins with small flags (for names) to chart the swimmers accomplishments. After a while, you can make it fun and add little sarks to chase the swimmers. At the end of the swim, each participant is given a certificate of completion and a prize; either a t-shirt, goggles & cap or whatever. Then they start a new swim.

Each swimmer can only chart miles swam in your pool. Participants must inform the pool staff of their miles swam for that day and a staff member will move their pin. This will help keep it honest.

Submitted by: Al Fuller

White Sands Aquatic Center Aquatic Director

Title: The Power of Play

Description: The Power of Play is a unified recreation class designed for three to five year old children with or without disabilities to develop their creativity, self confidence, enjoyment, knowledge and acceptance of differences. The class is a combination of learning to get along with others, development of friendship through social games, creative expressions and exercise activities where they will improve manners, expand life skills and independence. Class meets twice a week.

Age Group: 3-5 year olds

Program or Special Event: Program

Length: 8 weeks 9:00-11:00 am Tuesdays & Thursdays

Number of Participants: N/A

Season: N/A

Main Goal or Objective: N/A

Highlights: \$35 per participant

Submitted by: Dave Bucher

City of Tempe Community Services Department Recreation Supervisor

Title: The Wave Club

Description: A lap swim program.

Age Group: 64 years of age or younger

Program or Special Event: Program

Length: Year round

Number of Participants: Any

Season: Year round

Main Goal or Objective: To motivate people to swim.

Highlights: Each individual comes in on their own, swims, then lists amount of laps on their chart. When they reach the expected goal (100,300 and 500 miles) they receive their t-shirt and their name on a poster.

They must record their own laps and when finished take chart to a lifeguard.

Cardstock paper for charts & t-shirts. Staff hands out t-shirts and post name up on poster.

Submitted by: Christy Buddell

Nampa Recreation Center Aquatic / Program Coordinator

Title: Therapeutic Recreation Drop-In

Description: A weekly drop off program - \$1 per week fee

Age Group: N/A

Program or Special Event: Program

Length: weekly

Number of Participants: N/A

Season: yearly

Main Goal or Objective: N/A

Highlights: A recreation and socialization program for developmentally disabled teens and adults. Join us for dances, games, special field trip and fun!

Submitted by: Emily Schatzel

Ellsie Stuhr Center Therapeutic Recreation Coordinator

Title: To Get Your Feet Wet

Description: Lap Swimming with instruction

Age Group: N/A

Program or Special Event: Program

Length: N/A

Number of Participants: N/A

Season: Year round on certain days

Main Goal or Objective: N/A

Highlights: Come to the pool at 6:30 pm Monday through Thursday or call for a pre-arranged time. Plan to spend a half hour meeting with the coach & demonstrating swimming skills. After checking skills, the coach will assign a time below that will allow swimmers to swim with others of similar ability.

Beginners, Intermediate and advance classes offered.

Submitted by: Peter Beireis

City of San Mateo Aquatic Director

Title: Tot Playtime

Description: This is an open swim time for parents with children ages 5 years and younger. This is a special time for preschoolers to have fun in the pool with their parents or guardians. Have fun in the pool and make new friends! Children must be accompanied by an adult in the pool at all times.

Age Group: Parents with children ages 5 years and younger

Program or Special Event: Program

Length: 60 minutes

Number of Participants: There are 40 slots available for each Playtime.

Season: Year round inside or outside pools

Main Goal or Objective: This is a special time for preschoolers to have fun in the pool with their parents or guardians. Have fun in the pool and make new friends! Children must be accompanied by an adult in the pool at all times. Kids are allowed to bring small bath toys from home.

Highlights: There is no extra cost for this event for the facility. This is a great event to fill in empty space at your pool. The parents and tots love it. We offer it twice a month on Mondays. Cost \$3 per DoD ID cardholder/member \$5 per guest Free for children ages 3 years and younger.

Registration for each Playtime will be in person at the Indoor Pool opening one week in advance. Participants may pre-pay to reserve their slots, but may only reserve two weeks at a time. There are 40 slots available for each Playtime. Slots are first come first serve. Please call to inquire about the number of open slots.

Submitted by: Bettie Lou Norman, DFMWR Aquatics Fort Bragg Aquatics Program Manager (910) 643-8533 bettie.l.norman.naf@mail.mil

Title: Train the Trainer

Description: Train the Trainer is a program that The Woodlands Township holds each spring to provide free swim lessons to area children (and adults, but mostly children) while training new swim instructor staff to teach. Lifeguards, experienced swim instructors, and the Program Coordinator are present as the new swim instructors work with real students rather than learning by "teaching" their peers. Children from lower socioeconomic backgrounds are targeted for inclusion.

Age Group: All ages

Program or Special Event: Program

Length: 30 minute lessons

Number of Participants: ~250

Season: March (spring break) & May (after college finals)

Main Goal or Objective: The main goal is to provide real-life teaching environments for new instructors to improve the training process and strengthen the program in the early parts of the summer, rather than learning on-the-job while residents are paying for a service. Instructors are required to teach for at least 30 hours in the water.

Highlights: Budget will vary highly depending on the size of the program and staff that you need to train. Our staff are required to teach for at least 30 hours during Train the Trainer, and we do pay them during this event. Thus our budget is rather high but we feel the benefits are well worth the investment. Average \$12/hr x 40 instructors x 35 hours, plus Program Coordinator time and lunch/snacks = \$17,000

Submitted by: Debbie Arnold

The Woodlands Township Aquatic Programs Coordinator (281) 210-3904
darnold@thewoodlandstowship-tx.gov

Title: Unit PT Reservations

Description: Soldiers utilizing the Rinehart Indoor Pool during the PT hour.

Age Group: 18+

Program or Special Event: Program

Length: 1 hour

Number of Participants: 30-100 per day

Season: Monday-Thursday, 0630-0730

Main Goal or Objective: Soldiers utilizing the Rinehart Indoor Pool for PT.

Highlights: There is no budget for this activity. The Aquatics Staff reserves up to 6 of its 8 lanes for Unit PT, leaving 1 lane for fitness and 1 lane for recreation during the morning PT hour of 0630-0730. The Aquatics Staff requires a Rinehart Indoor Pool Unit PT Reservation Form and a DD2977.

Submitted by: Jason Browning

Fort Sill MWR Sports, Fitness & Aquatics Aquatic Manager (580) 442-6200 jason.w.browning.naf@mail.mil

Title: Water Adventure Camp

Description: Water Adventure Camp proposes to operate 5 day camp sessions throughout the summer months to serve the community of Round Rock, Texas. The 11-14 year old population is one that is currently underserved with our department's program offerings. Options we currently offer for pre-teens fill very quickly, with large lists of waitlisted students vying for a spot on our rosters. This camp proposes to offer not only a fun and safe activity, but one that is adventurous and exciting to our target demo-graphic while presenting our seasonal job and growth opportunities.

Camper to counselor ratios are kept low to ensure safety is adhered to at all times, with lifeguards provided for all activities during the camp. Not only do the additional lifeguards serve a safety purpose, in their downtimes they will interact with the campers and serve as ambassadors to our life-guarding program. This essentially introduces campers to the lifeguarding opportunity with the city of Round Rock at a young age, investing them in our program. In years past the city has struggled to fill all needed lifeguard spots, and with a new water park coming to the area in the next few years, it will be continually competitive to attract teens to our positions.

By investing in this program, we will garner young fans of our brand who will convert their relationships with our department as they grow older. Provided we offer them a positive experience while highlighting the benefits of working for the department, we will essentially offer them a roadmap to success. This age group is exploring opportunities for their future and looking for positive role models. This camp gives us the opportunity to offer just that as campers develop both personally and socially, in a fun and safe environment.

We anticipate yearly sustained growth of the program in the next five years. Our plan is to create a model of execution that can be replicated by adding additional sessions for each summer season to continue to grow revenue streams. In addition, we will go after strategic partnerships with

sponsors asking for both donations in-kind and in actual dollars. As revenues grow, we will look at taking down the cost of rental equipment by purchasing our own items to avoid the ongoing fees associated with borrowing versus owning. Cost savings will be funnelled to repair and replacement of said owned items.

Our goal is to keep the camp at an affordable level that allows us to stay competitive with other pre-teen activities, with opportunities for scholarship to attend. While there are similar offerings in surrounding communities, there are none in the Round Rock area that offer a week long camp with as many exciting adventures and unique activities. Not only are we convenient to Round Rock parents we offer private adventures at our pools and water park that no one else can offer.

Age Group: 11-14 Year Olds

Program or Special Event: Program

Length: 1 week, 8:30a-5p, M-F

Number of Participants: 20

Season: Summer

Main Goal or Objective: Promoting health, fitness, growth and quality of life skills through the camp for ages 11-14

- To reach an underserved population of 11-14 yr. old youth.
- To introduce or provide participants with a variety of exciting and adventuresome aquatic opportunities.
- To teach life skills including leadership, professionalism, communication and teamwork.

- To promote water safety skills by introducing participants to pool safety and basic rescue and response techniques by experienced lifeguards and qualified instructors.
- To promote fitness, fun and relationships
- To serve as a vehicle to develop and increase interest in aquatics as a feeder program to life-guarding.
- To promote local community involvement through sponsorships and scholarship opportunities.
- To introduce participants to local aquatic opportunities available for public use.

Highlights: Round Rock Water Adventure Camp features a week of water activities, trips, and camper only exclusives!

Campers will enjoy: Snorkeling, Paddleboarding, Kayaking, Innertube water polo, Private water park/Pool visits

Log rolling, Rock wall, Tubing, Intro to scuba AND MUCH MORE....

Submitted by: Nichole Bohner

City of Round Rock Parks and Recreation Department Aquatics Manager
(512) 420-7624 nbohner@roundrocktexas.gov

Title: Water Aerobics

Description: We provide Water Aerobics Monday-Thursday, 10:00-10:45. The Cost is 5\$ per class when you have membership with Dallas Park and Recreation. If you are apart of Dallas Park and Recreation's ASAP program, which is our senior program, the water aerobics classes are free.

Age Group: 16-99+

Program or Special Event: Program

Length: 45 min

Number of Participants: Jan-40

Season: During the School year.

Main Goal or Objective: The Main goal is to provide Adults with an exercise option that is low impact and that is a class that every skill level can participate in.

Highlights: Funding for seniors to get free water aerobics classes comes from the city of Dallas's ASAP senior program. The ASAP program has a fund from an insurance provider that will pay for seniors to be more active and promote healthier living. The Water aerobics classes are also available to the general public as long as they purchase a Dallas Park and Rec membership card and then pay 5 dollars per class. Some of the Recreation centers in Dallas will bring their whole senior group to our classes. If a patron decides that they want to come mutiple times, they can also purchase a 10 class pass for 40\$. Our classes use different types of equipment including water dumbbells and flotation belts to help our patrons work out in both shallow and deeper water.

Submitted by: Carrie Allen

Dallas Aquatics Supervisor I (214) 587-2868
carrie.allen@dallascityhall.com

Title: WATER AEROBICS FIT & FUN

Description: This class is an adult recreational aquatic exercise program designed to accommodate the abilities of individuals with limitations. This class improves muscular strength, endurance, and flexibility.

Age Group: ADULTS ONLY

Program or Special Event: Program

Length: 60 MINUTES

Number of Participants: DEPENDING ON POOL SIZE (15-20+)

Season: SUMMERTIME/YEAR AROUND

Main Goal or Objective: This class will help you increase muscle strength, posture and balance, enhance your sense of wellbeing, mood and sleep quality. It will also help with greater mobility, flexibility of joints, ease stiff joints and relax sore muscles. This class will help you improve your overall endurance and fitness.

Highlights: Arrive early in case you have anybody new to your class. Expect an elderly crowd for this type of class due to the fact it is great for people with limitations. The aquatic dumbbells are highly recommended for this class to incorporate some strength training for your patrons. It is great to add music and keep your class involved throughout the class.

Submitted by: Leah LeMaire

Corpus Christi Athletic Club Aquatics Team Leader
LEAH.LEMAIRE@NAVY.MIL

Title: WATER BOOTCAMP

Description: This class incorporates strength & conditioning intervals both in & out of the water.

Age Group: OPEN TO ALL AGES

Program or Special Event: Program

Length: 50 MINUTES

Number of Participants: 2-3 LANES OF A POOL

Season: SUMMERTIME/YEAR AROUND

Main Goal or Objective: This class will help you increase muscle strength, weight loss, muscle strength, endurance.

Highlights: Have patrons come to class dressed and ready for the pool. Proper swim attire is required (swim suit), no basketball shorts, street clothes, etc. Let them know water shoes are encouraged and a towel, water bottle, aqua jacket (optional) if they aren't the best swimmer. Class can take place in heated indoor pools. Class may be held in either shallow or deep water. Instructors, make sure to use an athletic approach that emphasizes coordination and agility.

Submitted by: Leah LeMaire

Corpus Christi Athletic Club Aquatics Team Leader
LEAH.LEMAIRE@NAVY.MIL

Title: Water Exercise: Weekend on Water

Description: A fun weekend on the water.

Age Group: Adults (Ages 18+)

Program or Special Event: Program

Length: Saturdays (10 sessions) 8:00 - 8:45 am

Number of Participants: N/A

Season: February 26 - May 13)

Main Goal or Objective: N/A

Highlights: Start the weekend off right. Join us in the pool for a great morning workout. This class will utilize both shallow and deep ends of the pool for a variety of exercises designed to improve cardiorespiratory endurance while toning and strengthening your muscles.

Fee: \$27.40 (resident), \$55.00 (non-resident)

Submitted by: Renee Vanselow

City of Greenfield Recreation Supervisor

Title: Water Safety at the County Health Fair

Description: Arkansas City Recreation Aquatic Department asked for an area at our County Health Fair to set up stations where children and their parents could move from station to station. There was an activity about water safety at each station. We used the RECPECT Campaign materials and the American Red Cross Whale Tales and Safety messages as the station message. The children learned what to look for before entering the water, how to make sure their lifejackets were the right size and when to wear them, why lifeguards were at the pool and what to expect when going to the pool. We had stations to teach the children about how to help when someone was struggling without going into the water and how to call 911, how to and when to apply sunscreen. The parents were educated about being a Water Watcher and doing nothing else while doing so. This event is highly advertised county wide and there were about 300 in attendance. This will probably be an annual event for us.

Age Group: 3 years and above including parents, **Program or Special Event:** Program

Length: The event was 3 hours long and we kept the stations going for the entire time.

Number of Participants: 300, **Season:** April

Main Goal or Objective: The County Health Fair is an annual event. Our main objective was to teach children and parents how to be safer in, on, and around the water.

Highlights: This was a very low budget event. The space at health fair is free. We used equipment currently in place and had lifeguards run the stations. Payroll was our biggest expense. We did give away three lifejackets as a drawing.

Submitted by: Debbi Davidson, Arkansas City Recreation Commission
Aquatic/Special Program Director (620) 441-2018
ddavidson@arkcityrec.org

Title: Water Safety with Colin & Friends

Description: Water Safety With Colin & Friends is a comprehensive swimming and water safety education tool brought to you by Colin's Hope. The classroom-based curriculum focuses on 5 key rules that can help children make safer choices around all types of water, such as waiting for an adult before going in or near water and wearing a life jacket. The full kit includes activities like songs, water safety games, and even a science experiment. The program is evidence-based, continues to be evaluated for efficacy, and has been proven with statistical significance to increase children's water safety knowledge!

The Water Safety With Colin & Friends program has flexible components which can be administered over two weeks, one week, or even one day in order to meet your group's needs. Lessons can be taught in a traditional classroom setting, outdoors, poolside, or anywhere children are already gathered for a regular learning activity. The classroom lessons pair seamlessly with in-water swim lessons. All curriculum options are appropriate for children in preschool through first grade (ages 3 to 7), with modifications available for older students. Please visit <http://www.colinshope.org/water-safety-with-colin-friends/> to learn more. Together, we can raise the water safety awareness of children and families who visit aquatic facilities and prevent drownings.

Age Group: All curriculum options are appropriate for children in preschool through first grade (ages 3 to 7), with modifications available for older students.

Program or Special Event: Program

Length: The Water Safety With Colin & Friends program has flexible components which can be administered over two weeks, one week, or even one day in order to meet your group's needs.

Number of Participants: Can be a one time water safety lesson for many or done with groups of children.

Season: Throughout the year.

Main Goal or Objective: The main goal is to raise the water safety knowledge of children so that they can develop better water safety behaviors that will translate into fewer drownings. Additionally, aquatic professionals (lifeguards, pool managers) will increase their water safety knowledge as will parents who receive the curriculum take home materials.

Highlights: CURRICULUM OPTIONS

Colin, along with his trusty sidekick, Buddy, is ready to accompany your students on their journey through water safety! Why not invite Colin & Friends to become part of your educational agenda today?

WATER SAFETY WITH COLIN & FRIENDS: PREMIUM – \$1,000* – Includes:

Materials for eight water safety lessons

Parent education materials

Online educator training

Take-home water safety information

Suggestions for curriculum extensions and additional activities

Spanish translation materials available for an additional \$150

*The purchase of one full curriculum kit provides a kit to a school in an under served community.

WATER SAFETY WITH COLIN & FRIENDS: DELUXE – \$750 – Includes:

Materials for up to four individual water safety lessons and/or games

Parent education materials

Online educator training

Suggestions for curriculum extensions and additional activities

Take-home water safety information

WATER SAFETY WITH COLIN & FRIENDS: STANDARD (ages 8 and under) – \$500 – Includes:

Materials for up to three lessons and/or games

Parent education materials

Online educator training

Take-home water safety information

WATER SAFETY WITH COLIN & FRIENDS: STANDARD (ages 9 and older) – \$500 – Includes:

Materials for up to three lessons and/or games

Parent education materials

Online educator training

Take-home water safety information

Submitted by: Alissa Magrum

Colin's Hope Executive Director (512) 222-7591
curriculum@colinshope.org

Title: Water Walk the Fred Marquis Pinellas Trail

Description: Free with pool admission. The Fred Marquis Pinellas Trail is a 38 mile paved walk/bike trail extending the full length of Pinellas County, Florida. This is a fun exercise for those individuals just starting to get moving or lack confidence in their swimming skills. Safe environment with buoyancy of the water as well as resistance. Walk in shallow water (4 feet) with lifeguards on duty. No swimming skills are necessary. Track your distances each visit and upon reaching your 38 mile goal, receive a specially designed tee-shirt.

Age Group: Adults

Program or Special Event: Program , **Length:** Ongoing during public admission

Number of Participants: one or more; by the individual, **Season:** Year round

Main Goal or Objective: Provide an easy, safe fitness opportunity for adults who may experience physical challenges from illness or rehabilitation. Provides environment for social wellness, physical fitness, motivational goal and an award for achieving the water walking goal.

Highlights: Staff will teach individuals how to water walk, various movements; As the individual becomes stronger and more confident, they can add in water bikes, exercise sit-up chairs, step benches, resistant gloves or bouys to make more their water experience more fun and challenging while also impacting other muscles of the body. Equipment and staffing already available; only expense is supply of tee shirts for inventory.

Submitted by: Mark Abdo

Largo Recreation, Parks and Arts Department Recreation Program
Supervisor (727) 587-6720 mabdo@largo.com

Title: Water Yoga

Description: Yoga in the water

Age Group: All ages

Program or Special Event: Program

Length: 30-45 minutes

Number of Participants: 5-8 (depends on shallow water space)

Season: All year round at an indoor pool

Main Goal or Objective: Balance, posture, flexibility

Highlights: Why water yoga?

- Challenges the mind and body; poses or postures are performed to improve body alignment.
- Increases flexibility; flexibility helps the body function more optimally with more freedom of movement.
- Improves balance and posture; each pose involves concentrating on body awareness in the water.
- Builds strength and stamina; practicing yoga strengthening the body's major muscle groups.
- Improves circulation; the class is taught in 89-90 degree F water to sooth muscles.
- Promotes relaxation; by slowing down, focusing on your breathing and stretching your body, you can reduce tension.
- Can be done anywhere including the pool.

- Appropriate for people of all ages and abilities; modification can be made for any individual.

This class is designed to relieve stress and build internal energy and strength. Movements are slow and coordinated; to stimulate balance, flexibility and posture control. Appropriate for all fitness levels.

Days: Tuesday & Thursdays

Time: 6-6:45 pm

Fees: Member = \$15 Non-member = \$20

Submitted by: Margot Howell

Shephard Center Aquatic Specialist

Title: Watsu

Description: Watsu is, at its simplest level, a floating massage.

Age Group: All ages

Program or Special Event: Program

Length: One on one sessions can be schedules for 1/2 or one hour sessions

Number of Participants: N/A

Season: N/A

Main Goal or Objective: N/A

Highlights: You put on your bathing suit and get into the warm water, you will receive a few instructions from your therapist, and are gently lifted off your feet and supported floating on your back. You don't see anything but the interplay of light and shadow, because your eyes are closed. You don't hear anything but the water, because your ears are submerged. And what you feel is the water's warmth and the weightless movements of your body as it gently waves and sways though the currents. Occasionally you might be aware of some deep massage in a tight muscle, or a big stretch, but very quickly all the touch and movements blend together into one harmonious, timeless, flowing dance. And what your notices is not the work being done on your body, but the results of it. A profound physical release, letting go, and relief from tensions and pain.

This class is an introduction into watsu, which is a relaxation technique used to increase range of motion / flexibility. The warm water is used to promote and allow individuals to relax and let the watsu practitioner do all the work. You do absolutely nothing but float and let your mind and body move with the water.

One-on-one sessions can be scheduled for 1/2 or one hour sessions.

Fees: Members -30 minutes = \$20

Non-members- 30 minutes = \$25.00

Submitted by: Margot Howell

Shephard Center Aquatic Specialist

Title: Youth Services Scuba Camp

Description: To learn scuba diving.

Age Group: 16 years old and up

Program or Special Event: Program

Length: One week

Number of Participants: 25 participants

Season: Summer

Main Goal or Objective: To teach the beauty and serenity of life underwater, while keeping themselves safe.

Highlights: The White Sands Youth Services Department has contracted a local dive shop. The instructor brings all the equipment that is needed. The youth services has previously purchased masks, fins and snorkels. The children are given instruction on how to properly use all the equipment. Throughout the week they learn all the basic "do's and don'ts" of scuba diving. At the end of the week, the children would have passed all the water skills needed for a certification. The five master has offered a special rate for the kids in these classes to participate in the deep water dive and classroom time to complete their certifications.

Submitted by: Al Fuller

White Sands Aquatic Center Aquatic Director

Title: "Boat Smart - Boat Safe"

Description: To learn boating safety.

Age Group: Any age

Program or Special Event: Special Event

Length: 7:00 - 9:00 pm (2 hours)

Number of Participants: N/A

Season: N/A

Main Goal or Objective: To discuss and learn boating safety.

Highlights: Arizona game and fish boating education program will provide useful for the experienced as well as novice boaters. Topics to be discussed will include equipment required on your boat and additional suggested equipment. The proper way a PFD should fit a child and the new inflatable personal flotation devices, navigation rules and what the new black and white buoys mean and boating laws including laws governing personal watercraft.

\$5.00 per participant

Submitted by: Dave Bucher

City of Tempe Community Services Department Recreation Supervisor

Title: "Making A Splash" - " Dolphin Adventure Dazzling December" - Celebrating our 10 Year Anniversary - over 10 Months this School Year" ---

Description: The KAC continues to "Make A Splash"- Celebrating our 10 Year

Anniversary over 10 Months with 10 Activities/Events with Dolphin

Adventure Dazzling December!

All of our classes had a week - activity/event

celebration with our HUGE Dolphin floats and other dolphin

inflatables and sea creatures. We had Dolphin races, and activities

throughout the week and the students were dazzled with our dolphin

activities. All of our regular swimming classes/students were gifted

their choice of a colored fish for the December Activity/Event.

Staff Lap Swimming and Staff Water Exercise continued in December

with an added participant for lap swimming.

Age Group: 21-Mar

Program or Special Event: Special Event

Length: One Month- December

Number of Participants: 200

Season: Dec-18

Main Goal or Objective: KAC continues to "Make A Splash"- Celebrating our 10 Year

Anniversary over 10 Months with 10 Activities/Events with Dolphin

Adventure Dazzling December!

The KAC planned a week - activity/event

celebration with our HUGE Dolphin floats and other dolphin

inflatables and sea creatures.

Highlights: Kappen Aquatic Center continued to "Make A Splash"- Celebrating our 10 Year

Anniversary over 10 Months with 10 Activities/Events with Dolphin

Adventure Dazzling December! In addition to our regular

programming, all of our classes had a week - activity/event

celebration with our HUGE Dolphin floats and other dolphin

inflatables and sea creatures. We had Dolphin races, and activities

throughout the week and the students were dazzled with our dolphin

activities. All of our regular swimming classes/students were gifted

their choice of a colored fish for the December Activity/Event.

Staff Lap Swimming and Staff Water Exercise continued in December

with an added participant for lap swimming, Yahooooooo.

Our Student Workers and Greeters total 36 as of December 2018 and

all were given a Holiday Thank You gift from the KAC!. Our students

continue to work hard gathering, washing, drying, folding and

restocking our towels and greet our classes in the Front Lobby.

Submitted by: Damaris Shiavi - Schaefflein

Overbrook School for the Blind- Kappen Aquatic Center Aquatic Center
Coordinator (215) 877-0313 dshiavi@obs.org

Title: "Making A Splash" - "Jammin January "- Celebrating our 10 Year
Anniversary - over 10 Months this School Year" ---

Description: Jammin January in action at the KAC!

The Kappen Aquatic Center welcomed all Classes, Departments, After
School Staff Water Exercise and Staff Lap Swimmers to participate in our
Jammin January Event Celebration by providing a list of favorite songs for
our Jammin January Month Event! We were Jammin January with songs
for different theme-weeks for the month of January along with our Jammin
January activities.

Age Group: 21-Mar

Program or Special Event: Special Event

Length: One Month- January

Number of Participants: 200

Season: Jan-19

Main Goal or Objective: Jammin January in action at the KAC!

Celebrating the KAC 10 Year Anniversary!!!

The Kappen Aquatic Center welcomed all Classes, Departments, After
School Staff Water Exercise and Staff Lap Swimmers to participate in our
Jammin January Event Celebration by providing a list of favorite songs for
our Jammin January Month Event! We are Jammin January with songs for
different theme-weeks for the month of January along with our Jammin

January activities. Students were excited to utilize the boom box stereo
floats, speaker floats, microphones, participate in dance contests, and
Jamm' to favorite songs in addition to our new addition NOW CD music
variety.

Highlights: ammin January is in action at the KAC!

The Kappen Aquatic Center welcomed all Classes, Departments, After
School Staff Water Exercise and Staff Lap Swimmers to participate in our
Jammin January Event Celebration by providing a list of favorite songs for
our Jammin January Month Event! We are Jammin January with songs for
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January activities. Students were excited to utilize the boom box stereo
floats, speaker floats, microphones, participate in dance contests, and
Jamm' to favorite songs in addition to our new addition NOW CD music
variety.

The KAC will be switching to our Second Semester Swim schedule - January
22, 2019 and welcome our new classes to "Make A Splash" KAC -10 Year
Anniversary Celebration

The KAC welcomed the return of Woods on January 30th for a Jammin
January Swim Social with Whitehall (Residential program) for evening fun!

Submitted by: Damaris Shiavi - Schaefflein

Overbrook School for the Blind- Kappen Aquatic Center Overbrook School
for the Blind (215) 877-0313 dshiavi@obs.org

Title: "Making A Splash" - "Knock Out November- Celebrating our 10 Year Anniversary - " ---

Description: The KAC continued to "Celebrate our 10 Year of 10 Months of 10 Events/Activities - -----KNOCK OUT NOVEMBER-----

For Knock Out November all of our school age swim classes participated in our Event/Activity Celebration of Aquatic Super Bat Baseball/Softball (using our new Aquatic Super Bats, and various new dragon floats in addition to our regular programming.

The Swim Team participated in a fun Relay Race/Activity Event with Woods Services Swim Team on Wednesday, November 7th and all swimmers participated in ring tube races, noodle races, and Super Bats "Knock Out November " - Dragon floats in the Activity pool for fun social time.

The Eastern Association for the Blind EAAB Swim Tournament was held at the Kappen Aquatic Center on Wednesday, November 14, 2018 and OSB, Maryland, West Virginia, New York schools participated. The Girls Swim Team earned 3rd place and won the Terry Warner Sportsmanship Award and the Boys earned 4th place. Great Job to all swimmers/students this past season.

Staff Lap Swimming and Water Exercise classes for "Knock Out November started and all are welcome to join the fun at the KAC!

Age Group: Mar-60

Program or Special Event: Special Event

Length: One Month

Number of Participants: 200

Season: November 2018 - School Year Celebration

Main Goal or Objective: The KAC Continued "Celebrating 10 Years of 10 Months of 10 Events/Activities - -----KNOCK OUT NOVEMBER----

Celebrate and honor the Kappen Aquatic Center's 10 Year Anniversary while providing a variety of fun aquatic activities in addition to our regular swim programming.

Highlights: The KAC Continued "Celebrating 10 Years of 10 Months of 10 Events/Activities - -----KNOCK OUT NOVEMBER-----

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Submitted by: Damaris Shiavi- Shaefflein

Overbrook School for the Blind- Kappen Aquatic Center Aquatic Center Coordinator (215) 877-0313 dshiavi@obs.org

Title: "Making A Splash" - "Octubular Octopus October- Celebrating our 10 Year Anniversary - " ---

Description: The Month of October is our "Make A Splash" - Octubular Octopus October

10 Year Anniversary Celebration for the KAC. In addition to our regular instructional swimming lessons, the Students are experiencing swimming activities focusing on HUGE Octopus' (floats, sea creatures), and all of our amazing Tubes and have a specific week long of activities for their celebration month!

Swim Team will have the opportunity of three swim meets this month and One Elementary class - demonstrated a terrific activity with a pumpkin in the Activity pool - as a science experiment to determine if the pumpkin would sink or float. Guess what happened? See pictures on the OSB FB page.

day - October 19, 2018 morning - Another Elementary classes tested various different ecosystem aquatic items and for sinking or floating capabilities...

Age Group: 21-Mar

Program or Special Event: Special Event

Length: One Month - October

Number of Participants: 200

Season: October 2018 - 10 Year Anniversary - Monthly Celebration

Main Goal or Objective: The Month of October is our "Make A Splash" - Octubular Octopus October

10 Year Anniversary Celebration for the KAC.

Celebrating and honoring 10 years in Operation and serving our student and low incident population with visual impairment/blindness along with complex needs. In addition to our regular instructional swimming lessons, the Students are experiencing swimming

activities focusing on HUGE Octopus' (floats, sea creatures), and all of our amazing Tubes and have a specific week long of activities for their celebration month! Explore and experience various Aquatic activities/events... incorporate cross subject areas...

Highlights: The Month of October is our "Make A Splash" - Octubular Octopus October 10 Year Anniversary Celebration for the KAC. In addition to our regular instructional swimming lessons, the Students are experiencing swimming activities focusing on HUGE Octopus' (floats, sea creatures), and all of our amazing Tubes and have a specific week long of activities for their celebration month!

One Elementary class - demonstrated a terrific activity with a pumpkin in the Activity pool - as a science experiment to determine if the pumpkin would sink or float. Guess what happened? See pictures on the OSB FB page.

KAC hosted our first Swim Meet of the season with Woods Services on 10/11/18 and the Swim Team had the opportunity for their splash event - Octubular Octopus October fun after the Swim meet with Woods Services! The Kappen Aquatic Center hosted our second Swim Meet of the Season on 10/17/18. OSB swimmers and also the Maryland SB and West Virginia SB Swim Team.

Friday - October 19, 2018 Another Elementary classes tested various different ecosystem aquatic items and for sinking or floating capabilities...

Our third Swim Meet of the season was Wednesday - 10/24/18 at Maryland

School for the Blind.

\$5,00 - \$10,00 whole school year for Anniversary Celebration

Submitted by: Damaris Shiavi - Schaefflein

Overbrook School for the Blind Aquatic Center Coordinator (215) 877-0313 dshiavi@obs.org

Title: "Making A Splash" - "Spectacular Splashing September"- Celebrating our 10 Year Anniversary - over 10 Months this School Year" ---

Description: The Kappen Aquatic Center is "Making A Splash" For September and the School Year Ahead.... The Kappen Aquatic is celebrating our 10 Year Anniversary with a school year long celebration....

The KAC is Celebrating "10 Years - with 10 Activities/Events - over 10 Months this School Year" --- "Making A Splash"

The September kick off was a school wide activity open to everyone...

~~~Celebrate with the Kappen Aquatic Center~~~

"Make A Splash" for our Spectacular Splashing September

and help us celebrate our 10 years this School Year!

Share one of our September Activity and have your class create a fish, mermaid, shell mural, jelly fish, poem, collage, seahorse, starfish, ocean or pool scene Art work project.

One of our other activity/event for all classes swimming and our Spectacular Splashing September had 10 different Spectacular Splashing September activities...

Pictures with our Shark cut out display and drone footage from Frank I and various pictures...

- 1 Splashing Shark Toss
- 2 Paw Print tic tac toe splashing swim game
- 3 Rubber ducks bubble race and splash
- 4 Blowfish squirt/splash race
- 5 Octopus ring toss
- 6 Dive for fish splash
- 7 Ring relay
- 8 Marco polo
- 9 Kick board blast off
- 10 Cannonball contest

The Swim Team started September 17th and "Making A Splash" with lots of fun, laughter and hard work and determination. 15 students are on the 2018 Swim Team this year.

All swimmers were given a RED AND WHITE monogrammed water bottle "KAPPEN AQUATIC CENTER CELEBRATES 10 Years, GO SWIM TEAM! --- kick off to our Season and the "Make A Splash" 10 Year Anniversary for the KAC

The Swim Team had their Spectacular Splashing September Celebration yesterday with time swimming in the Activity pool with 10 tubes, splashes, laughs, 10 rings, 10 balls, 10 floats and fun times had by all!!!

A Special shout and CONGRATULATIONS to MONAE KELLER (in High School) who learned to swim this past week and swam 25 yards Freestyle and 25 yards Backstroke Independently during Swim Team Practice. Congratulations Monae and keep up the excellent work!!!

The swimmers are all adjusting to using our new adapt a tap lane markers - located in the shallow and deep end area of the pool.

Damaris Shiavi Schaefflein was appointed to be the EAAB Swim Tournament Director beginning 2019 as selected at the annual EAAB Coaches meeting held at OSB 9/21/18. Pam S. from Maryland is stepping down after many years at the EAAB Swim Tournament Director.

Staff Swim and Water Exercise class is offered on Tuesdays during Swim Team season.

More splashes to follow in October with two home swim meets - October 11 with Woods (Woods Services) and October 17th with Maryland SB and West Virginia SB....

**Age Group:** 21-Mar

**Program or Special Event:** Special Event

**Length:** One Month

**Number of Participants:** 200

**Season:** September 2018 - School Year Celebration

**Main Goal or Objective:** The Kappen Aquatic Center is "Making A Splash" For September and the School Year Ahead.... The Kappen Aquatic is celebrating our 10 Year Anniversary with a school year long celebration....

As mentioned above...

The KAC is Celebrating "10 Years - with 10 Activities/Events - over 10 Months this School Year" --- "Making A Splash"

The September kick off was a school wide activity open to everyone...

~~~Celebrate with the Kappen Aquatic Center~~~

"Make A Splash" for our Spectacular Splashing September

and help us celebrate our 10 years this School Year!

Share our September Activity and have your class create a fish, mermaid, shell mural, jelly fish, poem, collage, seahorse, starfish, ocean or pool scene Art work project. The following classes and Departments participated and displayed in the Wynnewood Road hallway...

Thank you to Elementary, Middle School, High School and School to Work (Chiara Jacketti, Victoria Smith, Allison Failing, Courtney Romano, Vicky Stough, Megan VanNorman, Justine Bink, Kelsey McGuire, Cheyenne Strohl, Michele McCallion, Andrea Dash, Liz Fox and Marianne Petolicchio) for participating and sharing the amazing class KAC "Make A Splash" 10 Year Anniversary projects! If other classes would still like to participate, the KAC welcomes additional Student/Class crafts for the Kac.

This past week our other activity/event for all classes swimming and our Spectacular Splashing September had 10 different Spectacular Splashing September activities...

Pictures with our Shark cut out display and drone footage from Frank I and various pictures...

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Staff Swim and Water Exercise class is offered on Tuesdays during Swim Team season.

More splashes to follow in October with two home swim meets - October 11 with Woods (Woods Services) and October 17th with Maryland SB and West Virginia SB...

Highlights: The Kappen Aquatic Center is "Making A Splash" For September and the School Year Ahead.... Celebrating our 10 Year Anniversary.

The KAC is Celebrating "10 Years - with 10 Activities/Events - over 10 Months this School Year" --- "Making A Splash"

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~~~Celebrate with the Kappen Aquatic Center~~~

"Make A Splash" Spectacular Splashing September

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More splashes to follow in October with two home swim meets - October 11 with Woods (Woods Services) and October 17th with Maryland SB and West Virginia SB....

**Submitted by:** Damaris Shiavi -Schaefflein

Overbrook School for the Blind Aquatic Center Coordinator (215) 877-0313 dshiavi@obs.org

**Title:** "Making A Splash" - "10 Mile" May Swim 2019! Celebrating the KAC 10 Year Anniversary!

**Description:** The Kappen Aquatic Center will have our Finale' Celebration Month in May 2019 - promoting the "Make A Splash" - 10 Events/Activities over 10 months to Celebrate the 10 year Anniversary of the KAC. The Executive Director/CEO of OSB will be participating in a 10 Mile Swim in May along with our Funky Friday Splash Party at the end of May 2019 - open to all families, students and friends of OSB.

**Age Group:** 50-60

**Program or Special Event:** Special Event

**Length:** One Month- May

**Number of Participants:** 1 Swimmer 200 spectators

**Season:** May 2019 Official Anniversary ending Month

**Main Goal or Objective:** The "10 Mile May Swim" is promoting the 10 Activities/Events over 10 months to Celebrate the 10 year Anniversary of the KAC.

The Executive Director/CEO of OSB plans to swim 10 miles in the pool between May 1 and June 1 - starting on the actual 10 year Anniversary date - May 1st and will attempt to swim continuously as far as possible beyond 2.4 miles (Ironman length). This represents an achievement personally never attempted. Students will also be featured in video segments describing something new they accomplished this year. The difference between 10 miles and whatever swim length I'm able to accomplish that day will be accomplished in the days leading up to June 1.

**Highlights:** Beginning on the official 10 Year Anniversary date - May 1, the KAC will have the Kick Off to the 10 Mile Swim Event.

The structure of the 10 mile swim is as follows: OSB Executive Director/CEO plans to swim 10 miles in the pool between May 1 and June 1. On the morning of May 1, 2019, attempting to swim continuously as far as possible beyond 2.4 miles (Ironman length) because it represents an achievement personally never attempted before. Students will also be featured in video segments describing something new they accomplished this year. The difference between 10 miles and whatever swim length able to accomplish that day will be accomplished in the days leading up to June 1.

Approaching the 10 Mile completion mark, the School will be invited to be a part of the completion to the 10 Mile Swim signifying this accomplishment and the goal achieved!

Followed with a Funky Friday Splash Party open to the school.

**Submitted by:** Damaris Shiavi Shiavi - Schaefflein

Overbrook School for the Blind Aquatic Center Coordinator (215) 877-0313 dshiavi@obs.org



**Title:** 50 MILE SWIM CLUB

**Description:** This was a fun swim incentive we did at my previous job to get aquatics more involved for "fun physical fitness". This event was based on an Honor System. Being a government facility we very rarely have ever dealt with people "cheating". However, it is fairly obvious if they have been or not ( you know your swimmers). Anyways we had a spread sheet with boxes on it. Each box represented 10 laps. However, many laps you swam during your time frame you simply check your box. When you have completed 50 miles of swimming or checking all your boxes, we give you a Tshirt that says "50 mile Swim Club". Patrons really enjoyed it and you can do it entirely at your own pace.

**Age Group:** 18+

**Program or Special Event:** Special Event

**Length:** 2-3 MONTHS, **Number of Participants:** 20+

**Season:** SUMMERTIME/YEAR AROUND

**Main Goal or Objective:** THIS IS JUST A FUN EVENT FOR PATRONS TO GET MORE ACTIVE. SWIMMING IS A GREAT SPORT/EXERCISE FOR YOUR OVERALL HEALTH AND PHYSICAL FITNESS SO WE KNEW IT WOULD BE A HIT. ALSO, ANOTHER MAIN POINT IS SO PEOPLE CAN SIMPLY DO IT AT THEIR SPEED BY EXERCISE INTENSELY OR GRADUALLY ENJOYING A LEISURE SWIM. PS- WHO DOESNT WANT A FREE TSHIRT?

**Highlights:** Just have your excell spread sheets available and accessible to your patrons. We kept at the front desk of the Fitness Center. Also, explain the one box= 10 laps or however you want to set it up.

**Submitted by:** Leah LeMaire

Morale, Welfare, Recreation Sports & Aquatics Coordinator  
LEAH.LEMAIRE@NAVY.MIL

**Title:** Adventure Skills Workshop

**Description:** Experience the best adventures of the great outdoors at: Adventures Skills Workshop.

**Age Group:** N/A

**Program or Special Event:** Special Event

**Length:** Friday - Sunday

**Number of Participants:** N/A

**Season:** N/A

**Main Goal or Objective:** This fun-filled weekend is designed for people with a spinal cord injury or disease, acquired brain injury, multiple sclerosis, spina bifida, post-polio syndrome, guillain barre syndrome, transverse myelitis or amyotrophic lateral sclerosis (ALS). You'll get hands-on practice in activities you've always loved, as well as those you've always wanted to try. If you need assistance with self-care, transfers, mobility, following maps or directions, feeding or anything else, you must bring a friend or family member. Remember, the activities are designed for the participants with disabilities. Whether you are newly injured and attending for the first time, or an adventure skills veteran coming back for more, be assured that you'll have the opportunity to explore new activities, learn new skills, meet new people and have fun. We believe you'll leave with a new outlook on life - seeing every day as an adventure.

**Highlights:** N/A

**Submitted by:** Margot Howell

Shephard Center Aquatic Specialist

**Title:** Annual Aqua Festival

**Description:** We have water orientated contests and games; penny dive, inner-tube races, crazy swim ping pong ball contest, limbo, chalk drawing on pool deck contest, water balloon toss, diving contest (crazy dives). We have live calypso music. Prizes are also part of the fun. Food and soft drinks also available.

**Age Group:** All ages

**Program or Special Event:** Special Event

**Length:** noon - 4:00 pm

**Number of Participants:** N/A

**Season:** mid July on a Sunday

**Main Goal or Objective:** For people in your community to come and enjoy the pool.

**Highlights:** N/A

**Submitted by:** Marybeth Pavoggi

City of Cape Coral Head Lifeguard

**Title:** Annual Open House

**Description:** Annual Aquatic Center Open House

**Age Group:** all

**Program or Special Event:** Special Event

**Length:** 3 hours once a year

**Number of Participants:** Varies

**Season:** Late winter/early spring

**Main Goal or Objective:** This started as a way to introduce our new climbing wall, but we now do it annually. There is no charge to patrons, and we have a variety of events and activities, along with instructors, to chat with. We have kayaks in the water, scuba tanks and masks to try out, swim instructors to meet, a diving instructor and all our guards. The purpose is to expose people who don't utilize the facility often, or are curious about an upcoming class. It has been well-attended in the past and almost always leads to increased participation for both open swim and programs.

**Highlights:** It is a bustling and colorful evening, and costs next-to-nothing. We print flyers in-house and stock up on bottled water and individually-wrapped snacks. It makes a great photo-op for upcoming promotion via Facebook, Program Guide, flyers, etc.

**Submitted by:** Judy Green

Lake County Aquatic Center Aquatics Coordinator (719) 427-7892  
jgreen@co.lake.co.us

**Title:** Aqua Egg Hunt

**Description:** The Easter Bunny invites you to put on your swim suit and splash around the pool as you hunt for toy-filled eggs! In addition to the egg hunt, admission includes a swim pass for the day, a spring-themed craft activity and special treat. A mesh bag will be provided to collect eggs during the official hunt. Don't forget your camera for pictures with the Easter Bunny and an Easter Basket to take and carry your eggs home.

**Age Group:** 2 1/2 years - 10 years

**Program or Special Event:** Special Event

**Length:** 2 hours

**Number of Participants:** 240

**Season:** Spring/Easter Season

**Main Goal or Objective:** The main goal of the Aqua Egg Hunt is to provide an opportunity for the residents of the City of Frisco to enjoy a fun and seasonally themed aquatic event that promotes safety and fun in, on, and around the pool area. The event will have activities that revolve around safety in aquatic environments, as well as the main attraction where thousands of eggs will be floating in the water for children to hunt!

**Highlights:** The set-up and tear-down for the event is incredibly easy. Set-up and preparation includes making sure that you have volunteers for the event (we run with 15-20), Easter themed crafts (we run with 3-4 different age appropriate crafts), 5,000 toy filled Easter Eggs per 100 participants, a mesh bag for collecting the eggs when the participants arrive, and a goody bag for each participant when they leave.

Considerations needed for planning the event include:

- How will participants be verified for the event? We use different colored wrist-bands for each age group. The draw-back is slow entry into the

facility, and slight bottlenecking with one entrance as the children are given the wrist-bands.

- Lifejackets are necessary, especially in deeper water.

- Have to keep an eye on the mesh bags, or people will walk away with them.

- Many other facility specific considerations may be pertinent to your facility.

**Submitted by:** David Seitz

City of Frisco Aquatic Program Supervisor    dseitz@friscotexas.gov

**Title:** AquaPatch

**Description:** AquaPatch is a free event for students. Pumpkins are provided by a local farm and also purchased by the department. The pumpkins are then put into the pool and students are then able to go into the pool and pick out a pumpkin themselves or to utilize a staff member who was in the pool to assist with the event. The event is free, the pumpkins are free. We also have a pumpkin carving/decorating station in the facility for anyone who wants to decorate their pumpkin while they are still in the facility. We worked with our university Student Entertainment Board who donated supplies to this event.

<https://www.youtube.com/watch?v=B1lje0wKfqq&feature=youtu.be>

**Age Group:** Enrolled College Students

**Program or Special Event:** Special Event

**Length:** 2 Hours

**Number of Participants:** 105

**Season:** 24-Oct-18

**Main Goal or Objective:** Getting a free pumpkin and then possibly decorating it.

**Highlights:** The pumpkin picking is really popular but the carving/decorating has not been nearly as popular.

Spent around a total of around \$500 for the event. The cost would have been much higher if we hadn't had pumpkins donated by a local farm.

**Submitted by:** Jared Lindorfer

Washington State University Recreation Coordinator, Aquatics and Safety Education (509) 335-5407 [jared.lindorfer@wsu.edu](mailto:jared.lindorfer@wsu.edu)

**Title:** Aquatic Adventure Sports Day

**Description:** We put kayaks, stand up paddle boards, and surf boards in the the deep end of the pool. Participants are given brief lessons on how to use the equipment and are encouraged to further take lessons on using the equipment. Non swimmers are encouraged to sign up for swim lessons. We also take this time to speak about the importance of aquatic safety and using pfd's. Everyone must wear a pfd to participate.

**Age Group:** 4 to adult

**Program or Special Event:** Special Event

**Length:** 3 hours

**Number of Participants:** Depends on number of instructors present

**Season:** May and June

**Main Goal or Objective:** There are three goals: PROMOTE WATER SAFETY, PROMOTE SWIM LESSONS, ENCOURGE PARTICIPATION IN AQUATIC SPORTS.

**Highlights:** The major cost is for the SUP, and Kayaks.

**Submitted by:** Michael R. Bell

MWR Hawaii Schofield Barracks Aquatics Manager (313) 978-4036  
[mrbell313@gmail.com](mailto:mrbell313@gmail.com)

**Title:** Aquatic Honor Roll

**Description:** Any child who brings their report card to the pool will have their name listed on the "A" aquatic honor roll for "A" grades and on the "B" aquatic honor roll for "B" grades. And they receive one(1) free pass for the "A" honor roll and 1/2 of a free pass for the "B" honor roll. Passes are presented for end of marking period grades only.

**Age Group:** 8 years old to high school seniors

**Program or Special Event:** Special Event

**Length:** all school year

**Number of Participants:** any number

**Season:** all school year

**Main Goal or Objective:** Encourage kids to do good in school.

**Highlights:** We believe that good grades should be rewarded / awarded. Any child who brings their report card to the pool will have their name added to the aquatic honor roll list.

Passes - really no cost

**Submitted by:** Marybeth Pavoggi

City of Cape Coral Yacht Club Pool Head Lifeguard

**Title:** Back to School Beach Party

**Description:** Back to school beach party

**Age Group:** All ages

**Program or Special Event:** Special Event

**Length:** Five(5) hours

**Number of Participants:** N/A

**Season:** Weekend of new school year

**Main Goal or Objective:** To provide one last big pool party and Summer fun activity before returning to school for another year.

**Highlights:** Scheduled for the Saturday before the kids return to school. The aquatic center is transformed into a beach atmosphere. There is music, food, decorations and surf throughout the day. There are various contests / activities symbolic with the beach setting - such as; the limbo, biggest belly flop and a surfs up contest. Each contest is awarded with a 1st - 3rd place prize. Prizes are donated by local clubs.

**Submitted by:** Al Fuller

White Sands Aquatic Center Aquatic Director

**Title:** Beach at Lake Avalon Sandfest

**Description:** Sandfest 2018 is the opening of our newest jewel the Beach at Lake Avalon. Bring the whole family out for \$1.00 hotdogs and ice cream! We will have 3 different age groups that can compete in limbo, best sandcastle build and the rubber ducky relay! Try out the new sand volleyball court or throw ringers in the 6 horseshoe pits! Want to get around the lake and check out the coves? Rent a kayak or paddleboard for \$12/hour or the tandem kayak for \$18/hour, no need to worry about equipment either, we got you! We have all different sizes of lifejackets and paddles plus let our awesome staff give you some tips on maneuvering through the water. Be the first to experience the newest recreation amenity to Bella Vista....the Beach at Lake Avalon presents Sandfest 2018 coming this May!

**Age Group:** All Age Groups

**Program or Special Event:** Special Event

**Length:** This is an all day event from 10am to 7pm

**Number of Participants:** This event is open to the whole community and can accomodate 200+

**Season:** This event happens once a year at the opening of the beach

**Main Goal or Objective:** This is a place where all age groups can engage in fun and summer relaxation. Our community demographic is changing from older to younger and the beach brings it all together whether your grandkids are visiting for the weekend or you are part of a young family. It helps to highlight and encourage the outdoor activities that are so easily accessible in our state of Arkansas. Whether you are a novice or veteran you can come out and rent a kayak or paddleboard to explore one of the seven lakes in our community. When a family goes to a pool there is usually one activity to really enjoy...swimming. At the beach you can play sand volleyball or toss horseshoes, perhaps you would like to rent the

pavilion to grill out for a birthday party. Throw on a lifejacket and hit the floating AquaGlide or take your toddler down to build a sandcastle. The Beach at Lake Avalon drives to bring the community together while spending time outside and engaged in physical activity for the whole family.

**Highlights:** The Beach was the brain child of our Recreation Director Joan Glubczynski. Bella Vista, AR is a unique community where the Property Owner's Association maintains all amenities from the lakes, to the 150+ miles of trails, to the water department and all recreation. What once was a retirement village is now drastically changing and a much younger demographic is moving in and wants to take full advantage of all the outdoors that Bella Vista has to offer. We did so much of the construction for the beach in house like building the receding wall around the sand, drugging the enclosed part of the lake and putting up shade systems. We budgeted altogether with the beach, concession stand, sand shower, volleyball court, picnic area, new zip line for the playground and new bathrooms at \$230,000 and ended up \$5,000 under budget at \$225,000. This also included 6 paddle boards, 4 kayaks and one tandem kayak. The project was easily a success and with it's second summer around the corner will begin to generate some profit. The biggest moneymaker in the first year was easily the rentals of water equipment and we have purchased several new pieces for this summer. By being able to have our maintenance crew do so much of the building with the beach and bringing in the sand we were fortunate to fall under budget. If you have the resources like our community did within your city this project could be done in under a year and if your budget is tight consider cutting out the playground to save.

\*the website address listed below

**Submitted by:** Jessica Anson

Bella Vista Property Owner's Association Aquatics & Facilities Manager  
(785) 608-0424 jessicaa@bvvpoa.com

**Title:** Boy Scout Aquatics overnight campout

**Description:** We host the Cub scouts and Boy scouts do an activities to to earn merit badges. My guards volunteer their time for this event. We have boating safety, swim safety and many more activities throughout the 24 hours.

**Age Group:** 7-19yrs

**Program or Special Event:** Special Event

**Length:** 24 hours approximately

**Number of Participants:** 50

**Season:** September after Labor day

**Main Goal or Objective:** To teach water safety and allow the scouts the opportunity to earn merit badges.

**Highlights:** The scouts provide the budget since we donate the pool usage and the guards.

**Submitted by:** Lori Dyess

Vidor City Pool Pool Manager (409) 659-9223 lorydyess@ymail.com

**Title:** Bunny Plunge Pool Party

**Description:** Family pool party including underwater egg hunts throughout the day. Inflatable obstacle course is in, 1000+ eggs are sunk every hour for kids to gather as they swim around the pool. All kids leave with a goody bag full of easter treasures

**Age Group:** youth/families

**Program or Special Event:** Special Event

**Length:** 5 hours

**Number of Participants:** 450

**Season:** saturday before easter

**Main Goal or Objective:** family fun

**Highlights:** Under water egg hunt - budget is pretty minimal besides labor. Spent approx. \$300 on goody bag supplies

**Submitted by:** Robyn Gross

Naval Base Kitsap Aquatics Manager (360) 315-2131  
robyn.gross@navy.mil

**Title:** Dive In Movie

**Description:** Come watch (MOVIE) while you play in the pool! The pool doors will open at 6:15p.m. and movie starts at 6:30 p.m. Bring your swimsuits, towels, and blankets for seating...we've got the snacks covered! Floats and pool toys will be available for use. Tickets are \$5 per person (children 3 and under are free) and may be purchased at the (FACILITY) front desk until Wednesday, March 20, tickets are NOT available at the door. Remember this is a family event and parents need to accompany their children (any child under the age of 17) at all times. Children ages 5 and under must have a parent accompany their child in the water. Ticket sales will begin February 25, 2019. For more information, call (PHONE NUMBER).

**Age Group:** 3-Adult, **Program or Special Event:** Special Event

**Length:** Special Event - 2/3 hours depending on length of movie

**Number of Participants:** 75 (Our max for events with guards)

**Season:** 2 times a year

**Main Goal or Objective:** Children and families are able to swim in the pool after hours with dinner provided. Community Recreation provides food and drink, as part of the registration fee.

**Highlights:** We use a movie screen with a projector behind the screen on the edge of the pool deck. A pop up tent with side walls are around the tent to provide better viewing. DVD player, DVD, and projector are supplied by Community Recreation/Liberty Center. Tables and chairs are set up around the deck to provide a space for families to eat their food. Community Recreation/Bowling Alley provide pizza, drinks and cookies for everyone that attends. Entry Fee is \$5 per person with 3 and under free. Floats/Mats are provided for children to use while watching the movie. USCG flotation devices are also provided. Deep end is closed off during event. 8 lifeguards are on staff with rotations.

**Submitted by:** Rachel Meyer, Navy MWR - Newport RI Facility/Aquatics Coordinator rachel.m.meyer@navy.mil

**Title:** Dive in Movie

**Description:** This event was held at the beginning of the school year to target our students. We had food, music, floats and a blow up screen and speakers for the movie once it got dark outside

**Age Group:** Collage students

**Program or Special Event:** Special Event

**Length:** 4 hours one time event

**Number of Participants:** 250

**Season:** 22-Aug-18

**Main Goal or Objective:** Our goal was to offer a back to school event for our students before the closing of our outdoor pool

**Highlights:** our budget was \$850 for this event which we shared with our residence life department on campus

**Submitted by:** Ashley Chism Ashley Chism

University Of Memphis Aquatic and Safety Coordinator (901) 678-3461  
AMCHISM1@MEMPHIS.EDU



**Title:** Dive-In Movie Night

**Description:** All full-time students with access to building are welcome to our leisure river to float around and watch a movie. We purchase the rights to display and rent equipment for sound and projection. Participants can remain stationary, float around, or watch from the deck space. We also have an inflatable obstacle course, key log rolling, and water volleyball taking place at adjacent pool space.

**Age Group:** College aged students

**Program or Special Event:** Special Event

**Length:** Typically 3 hours

**Number of Participants:** Anywhere from 100 to 400

**Season:** Warmer weather with it being outdoors. Late spring to early fall.

**Main Goal or Objective:** To offer both active and leisure opportunities for students to check out and enjoy the space we have for them.

**Highlights:** We own and operate the space. We'll typically partner with another department on campus to promote multiple areas and they'll incur the cost of the license and screening equipment and have it discounted for rental of the space

**Submitted by:**

LSU UREC Assistant Director Aquatics

**Title:** Dog Days of Summer

**Description:** Everyone is invited to bring your Canine Companion to the Kingsdale Pool for the Dog Days of Summer! You do not have to be a Bella Vista resident. Only canines are allowed in the pool to show owners their aquatic talents. There will be contests for "Best Wet Hair, Most Social Non-Swimmer, Gets the Most People Wet and for Best Diver". Hot Dog meals will be served to humans at the Pavilion by the pool. Admission is \$10 per canine and includes the human hot dog meal! We look forward to seeing everyone for the last day at the Pool as we waive Summer goodbye!

**Age Group:** All Invited!

**Program or Special Event:** Special Event

**Length:** 11am to 2pm

**Number of Participants:** We have had 100+ humans and 50+ dogs before, when this occurs we open the second pool.

**Season:** Late September only, after the pools have closed for a week allowing all chemicals to dissipate.

**Main Goal or Objective:** The main goal of this special event is to raise money for the Bella Vista Animal Shelter. BVAS is a small, non-profit 501c3 animal shelter that, for 25 years, has been located in Bella Vista, Arkansas. They are dedicated to rescuing, reuniting with families and re-homing animal companions. All proceeds go to the shelter and help to create awareness from the community for our furry friends.

**Highlights:** Setting up this event is surprisingly easy and so very rewarding for the community, the shelter and your company. We usually have 3 people working (and believe me the lifeguards and dog lovers will be fighting to work it) for a 5 hour time period and we budget \$200 for hotdogs, chips and some small fun prizes for the dogs. We also use this last hooray of the season to discount and sell all leftover food and drink

product from all of our snack bars. The Dog Days of Summer are really a win-win for all who come out and at the same time promote a great cause!

**Submitted by:** Jessica Anson

Bella Vista Property Owner's Association Dog Days of Summer (785) 608-0424 jessicaa@bvypoa.com

**Title:** Dollar Swim Days

**Description:** We hold about 4 "Dollar Swim Days" per summer on Thursdays during our open public swim hours. Patrons may enter for \$1 if they adhere to the day's requirements.

Feed our Community Day - Bring one non-perishable item to donate & get in for \$1, Stuff the Bus Day - Bring a school supply to donate to children in need and get in for \$1, Hawaiian Day - Wear Hawaiian themed attire and get in for \$1, Rubber Ducky Day - Bring a rubber ducky or swim toy and get in for \$1

**Age Group:** 2 years and above

**Program or Special Event:** Special Event

**Length:** Thursdays, 4 per year, 12:30-4:30pm

**Number of Participants:** 20-200

**Season:** Summer pool season - outdoor pool season

**Main Goal or Objective:** The main goal is to increase our attendance for the day in hopes to gather donated items for organizations in our community to give back to the community. We also have an increase in our concession sales and it provides a fun atmosphere for our facility.

**Highlights:** We have seen that on our "Dollar Swim Days" we double or quadruple the number of patrons that attend our open swim time. Although the entrance fee is lowered we come in about the same as a normal operating day but see a huge increase in our concession sales for the day. This is all weather dependent.

**Submitted by:** Kiley Schulte

Port Washington Parks & Recreation Department Recreation Director  
(262) 284-5881 kschulte@cpwwi.org

**Title:** Drennens Dreams Reception/Gala

**Description:** The Reception/Gala is a local community outreach and fundraising event supporting Drennen's Dreams national drowning prevention efforts. Drennen's Dreams partners with Red Rocks Credit Union to host a night of food, beverage, silent auction, drowning prevention information/education and family friendly entertainment provided by local improv troop 'Rodents of Unusual Size'. Red Rock Credit Union serves Lockheed Corporation and their employees. This is also an outreach event with invitations to local and regional aquatics organizations and professionals.

Drennen's Dreams delivers impactful presentations to lifeguards, aquatics professionals and facility owners. Our presentations enhance their training creating greater confidence and vigilance. This makes pools and waterfronts safer and more enjoyable for children, families and all of us. Each year we reach tens of thousands of lifeguards and aquatics professionals. The funds we raise underwrite our presentations enabling us to reach a growing audience locally, regionally and nationally. Why? Because there are nearly 3,600 drowning deaths in the U.S. annually, the majority children ages 1-15. Drowning is preventable and that is our mission.

**Age Group:** All ages

**Program or Special Event:** Special Event

**Length:** 1 day

**Number of Participants:** 150-250

**Season:** 12-Sep-19

**Main Goal or Objective:** Community outreach, education and fundraising event, family friendly, building aquatic industry connections and support for Drennen's Dreams national drowning prevention and water safety

efforts and providing water safety information to local and regional participants, families and communities.

**Highlights:** Professionally catered and hosted event.

Meet, greet, connection and networking followed by Drennen's Dreams program and entertainment.

Silent auction, local restaurants providing hors d'oeuvres, wineries providing tastings.

Program features short keynote from Drennen's Dreams followed by entertainment by a well know local improve troop..

Family friendly event with a lot of camaraderie and connection.

Expense budget is between \$5,000-6,000.

The event raises \$15,000-\$20,000 after expenses.

**Submitted by:** Scott Henderson

Drennen's Dreams Foundation Executive Director (408) 722-8838  
shenderson@drennensdreams.org

**Title:** Easter Egg Splash

**Description:** Easter egg hunt in the pool. Each egg was numbered and prizes were given based on the number on the egg. Grand Prizes were free group swim lessons and Free private swim lessons

**Age Group:** 3-12 years old

**Program or Special Event:** Special Event

**Length:** 2 hours one time event

**Number of Participants:** 75

**Season:** Saturday March 31

**Main Goal or Objective:** Our goal was to offer a fun holiday event for our current and previous swim lesson participants

**Highlights:** We had a budget of \$150 for prizes and supplies

**Submitted by:** Ashley Chism Ashley Chism

University Of Memphis Aquatic and Safety Coordinator (901) 678-3461  
AMCHISM1@MEMPHIS.EDU

**Title:** Egg Dive

**Description:** It's an Eggstravaganza! Dive, Splash, and swim for eggs and win prizes at our Spring themed egg dive event. In this event we dump plastic eggs into the pool and have an egg hunt. We have plastic wicker baskets to collect eggs. Two of the eggs have special gold coins. All participants earn a prize but two who find the "Golden coin" receive a larger prize basket. At the event we also have Mr. Bunny to make an appearance with a photo station. We have crafts and games in and out of the water. The event lasts about an hour and a half. The dive itself has a specific time and count down to enter the water and hunt for eggs. We have some floating and sunken for all swim abilities

**Age Group:** All ages

**Program or Special Event:** Special Event

**Length:** 1 1/2 hours

**Number of Participants:** 50 registered (one registration per prize)

**Season:** Spring around Easter

**Main Goal or Objective:** The main goal is to dive for eggs, and egg hunt in the water. It is a fun opportunity to enjoy the pool.

**Highlights:** The purchasing is eggs/ baskets, which can be reused. The Bunny costume, arts and crafts, and prize bags with assorted trinkets. This event is run after hours for us so the cost of staff beyond the normal operation hours can affect the budget.

**Submitted by:** DeAnne Brown

City of Durham Assistant Aquatic Supervisor (919) 560-0444  
DeAnne.Brown@durhamnc.gov

**Title:** Family Night at the Ballpark

**Description:** Join us at Breckenridge park for an evening full of family fun! Dinner is provided, you can set up a tent, watch the showing of The Goonies, and campout under the stars!

There are two options, dinner and movie ONLY or set up and tent and sleep under the stars. Pricing options for individuals and families. 3 and under is free

**Age Group:** All ages

**Program or Special Event:** Special Event

**Length:** Meets once as a special event

**Number of Participants:** 100

**Season:** Fall

**Main Goal or Objective:** The City of Richardson Family Night at the Ballpark was created to offer a family campout with a sports themed twist. The event incorporated a campout on the baseball field, a baseball themed movie, as well as a number of athletic events and crafts. This event welcomed all ages and offered a variety of activities throughout the evening.

This event was designed to offer a new program located in the Breckinridge Park area of Richardson, an area where programming has been limited in the past. An overnight camping experience was something that our staff felt would be a unique and fun experience for the families who attended. Staff programmed structured activities as well as games such as lifesize Jenga, cornhole, and twister that families could play at their leisure.

**Highlights:** \$300 - Movie Rights, \$300 - Rental Equipment, \$200- crafts/supplies, \$200- Miscellaneous

This event can be as big or as small as you want to make it. 2018 was the City of Richardson's first year doing the event to see if it would be successful. 2019 we will work with our timeline and the format of the activities to see if we can't get some more people interested and involved in coming out and participating in this event.

**Submitted by:** Doug Kierstead

City of Richardson Athletics & Aquatics Manager (972) 744-7893  
doug.kierstead@cor.gov

**Title:** Family Swim Lesson Party

**Description:** Celebrate the success your child has experienced in their American Red Cross Swim Lessons throughout the Summer. Each 2-week lesson session (8 classes) receives a parent evaluation and they receive a \$1 admission to our Swim Lesson Family Party. Music, Dancing with the Lifeguards, free hot dogs, snack bar, onsite massages, prize wheel, door prizes and a special gift (toy) giveaway to all kids attending. The toy for 2018 was a soft sided Monster Truck.

**Age Group:** Families with young children - swim lessons

**Program or Special Event:** Special Event

**Length:** Friday from 6:30-8:30pm one/summer

**Number of Participants:** 200, **Season:** First Friday in August

**Main Goal or Objective:** Family fun at the aquatic center. Our way of saying thank you to parents for allowing us to have an impact on their child's life through swim lessons and aquatic safety. All staff are working so 50% are in the water playing with kids and the other half guarding and vice versa.

**Highlights:** Personally thanking parents and engaging in conversations; Staff having a final impact on kids by becoming accessible in the water in a playful role; Free hot dogs, onsite massage, door prizes, prize wheel;, Free soft side Monster Truck to each child who attended upon their exit (different each year) . Admission & Snack Bar revenue = \$312.00 (Admission is \$1), Personnel - \$350.00, Food supplies = \$115.00, Net Profit incl staff = (\$153.00); Net Profit not including staff = \$197.00

**Submitted by:** Mark Abdo

Largo Recreation, Parks and Arts Department Recreation Program  
Supervisor (727) 587-6720 mabdo@largo.com

**Title:** FILL THE FIELD

**Description:** View website for description

**Age Group:** 12 and up for pool and cardio challenges/13 and up for weight training challenges

**Program or Special Event:** Special Event

**Length:** 11 days

**Number of Participants:** 3084 challenged completed/corresponding flag placed upfront

**Season:** Nov 1st around veterans day

**Main Goal or Objective:** Was to promote veterans day and increase exercise activity in honor of those who served.

**Highlights:** Awards 500\$

Prizes 600\$

Supplies 1800\$

**Submitted by:** Jacob Goulette

Fort Carson Aquatics Assistant Aquatic Manager (719) 524-3229  
Jacob.d.goulette.naf@mail.mil

**Title:** Fit Family Pool Party

**Description:** Our Parks and Rec dept. offers a free family friendly event each month and May is a Family Pool Party to kick-off the summer season. Admission is free, season pool passes are sold at a discounted rate during the pool party and food trucks with healthy food options are on hand for folks to purchase snacks/dinner. We also raffle off a variety of sizes of Coast Guard approved Lifejackets. The Aquatic staff lead group activities such as "Simon Says" in the zero depth entry/beach area, have dive contests, "Race the Lifeguard" in the competition pool as well as sand activities in our sand volleyball court. Information on our summer programming (learn to swim, lap swim etc.) and special events along with water safety information is handed out to all who attend.

**Age Group:** 0-100

**Program or Special Event:** Special Event

**Length:** 2 hour special event, **Number of Participants:** average 300-400 participants

**Season:** Offered the Friday night before our summer season begins.

**Main Goal or Objective:** Main objective of our Fit Families Program is to encourage families to recreate together in a fun and safe manner and to learn healthy alternatives to "quick" on-the-go meals and snacks. Sharing as much water safety information as we can with the public is also very important to us, as well as encouraging participants of all ages to take advantage of the programs we offer throughout the summer.

**Highlights:** Much of our cost is supplemented through grants we've received. Other than staffing, the only real "cost" of this event is the purchase of raffle items.

**Submitted by:** Jill Ruot, City of Apache Junction Recreation Coordinator  
(480) 474-5248 jruot@ajcity.net

**Title:** Flick & Float

**Description:** Movies in the pool.

**Age Group:** All ages

**Program or Special Event:** Special Event

**Length:** 2 hours

**Number of Participants:** Pools maximum capacity

**Season:** Every Friday evening

**Main Goal or Objective:** To promote families; giving the community families a fun and safe activity that can be done together.

**Highlights:** Every Friday evening from 7:00 to 9:00 pm we play a movie on our big screen t.v. that is located on the deck on the north side of the shallow end. We also hook up speakers for better sound. These movies are rated PG-13 and below, and are generally new releases. Participants are allowed to bring their own floatation devices or borrow one of our water park tubes. We have single and double tubes. Patrons are allowed to float in the shallow end at their leisure.

Children under the age of 10 must be accompanied by an adult. The deep end is closed. All patrons must stay in the shallow end. This is not a general swim, so there is no kind of horse-play allowed.

2 lifeguards are on duty at all times. This time frame is added into their normal work day.

**Submitted by:** Al Fuller

White Sands Aquatic Center Aquatic Director

**Title:** Floating Punpkin Patch

**Description:** We put 125 small (cannonball sized) pumpkins in our shallow water area and had kids 'bob' for pumpkins and then decorate them.

**Age Group:** 10-Mar

**Program or Special Event:** Special Event

**Length:** 60m

**Number of Participants:** 125

**Season:** pre-halloween

**Main Goal or Objective:** To bring kids to the indoor pool for a fall activity

**Highlights:** 200 -- arts, pumpkins

no charge but plan to adjust next year with a small enrollment fee or sponsor (local pumpkin patch, likely)

**Submitted by:** Kate Connell

City of Iowa City Asst Aquatic Supervisor (319) 887-6127 katherine-connell@iowa-city.org

**Title:** Fort Sill Commander's Cup Intramural Swim Meet

**Description:** Soldiers swim for their Brigade to earn points towards winning the yearly Commander's Cup. Swimming is 1 of 17 sports offered to the Soldiers through Intramural Sports.

**Age Group:** 18+

**Program or Special Event:** Special Event

**Length:** 1 day, approx 6 hours

**Number of Participants:** 250-350

**Season:** once a year

**Main Goal or Objective:** Soldiers have a chance to swim 1 heat in each event offered. Events are: Women 400m Free Relay, Men 400m Free Relay, Women 50m Free, Men 50m Free, Women 200m IM, Men 200m IM, Women 800m Free, Men 800m Free, Women 100m Breast Stroke, Men 100m Breast Stroke, Women 100m Back, Men 100m Back, Women 100m Butterfly, Men 100m Butterfly, Women 100m Free, Men 100m Free, Women 200m Medley Relay, Men 200m Medley Relay. The top overall 3 Brigades earn their points towards the yearly Commander's Cup.

**Highlights:** There is no budget for this. We close the pool to patron usage during this event; however, the patrons are allowed to observe from the observation deck.

**Submitted by:** Jason Browning

Fort Sill MWR Sports, Fitness & Aquatics Aquatic Manager (580) 442-6200 jason.w.browning.naf@mail.mil



**Title:** GROUP SWIM LESSONS

**Description:** LEVEL I: INTRODUCTION TO WATER SKILLS

LEVEL II: FUNDAMENTAL AQUATIC SKILLS

LEVEL III: STROKE DEVELOPMENT

LEVEL IIII: STROKE IMPROVMENT

Parent & Child Lesson

**Age Group:** OPEN TO ALL AGES

**Program or Special Event:** Special Event

**Length:** 30-45 MINUTES

**Number of Participants:** 5 PER INSTRUCTOR \*\* NO MORE\*\*

**Season:** SUMMERTIME/YEAR AROUND

**Main Goal or Objective:** Level 1 – Introduction to Water Skills (Age: 3-4 years+)

The class is for the beginner who is comfortable in the water.

Swimmers learn basics of swimming: bobbing, going under water, supported front and back floating, supported rolling over from front to back and back to front, supported gliding, supported flutter kick, supported front crawl arms and jumping in the water.

Level 2 – Fundamental Aquatic Skills (Age: 4-5years+)

Swimmers should already be able to float on front and back and put head under water.

Swimmers will work on: independent front and back floating , independent rolling over from front to back and back to front, independent front and

back glides, front crawl arms and kicks, back crawl arms and kicks, retrieving underwater objects, and jumping into water over their head.

Level 3 – Stroke Development (Age: 5-6+)

Swimmers should already be comfortable swimming front stroke and swimming on their back.

Swimmers will work on: gliding, freestyle with side breathing, backstroke, breast stroke and dolphin kicks, retrieving objects in deeper water, treading water, jumping into deep water and compact dives.

Level 4: Stroke Improvement (Age:6+)

Swimmers have already mastered the stroke basics and will receive explicit instruction on

improving technique for strength and endurance. Swimmers will work to swim the

length of the pool. Introductory diving skills, butterfly, water safety and lifesaving skills

are also taught in level 4.

Parent and Child Aquatics (Age: 6 months – 3 years)

Designed to give young children a head start on swimming, to get comfortable in the water and begin to work on basic skills while interacting with instructor and other children in a fun and safe environment. 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. Lessons are fun-filled and help introduce water safety concepts, encouraging a healthy recreational habit that your entire family can enjoy.

**Highlights:** When it comes to group lessons, keeping them as engaged as possible. Always be prepared and have games already in mind. When it comes to group lessons it is a little more tough to keep kids engaged for the time frame of the class. It is very smart to have a "teaching Aid" to assist you when it comes to group lessons for safety reasons as kids will try to jump in the water, hold their breath for long periods of time, or goof off. By having a teaching aid, they can keep the kids occupied by focusing on blowing bubbles while the instructor has a little one on one time with other students.

**Submitted by:** Leah LeMaire

NAS-CORPUS CHRISTI MWR LEAH.LEMAIRE@NAVY.MIL

**Title:** Healthy Kids Extravaganza

**Description:** One in three children in the United States is overweight or obese. Childhood obesity puts kids at risk for health problems such as type 2 diabetes, high blood pressure, and heart disease. But there are opportunities to change these trends. The CSD encourages your family to make healthy changes together! This FREE event offers arts & crafts, healthy food options, fitness challenges, interactive demonstrations, and swimming!

**Age Group:** all ages

**Program or Special Event:** Special Event

**Length:** 3 hours

**Number of Participants:** dependent on the capacity of your facility

**Season:** first Saturday of September

**Main Goal or Objective:** The main goal is to introduce families to a variety of healthy lifestyle choices. Booths are set up that include fitness challenges and educational information. Interactive demonstrations of classes and programs are offered throughout the event. Healthy food choices are available for lunch and snacks. The swimming pools are open for families to swim.

**Highlights:** Kaiser Swim for Fitness booth

Healthy goals Arts & Crafts

Educational information including internet safety, bike safety, healthy food choices, etc.

**Submitted by:** Elizabeth Silva, Cosumnes CSD Recreation Coordinator  
(916) 405-5600 lizysilva@csdparks.com

**Title:** Inner Tube Water Polo

**Description:** N/A

**Age Group:** 16 years of age or older

**Program or Special Event:** Special Event

**Length:** Games are held on a weekday evening

**Number of Participants:** N/A

**Season:** N/A

**Main Goal or Objective:** Exercise and fun!

**Highlights:** -This program is a fun yet challenging way to play water polo while an inner tube.

-Participants should be 16 years of age or older.

- Water polo experience is not necessary.

- During the first few minutes of the game we will be teaching you how to pla

**Submitted by:** Terry Smith

West Valley City Family Fitness Center Aquatic Coordinator

**Title:** Just Tri! Youth Triathlon

**Description:** Kids of all ages and fitness levels are encouraged to swim, bike, and run! Participation awards are handed out upon completion. Must have a helmet for the bike portion to participate. This event is for participation only, times are not recorded.

Group 1: 6-8 year old's (swim 25 meters, bike .9 miles, run .25 miles)

Group 2: 9-11 year old's (swim 75 meters, bike 4.4 miles, run 1 mile)

**Age Group:** 6-8yrs and 9-11yrs

**Program or Special Event:** Special Event

**Length:** Approximately a little over an hour.

**Number of Participants:** We usually have around 80 participants.

**Season:** Last Sunday in July

**Main Goal or Objective:** The main goal is to get kids active and trying new things. We do not time our youth triathlon because the event is so kids can try out all three activities to see if they like it. There are more competitive youth triathlons around that kids can participate in if they're looking for times.

**Highlights:** We ask local businesses for sponsorship. We ask for support through volunteers, cash donations, vendor booths, giveaways or contributions to participant goodie bags. Local grocery stores will donate granola bars and fruit for after the race.

Volunteers are the only way this event can happen. We need around 45 volunteers for the race to run smoothly. We have participants bike on streets and run around a nearby pond. We need to have volunteers throughout both areas to ensure kids stay on course. We have volunteers at the finish line handing out medals to all participants. We have

volunteers in the transition area to assist kids with setting up their bike and then finding their bike after the swim. We do not allow parents in the transition area since it is small and easier if two volunteers assist all participants. The swim portion takes place at the indoor pool and volunteers will line kids up in their heats and then walk them to their lanes.

In the parking lot during the event for participant siblings and after the event we have face painting, games, and a bounce house.

**Submitted by:** Ashley Kipp

City of North Liberty Aquatic Supervisor (319) 626-5707  
akipp@northlibertyiowa.org

**Title:** Kids / Youth / Teens "Splash Dance"

**Description:** Dance at the pool.

**Age Group:** 6 and up

**Program or Special Event:** Special Event

**Length:** 4 hours

**Number of Participants:** Pools maximum capacity

**Season:** Quarterly (4 times a year)

**Main Goal or Objective:** To provide the community youth with a special activity and a change of venue.

**Highlights:** This activity is sponsored by the White Sands Youth Services and hosted by the Athletic Center. During the four (4) hour time period. We have a d.j. (including all the lights and extras). Karaoke, food and drinks, and a video concert in the pool (played on our big screen). Staff is provided by the youth services to help supervise. The dance portion of the program is done on one of our sundeck.

To enter the dance participants must be of the proper age, and must be a member or potential member of Y.S. Once the participants leave the facility, they are not allowed back in. Lifeguard times is included into their normal work day. Aquatic Director's time is volunteered. The d.j. and food are paid for by the Y.S. Income is split 50/50 with Y.S. There is not cost to the Aquatic Center.

**Submitted by:** Al Fuller

White Sands Aquatic Center Aquatic Director

**Title:** King Triton & His Merry Mermaids

**Description:** Take a trip under the sea and stay on dry land at the same time! King Triton & His Merry Mermaids are coming to the Indoor Pool at NAS Jax on Saturday, Dec. 1 from 9 - 11 am.

Children and families can meet and take photos with a couple of mermaids and even King Triton all for free! There will be light refreshments and a craft area that will give you and your little ones a chance to create and decorate a personalized frame to cherish the special moment forever.

Please note this event is shore-based only. No swimming will be allowed. No pre-registration necessary.

**Age Group:** 0-99

**Program or Special Event:** Special Event

**Length:** 2.5 hours

**Number of Participants:** 175

**Season:** Christmas Season

**Main Goal or Objective:** for the children to see and get their pictures with the mermaids and king triton. and for the families to have some fun

**Highlights:** the budget was \$1500 which included: mermaids, photo booth, fun fish hat, arts and craft projects, decorations and costumes.

**Submitted by:** Tara Mayer

MWR NAS Jacksonville Aquatics Coordinator (904) 424-2701  
tara.mayer1@navy.mil

**Title:** Late Night at Leach-Pool Party

**Description:** At Florida State University during what is called "Summer C" the recreation center hosts events every Thursday evening to engage the new freshman and students taking summer classes at FSU. Each of these events is themed and the largest attended one was our "Pool Party". We had key logs rolling, inner tubes to hangout on, paddleboard tug-o-war, a cannon ball competition, canoe battleship and cooked smores on the back deck.

**Age Group:** 18-26 (College students), **Program or Special Event:** Special Event

**Length:** 5pm-9pm, **Number of Participants:** 200

**Season:** Summer C- End of June till End of July

**Main Goal or Objective:** To engage the student population in activities offered by campus recreation that increase retention and a students sense of belonging at FSU.

**Highlights:** There are 5 weeks in the "Summer C" semester and we host an event every Thursday night. We structure the events based on what we are already doing and have currently staffed. We only add 1 additional lifeguard and a lot of the professional staff come in on their own time to make sure the event is a success. The department was granted \$2500 to cover all 5 events. Over the course of all 5 events Campus Recreation was able to engage over 1600 FSU students.

[https://drive.google.com/file/d/19Agr5wt-9ohuwvpiDDw1cUvBDBBs\\_SOH/view?usp=sharing](https://drive.google.com/file/d/19Agr5wt-9ohuwvpiDDw1cUvBDBBs_SOH/view?usp=sharing)

This link is a break down of what we did at each event and how we used the budget.

**Submitted by:** Lizzie Milkas, Florida State University-Campus Recreation Coordinator of Aquatics (850) 644-4531 emilkas@fsu.edu

**Title:** Making A Splash - The Kappen Aquatic Center is Celebrating our "10 Year Anniversary" - with 10 Activities/Events - over 10 Months this School Year" --- "Making A Splash"

**Description:** The Kappen Aquatic Center is "Making A Splash" For the 2018-2019 School Year!!! The Kappen Aquatic is celebrating our 10 Year Anniversary with a School Year long celebration....

The KAC is Celebrating "10 Years - with 10 Activities/Events - over 10 Months this School Year" --- "Making A Splash"

The September kick off was a school wide activity open to everyone...

~~~Celebrate with the Kappen Aquatic Center~~~

"Make A Splash" for our Sensational Spectacular Splashing September

and help us celebrate our 10 years this School Year!

Age Group: 21-Mar

Program or Special Event: Special Event

Length: 10 Months

Number of Participants: 200

Season: School Year 2018 - 2019

Main Goal or Objective: The Kappen Aquatic Center is "Making A Splash" For the 2018-2019 School Year!!! The Kappen Aquatic is celebrating our 10 Year Anniversary with a School Year long celebration....

The KAC is Celebrating "10 Years - with 10 Activities/Events - over 10 Months this School Year" --- "Making A Splash"

Celebrating and Honoring the KAC on 10 Years in Operation continually serving our students at Overbrook School for The Blind who are Blind and or Visually Impaired.

Highlights: The Kappen Aquatic Center is "Making A Splash" For the 2018-2019 School Year!!! The Kappen Aquatic is celebrating our 10 Year Anniversary with a School Year long celebration....

The KAC is Celebrating "10 Years - with 10 Activities/Events - over 10 Months this School Year" --- "Making A Splash"

September - Sensational Splashing September

October - Octubular Octopus October

November - Knock Out November

December - Dazzling Dolphin December

January - Jammin January

February - Finding Damaris February

March - Mermaid March Madness

April - Flower Fiesta April

May - Tropical Wavy May

June- Jumpin June

Budget - \$5,000-\$10,000

Submitted by: Damaris Shiavi -Schaefflein

Overbrook School for the Blind Aquatic Center Coordinator (215) 877-0313 dshiavi@obs.org

Title: Masters Swim Championship

Description: Swim Meet

Age Group: 18 years and older

Program or Special Event: Special Event

Length: N/A

Number of Participants: 50 plus

Season: Once a year (annual)

Main Goal or Objective: To host the New Mexico Masters swimming for their championship meet.

Highlights: For one day, we are the hosts to the New Mexico masters swimming for their championship swim meet. This meet is run just like any other swim meet. However, it is broken down to age groups. After the meet, there is a complimentary pasta dinner for the participants.

Swimmers must be members of the masters swim league.

The aquatic center covers the cost of the ribbons and all income is split with the masters association.

Submitted by: Al Fuller

White Sands Aquatic Center Aquatic Director

Title: Milk Jug Regatta

Description: Build and race your own raft using recycled milk jugs and tape. Prizes for most original design and fastest raft.

Age Group: 11-Jun

Program or Special Event: Special Event

Length: 90 minutes

Number of Participants: 15

Season: summer

Main Goal or Objective: Keep kids active and busy. Fun around the pool.

Highlights: \$15 duct tape. The rest was recycled materials.

Submitted by: Jessica Heller

Elite Sports Clubs Aquatics Director (262) 241-4250
jessicaheller@eliteclubs.com

Title: National Aquatic Safety Month

Description: Free Drop In Swim Lesson & Water Safety Class

Every Saturday in May for one hour we give a free swim lesson to all children in our facilities at the time. The class is made up of the Red Cross Whales Tales Program and Level 1,2,3 Swim Lessons. This event leads into our Summer Season and serves as a kick off to lesson registration.

Age Group: 4 to 10

Program or Special Event: Special Event

Length: 30 mins to an Hour

Number of Participants: Depends on number of instructors present

Season: May

Main Goal or Objective: There are two goals: PROMOTE WATER SAFETY, PROMOTE SWIM LESSONS.

Highlights: Use Whale Tales Videos and Posters to cover relevant safety topic, and then move students to pool and teach some aspect of swimming, finally discuss with children the importance of activating the emergency action plan. (Call a lifeguard, notify an adult).

Submitted by: Michael R. Bell

MWR Hawaii Schofield Barracks Aquatics Manager (313) 978-4036
mrbell313@gmail.com

Title: National Therapeutic Recreation Week

Description: Therapeutic Recreation Events

Age Group: N/A

Program or Special Event: Special Event

Length: One week out of the year

Number of Participants: N/A

Season: N/A

Main Goal or Objective: N/A

Highlights: This year's theme is "Therapeutic recreation - our greatest contribution - quality of life." Therapeutic recreation services seek to enhance the quality of life for individuals with disabilities. Services are offered in a variety of settings including hospitals, community recreation centers, nursing homes, rehabilitation centers and schools.

Submitted by: Emily Schatzel

Ellsie Stuhr Center Therapeutic Recreation Coordinator

Title: Noon Years Eve Splash

Description: New Years Eve Party held at pool with a countdown to 1200 for the kids. Everyone climbs out of the pool and jumps in at the end of the countdown

Age Group: Families/Youth

Program or Special Event: Special Event

Length: 5 hours

Number of Participants: 350

Season: New Years Eve

Main Goal or Objective: Family Fun Party - Family Friendly New Years Eve Party

Highlights: countdown to noon provides an opportunity for kids who can't/don't stay up until midnight to countdown to the new year in a fun way. We provide decorations and activities on the pool deck as well

Submitted by: Robyn Gross

Naval Base Kitsap Aquatics Manager (360) 315-2131
robyn.gross@navy.mil

Title: Play Safe

Description: Play Safe is a drowning prevention. At the event we had lay responder CPR lessons going on. Adults and kids alike were able to practice compressions on our manikins. Lifeguards also performed a passive deep water rescue as well as a deep water spinal to demonstrate to guests the dangers of drowning while also showing how hard are lifeguards work. We also set a photo booth where guests could dress up like a lifeguard. This was an effort to shed a positive light on Lifeguards as they are often seen as the negative rule enforcers. Kids and adults loved it!

Age Group: All ages.

Program or Special Event: Special Event

Length: 2 hours, single day

Number of Participants: Approx. 200

Season: July-Summer

Main Goal or Objective: To teach water safety and drowning prevention to guests at the waterpark.

Highlights: Budget was \$0. We used resources we had on hand. We used water safety literature from Safe Kids Tarrant County. They also provided water safety Clifford books to hand out to kids.

Submitted by: Madison Bass

City of Hurst Recreation Coordinator (817) 788-7348 mbass@hursttx.gov

Title: Pool of Pumpkins

Description: The swimming pool is transformed into a floating pumpkin patch! This event includes pumpkin decorating, carnival games, movie time, scavenger hunts, and more!

Age Group: all ages

Program or Special Event: Special Event

Length: 3 hours

Number of Participants: depends on capacity of your facility

Season: October, before Halloween

Main Goal or Objective: We fill the pool with pumpkins (they float). Participants can pay \$5 to pick a pumpkin from the pool. We have a decoration station participants can decorate their pumpkin at. Additionally we have carnival games, a movie playing, a scavenger hunt, and various other activities.

Highlights: Floating pumpkins in the pool

Submitted by: Elizabeth Silva

Cosumnes CSD Recreation Coordinator (916) 405-5600
lizysilva@csdparks.com

Title: PRIVATE SWIM LESSONS

Description: LEVEL I: INTRODUCTION TO WATER SKILLS

LEVEL II: FUNDAMENTAL AQUATIC SKILLS

LEVEL III: STROKE DEVELOPMENT

LEVEL IIII: STROKE IMPROVMENT

Parent & Child Lesson

Age Group: OPEN TO ALL AGES

Program or Special Event: Special Event

Length: 1 HOUR

Number of Participants: 1 PER INSTRUCTOR/2 MAX

Season: SUMMERTIME/YEAR AROUND

Main Goal or Objective: Level 1 – Introduction to Water Skills (Age: 3-4 years+)

The class is for the beginner who is comfortable in the water.

Swimmers learn basics of swimming: bobbing, going under water, supported front and back floating, supported rolling over from front to back and back to front, supported gliding, supported flutter kick, supported front crawl arms and jumping in the water.

Level 2 – Fundamental Aquatic Skills (Age: 4-5years+)

Swimmers should already be able to float on front and back and put head under water.

Swimmers will work on: independent front and back floating, independent rolling over from front to back and back to front, independent front and

back glides, front crawl arms and kicks, back crawl arms and kicks, retrieving underwater objects, and jumping into water over their head.

Level 3 – Stroke Development (Age: 5-6+)

Swimmers should already be comfortable swimming front stroke and swimming on their back.

Swimmers will work on: gliding, freestyle with side breathing, backstroke, breast stroke and dolphin kicks, retrieving objects in deeper water, treading water, jumping into deep water and compact dives.

Level 4: Stroke Improvement (Age:6+)

Swimmers have already mastered the stroke basics and will receive explicit instruction on

improving technique for strength and endurance. Swimmers will work to swim the

length of the pool. Introductory diving skills, butterfly, water safety and lifesaving skills

are also taught in level 4.

Highlights: Very easy to promote in local community or doing as a side job self employed. Parents are ALWAYS looking to teach their littles ones to swim or float to prevent any drowning or safety issues.

Submitted by: Leah LeMaire

NAS-CORPUS CHRISTI MWR LEAH.LEMAIRE@NAVY.MIL

Title: Pumpkin Bob

Description: Pumpkin Bob

Join us for a Pool Pumpkin Patch! After enjoying some time in our pools join us on our patio for fall activities and a chance to win prizes!

When: Sunday, October 7

Time: 1:00 – 3:00pm

Fee: Free to members or to those who have paid the daily rate.

Age Group: All Ages

Program or Special Event: Special Event

Length: 2 hours

Number of Participants: 100 max

Season: One date offered in October

Main Goal or Objective: Families to gather and collect a pumpkin for the Fall. Then enjoy fall activities such as pumpkin decorating, poke a pumpkin(punch out spot to collect prize), pumpkin toss, cookie decorating and small carnival games.

Highlights: Families to gather and collect a pumpkin for the Fall. Then enjoy fall activities such as pumpkin decorating, poke a pumpkin(punch out spot to collect prize), pumpkin toss, cookie decorating and small carnival games. Two large pumpkins bins (like you see at the store) were purchased for \$200 an additional \$100 was spent on all other supplies.

Submitted by: Matt Rice

City of Dublin Aquatics Program Coordinator (614) 410-4567
mrice@dublin.oh.us

Title: Puppies in the Pool

Description: Provide an opportunity for puppies/dogs to have water play in our zero-depth Activity Pool (0-4 feet deep). Dogs and owners are assigned time slots based on weight class, which dictates when dogs are permitted in the water. We provide tennis balls (donated by our Tennis Unit) for the dogs to fetch and play with in the water. The Activity Pool spray features are on (sprayers, water cannons, dump buckets, etc), however, the Playhouse and all slides are blocked from dog access.

Age Group: Group 1: Under 40 pounds. Group 2: Over 40 pounds.

Program or Special Event: Special Event

Length: Offered once a year. A two day event/6 time slots offered.

Number of Participants: 150 dogs and their owners. For many, this is a "family" affair-not necessarily one dog/one owner.

Season: October

Main Goal or Objective: Cater to the canine community by providing an opportunity where dogs can experience playing in the water in a controlled environment. Also provides "non-water" dogs an opportunity to "stick a paw" in and "test" the waters.

Highlights: There are strict guidelines for the dogs and their owners to participate. Some of the requirements are: owner must provide current Rabies Vaccination Certificate (Rabies, Bordetella, and one of: DAPP, DA2PP, or DHPP) at time of registration (we verify and return certificate). Dogs must be spayed or neutered, over 6 months of age and on a leash when not in the water. For those that pre-register, they are issued a "Puppy Express Pass", which entitles them to bypass the line of those who are registering the day of the event. We also partner with our local Pet Ad-Litem (PAL) organization and for a donation, they will provide a bath and towel dry on the dog's way out.

The fee for this special event is \$4.00 per dog & \$4.00 per human.

This event is approved by our Health Department. No humans are permitted in the water while the dogs are in the pool. The Activity Pool and surrounding deck area is separated by portable fencing, keeping the dogs secured in one location and still allowing the public to access our 50m pool and changing facilities.

Once the event has concluded, our pool maintenance staff drains and disinfects the Activity Pool and surrounding deck areas before refilling and reopening to the public.

This particular facility is open 7 days a week - set up and break down does not require additional facility hours, however it does require additional Lifeguard staff. Staff assists with: check in, "fetching the tennis balls" (using a skimmer net from the sides of the pool), gate patrol and the ever famous "other duties as required". For this particular event, staff scheduling is usually NOT a problem. We get the temporary fencing from our Parks Maintenance Unit. All advertising is produced "in-house" (fliers, trip fold brochures, signage).

Submitted by: Lori Di Guglielmo

City of Tallahassee Parks Recreation & Neighborhood Affairs Pool Supervisor (850) 891-2502 LORI.DIGUGLIELMO@TALGOV.COM

Title: Pups at the Pool

Description: Charlottesville Parks & Recreation and the Charlottesville-Albemarle SPCA will be hosting Pups at the Pool on Sunday, September 23, 1:00 – 5:00 pm at Washington Park Pool. The event features a dog swim in Washington Park Pool as well as adoption services – the CASPCA Compassionate Care-A-Van will be on-site with dogs eligible for adoption.

This is a unique way for our canine companions to exercise and socialize with other dogs in a safe and enclosed environment. Swimming is restricted to dogs only. Pet owners need to remain on deck and in-sight of their Pups at all times.

Admission is free. There is no pre-registration and the event is first-come, first-serve with a maximum of 50 dogs per swimming time listed below:

1:00 – 2:45 pm: Dogs under 50 lbs.

3:00 – 4:45 pm: Dogs over 50 lbs.

Age Group: All ages

Program or Special Event: Special Event

Length: Once per year

Number of Participants: 54 dogs and 75 humans

Season: September

Main Goal or Objective: The goal was to allow community members to bring their dog(s) to swim at one of our Parks and Recreation facilities. This is a fenced in area that dogs can be off leash with an area for them to exercise and socialize. There are a number of dog parks in the City but none that have an open space for dogs to swim. Additionally partnering with the SPCA, we were able to bring awareness to the shelter and dogs that were up for adoption.

Highlights: This was the first time in over 10 years that the City offered this type of event. The pool used has a large zero-depth area for dogs of all sizes to enter. We had 3 staff (1 Customer Service Attendant and 2 Lifeguards) on for the event. There were two time slots based on the weight of the dogs. This was to keep larger dogs from harassing smaller dogs. This was a free admission event with a capacity of 50 dogs per time slot. Current vaccinations are required. In the future, we would look for additional sponsors to deffer costs even further.

Submitted by: Algreatus "Gator" Batton

Charlottesville Parks and Recreation Assistant Aquatic Operations
Manager (434) 970-3567 battona@charlottesville.org

Title: Raft Time

Description: Fun time in the water with rafts.

Age Group: Any

Program or Special Event: Special Event

Length: Sporadically / Intermittently Monday - Friday 5-8 pm

Number of Participants: Safety determines numbers

Season: Every day

Main Goal or Objective: N/A

Highlights: Kids can use inner tubes to ride around on or in our diving well.

No diving through tubes.

Submitted by: Christy Budell

Nampa Recreation Center Aquatic / Program Coordinator

Title: Rob Fleming Aquatic Center 10th Birthday Party

Description: In June 2018, The Woodlands Township celebrated the 10th anniversary of the opening of our aquatic center by giving it a "10th Birthday Party", complete with all the things you need for a 10 year old's party. We brought in bounce houses, a lifeguard dunk tank, a face painter, cookies and drinks, and lots of party favors (kazoos, beach balls, etc.) and gave them out to everyone who came out.

Age Group: All ages

Program or Special Event: Special Event

Length: 4 p.m. to 8 p.m.

Number of Participants: ~1,000

Season: One time. June 24, 2018

Main Goal or Objective: The goal for this event was to celebrate ten great years at an awesome community swimming facility, and draw long-time residents' attention back to a location that they might not have visited in a while. We waived entrance fees for the last few hours of the day and stayed open late so that everyone could join the party.

Highlights: About \$900 for dunk tank, bounce houses, slip-n-slides, etc. About \$1,000 in party favors. Estimated \$2,500 in forfeited entrance fees. Staff salaries/wages will vary depending on your rates and ratios. We chose to bring in about 10 extra lifeguard staff to run games and provide additional coverage on the water for the expected crowds.

Submitted by: Caroline Johnson

The Woodlands Township Lifeguard Coordinator (281) 210-3913
cjohnson@thewoodlandstowship-tx.gov

Title: Rodney's Great Kids Triathlon (RGKT)

Description: Rodney's Great Kids Triathlon is a competition for kids in various age groups with boys and girls divisions for ages 4-6, 7-8, 9-10, 11-12, 13-14, and 15-17. Swimming leg begins at Mecklenburg County Aquatic Center. Kids finish bike and run in uptown Charlotte. The distance of each leg of competition varies by each age groups. The older the kids, the farther they have to go in each leg of the race:

The Swimming distance ranges from 100 yards to 400 yards.

The bike Rides vary from .7 miles to 3.5 miles.

The Run covers distances from .7 miles to 2.1 miles.

Age Group: 17 and under

Program or Special Event: Special Event

Length: 3 hours

Number of Participants: 100

Season: 4-May-19

Main Goal or Objective: Rodney's Great Kids Triathlon gives children the opportunity to compete in a fitness driven event. We want kids to experience the thrill of racing from the water, to the bike, to the asphalt.

Highlights: Amazing kid program where kids swim in a state of the art Aquatic Facility. Children then bike and run around Marshall Park in beautiful uptown Charlotte.

Submitted by: Matthew Jakubowski

Park and Recreation - Mecklenburg County F (980) 314-1150
matthew.jakubowski@mecklenburgcountync.gov

Title: S.O.A.R. Special Opportunities Available in Recreation

Description: S.O.A.R. is a community therapeutic recreation program serving those who are unable to successfully participate in regular recreation programs, social, leisure and developmental skills are emphasized to promote the highest level of recreational participation possible. This program is sponsored by Bloomington and normal parks and recreation departments.

Age Group: N/A

Program or Special Event: Special Event

Length: N/A

Number of Participants: N/A

Season: Throughout the year

Main Goal or Objective: N/A

Highlights: S.O.A.R. is a community therapeutic recreation program serving those who are unable to successfully participate in regular recreation programs, social, leisure and developmental skills are emphasized to promote the highest level of recreational participation possible. This program is sponsored by Bloomington and normal parks and recreation departments.

Submitted by: Kersten Annegers

Town of Normal Parks & Recreation Department Aquatics & Special Events Supervisor

Title: S.O.A.R. Special Opportunities Available in Recreation

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Age Group: N/A

Program or Special Event: Special Event

Length: N/A

Number of Participants: N/A

Season: Throughout the year

Main Goal or Objective: N/A

Highlights: S.O.A.R. is a community therapeutic recreation program serving those who are unable to successfully participate in regular recreation programs, social, leisure and developmental skills are emphasized to promote the highest level of recreational participation possible. This program is sponsored by Bloomington and normal parks and recreation departments.

Submitted by: Kersten Annegers

Town of Normal Parks & Recreation Department Aquatics & Special Events Supervisor

Title: Shark Week

Description: (Choose dates to coincide with Discovery Channel's Shark Week.) Celebrate shark week with activities at the pool. Monday Tie Dye Party, Tuesday Water Survival, Wednesday Hawaiian Luau, Thursday Sidewalk Chalk Art Contest, Friday Surf's Up surfboard/raft building.

Age Group: 11-Jun

Program or Special Event: Special Event

Length: 90 minutes each day, 5 days

Number of Participants: 10

Season: July--coincide with Discovery Channel's Shark Week

Main Goal or Objective: Drop-off activity for youth.

Highlights: \$75--most of the materials were recycled materials or used from other programs.

Promoted with inflatable sharks in the lobby area with old kickboards that we cut to look like the sharks bit them. Program info was written on the kickboards.

Submitted by: Jessica Heller

Elite Sports Clubs Aquatics Director (262) 241-4250
jessicaheller@eliteclubs.com

Title: So Long Summer - Hawaiian Luau

Description: Join us for a final tribute to Summer, munch on watermelon and sip lemonade while listening to Summer tunes. Enjoy a game of beach ball volleyball or join in a round of frisbee golf.

Age Group: N/A

Program or Special Event: Special Event

Length: N/A

Number of Participants: N/A

Season: End of Summer

Main Goal or Objective: N/A

Highlights: Warm sun, Hawaiian music, tropical food and hula dancing. Be a part of the fun or relax in a local version of a tropical paradise, music, games and prizes for all.

Submitted by: Emily Schatzel

Elsie Stuhr Center Therapeutic Recreation Coordinator

Title: Soggy Doggy Splash Party

Description: Bring your four legged family member, with proof of vaccination, to this end of the summer season dog swim. Animal vaccinations will be checked at the admission gate of the aquatic center. Owners are not allowed in the water due to Pinellas County Health Department regulations. dogs are seperated based on height:

11am -1pm dogs smaller than 21 inches tall (usually 45-65 dogs)

1:30 - 3:30pm dogs taller than 21 inches (usually 130-160 dogs)

Admission of \$7 for the dog but owners are free. Owners receive a swag bag for each of their dogs attending.

Bonus Day is following Sunday from 12-3pm with reduced rate of \$5 per dog (with Sat token) or \$10 without special token (usually 120-140 dogs).

Age Group: Families with dogs

Program or Special Event: Special Event

Length: Sat event is 2 hours (11am-1pm) or (1:30-3:30pm). The bonus day is Sunday from 12-3pm.

Number of Participants: Sat event attracts an estimated 270 dogs with 450 owners and Sunday bonus is estimated 130 dogs and 250 owners.

Season: Always on Vetrerans weekend (Sat/Sun) following the close of our season..

Main Goal or Objective: Dogs enjoying the water and fellowship of all breeds of dogs, off the leash in our aquatic center;

Onsite veterinarian sponsor provides care and information;

Onsite sponsor provides free food samples designed for specific breeds and or size dogs;

Free swag bag per owner for each dog participating;

Reduced rate token or collarband provided for access on Sunday Bonus Day at reduced rate

Highlights: Soggy Doggy event admission revenue = \$1526.00

Bonus Day revenue = \$ 1030.00

Snack Bar (2 days) = \$460.00

TOTAL GROSS REVENUE = \$3016.00

Personnel Expenses = \$486.00 + \$421 (LG and snack bar both days) Total of \$907.00

Supplies - \$350.00

Food = \$170.00

Printing/Advertising = \$100.00

TOTAL EXPENSES (both days) = \$1527.00

Net Revenue including staffing = \$1489.00

Net Revenue without staffing = \$2396.00

Sponsorship = veterinarian (1200), pet store (1500) = \$2700.00 of cash and inkind services

Submitted by: Mark Abdo

Largo Recreation, Parks and Arts Department Recreation Program
Supervisor (727) 587-6720 mabdo@largo.com

Title: Splash Day!

Description: Splash Day is a community-wide event in The Woodlands, held annually on the Fourth of July. All 14 pool operated by the Township are open free to the public on this day as part of a day-long event starting with a community parade in the morning and ending with concerts and fireworks shows in the evening. Lifeguard staff decorate each pool with a unique family-friendly theme and compete to "win" the day. Light snacks and refreshments are provided while supplies last. Games are run between noon and 4 p.m., or peak attendance times.

Age Group: All ages

Program or Special Event: Special Event

Length: 10 a.m. to 6 p.m.

Number of Participants: ~8,000, **Season:** 4-Jul

Main Goal or Objective: The main goal is to give residents a place to go to celebrate the July 4th holiday with their neighbors, and perhaps re-discover a local amenity that they may have forgotten.

Highlights: Expenses will vary based on number of locations and staff size. Each pool supervisor is given \$300 in early June to buy decorations and costumes; in turn, local businesses are recruited to sponsor individual pools for \$500, which allows them to mount a banner, set up a booth, and advertise (but not sell) during the event. A "Presenting Sponsor" is found at the \$3,000 level, usually a local grocer, who provides water, Gatorade, and light snacks (chips, cookies, candies) for all 14 locations. Extra staff is brought in to handle the crowds and lead games for the kids.

Submitted by: Caroline Johnson

The Woodlands Township Lifeguard Coordinator (281) 210-3913
cjohnson@thewoodlandstowship-tx.gov

Title: SplashDash 5K Run/Walk

Description: The SplashDash is a fundraising event supporting Drennen's Dreams national drowning prevention efforts. Drennen's Dreams delivers impactful presentations to lifeguards, aquatics professionals and facility owners. Our presentations enhance their training creating greater confidence and vigilance. This makes pools and waterfronts safer and more enjoyable for children, families and all of us. Each year we reach tens of thousands of lifeguards and aquatics staff. The funds we raise underwrite our presentations enabling us to reach a growing audience locally, regionally and nationally. Why? Because there are nearly 3,600 drowning deaths in the U.S. annually, the majority children ages 1-15. Drowning is preventable and that is our mission.

Age Group: All Ages

Program or Special Event: Special Event

Length: 1 day

Number of Participants: 500-600

Season: 2-Jun-19

Main Goal or Objective: This is a community event, family friendly, building connections with the aquatics community and support for Drennen's Dreams national drowning prevention and water safety efforts. We also provide water safety information to local and regional participants, families and communities.

Highlights: Professionally timed and sanctioned event.

20 + sponsors with booths.

Park & Rec. association brings activities for children/youth.

Fitness trainers lead participants in stretching and warm up.

Local restaurants and sponsors provide snacks, beverages.

Homeowners along the course bring out their hoses, water sprinklers, water balloons and other creative ways of providing the 'splash' to participants as they run/walk the course.

Team event, local aquatics teams compete against each other.

Participants receive race medallions, t-shirts and promotion items from sponsors.

Family friendly, pet friendly event with a lot of camaraderie and connection.

Expense budget is between \$10,000-11,000.

The event raises \$15,000-\$20,000 after expenses.

Submitted by: Scott Henderson

Drennen's Dreams Foundation Executive Director (408) 722-8838
shenderson@drennensdreams.org

Title: Splash's Treasure Hunt

Description: This is a pirate themed event at our Highland Family Aquatic Center during the month of July on a Saturday during our scheduled, public admission. Due to its success, two years ago we started selling wrist bands in advance. The event is very popular and sells out each year.

Pirate theme is enhanced with pirate flags, banners, music over the PA system, lifeguards dress to the theme as well. The biggest draw is Ye Mystic Krewe of Santa Margarita who bring about 15 members with hundreds of beads and their 40 foot pirate ship with booming cannons. Every 15 minutes are tours of the ship with Krewe members discussing history, weapons and letting the cannons roar!

Age Group: Families

Program or Special Event: Special Event

Length: 10am-2pm (4 hours)

Number of Participants: 350

Season: Summer - month of July

Main Goal or Objective: Fun, family activity with a pirate theme. Come aboard Ye Mystic Krewe of Santa Margarita's pirate ship but beware of the plank! Hidden treasures are all over the aquatic facility for children to gather during specified treasure hunts. Hunts are divided by age groups 2-4 years, 5-7 years, 8-10 years, 11-12 years. Splash's Snack Bar is open with \$1 hot dogs off the grill.

Ye Mystic Krewe of Santa Margarita members welcome our guests with beads as they enter the aquatic facility;

Tour the Santa Margarita ship with booming cannons and pistols (notify local law enforcement);

Group treasure hunts (provide mesh bags for hunts, life jacket use is free, parents in water with younger children);

Special door prizes for gold coins that are found; door prize drawings for parents;

Prize wheel for all patrons and free ice cream from Twistee Treat

Highlights: \$6/\$9 admission per person (recreation card or not) = \$2080.00

Snack Bar revenue = \$500.00

TOTAL GROSS REVENUE = \$2580.00

Personnel costs (7 LG, 2 snack) = \$566.00

Hunt supplies = \$271.00

Food supplies = \$188.00

Facebook AD = \$50.00

TOTAL EXPENSES = \$1075.00

Donations: Krewe (1500), Twistee Treat (350), Olive Garden (30), Village Inn (100) = \$1980.00

Net Revenue with staff = \$1505.00; Net Revenue without staff = \$2071.00

Submitted by: Mark Abdo

Largo Recreation, Parks and Arts Department Recreation Program Supervisor (727) 587-6720 mabdo@largo.com

Title: Sponsored East Egg Hunt in the pool

Description: Place numbers, color code or whatever to distinguish what type of prize to award.

Age Group: pre-school, K-3 grade, 4-6 grade

Program or Special Event: Special Event

Length: 10 minute intervals

Number of Participants: unlimited

Season: Easter

Main Goal or Objective: Retrieve object from pool bottom; water comfort.

Highlights: In every hour of the school day there is a mandated 10 minute break. During this time on the Friday before Easter we will have a special swim because the kids have no school. Each break has a different age group that will go into different pool depths to retrieve their reward.

Sponsor pays for the rewards and grand prizes.

Submitted by: Vicki Wieseler

Campbell County Parks & Rec Aquatic Manager

Title: Spring Fling

Description: During this event, various stations are set up in and around the pool:

Aquatic Easter Egg Hunt

Raft Races

Diving Contests

Relay Races

Obstacle Courses

Age Group: 12-Jul

Program or Special Event: Special Event

Length: 2 hrs

Number of Participants: dependent on pool size and shape - we have hosted 120/session

Season: Easter/Spring

Main Goal or Objective: Fun for kids that involves physical activity.

Highlights: We advertised this through many of the local schools and have had amazing turn outs for this event!

Submitted by: Lori Sherlock

West Virginia University Associate Professor (304) 293-6509
lsherlock@hsc.wvu.edu

Title: Staycation

Description: Enjoy a "Staycation" this summer

Park Village Pool and City Pool is offering "Staycation" Wednesdays to you and your family this summer. The pools will remain open into the evening on these special days, so bring a picnic dinner and enjoy a summer evening swim.

Age Group: All Ages

Program or Special Event: Special Event

Length: 2 hours

Number of Participants: 60-150

Season: One Wednesday evening June, July and August at each pool

Main Goal or Objective: To keep the outdoor pools open longer on one evening a month through the summer months for families to come swim at a discounted price.

Highlights: We had a 70's night with a karaoke machine, we had an guitarist/singer on another night. The staff would come up with fun pool games for the whole family.

We charge \$7 family of 4; additional \$1.50.

Budget impact was staff staying an extra 2 hours.

Submitted by: Renee Dodson

City of Thornton Rereation Program and Facility Supervisor/Aquatics
(720) 977-5917 renee.dodson@cityofthornton.net

Title: Summer Spectacular

Description: This fun filled event includes music, games and prizes. Games including Water Balloon toss, Spoon Race and Hula Hoop contest just to name a few. All participants received free park goodies (mini beach balls, sunglasses and shaved ice). Paco (our park mascot) even joined in the fun!

Age Group: Ages 5-13

Program or Special Event: Special Event

Length: One time

Number of Participants: 40-50

Season: July

Main Goal or Objective: Fun, kid friendly activity and to promote the park.

Highlights: Park logoed items, shaved ice and staff.

Submitted by: Richard Sharnsky Jr.

Bahama Beach Waterpark/City of Dallas General Manager (214) 671-0821 richard.sharnsky@dallascityhall.com

Title: Super Swim Leasson

Description: Kick Off Summer at the Irvine Super Swim Lesson on June 22

City's free group swim lesson and movie night aims to raise awareness for drowning prevention.

IRVINE, Calif. (May 14, 2018): Kick off summer in the pool with the Irvine Super Swim Lesson on Friday, June 22, at William Woollett Jr. Aquatics Center. Adults and children of all swimming abilities are invited to participate for free in Irvine's largest group swim lesson in an effort to raise awareness for drowning prevention.

Arrive at William Woollett Jr. Aquatics Center at 5:30 p.m. to check in for the on-site swimming lesson, which will start at 6 p.m. Then, stay for a free recreation swim and a screening of the movie Despicable Me 3 at dusk. Learn more at cityofirvine.org/superswim. Lifeguards will be on duty, and an adult must accompany children 6 and younger one-on-one in the water. Irvine Super Swim Lesson is open to ages 3 and older.

William Woollett Jr. Aquatics Center is at 4601 Walnut Ave., Irvine. For more information, call 949-724-6717 or visit cityofirvine.org/aquatics.

Age Group: 6 months through adult

Program or Special Event: Special Event

Length: 4 hours

Number of Participants: 400 plus

Season: 3rd Friday in June

Main Goal or Objective: The Super Swim Lesson is hosted at the start of each summer season to kick off the summer season and help bring awareness to the importance of swimming lessons. The hope is by

providing a free swimming lessons and access to local non-profits we can provide further education on drowning prevention.

Highlights: This free event is funded entirely by the City with no revenue goals. We operate on a supply budget of approx. \$1,000 which covers educational information, balloons, cookie and frosting (for decorating), and all marketing material. Marketing material is provided through the City's website, the facility Facebook page as well as rack cards which are placed at all community centers throughout the City. We also use our rental groups (Novaquatics, Irvine Water Polo, Irvine Swim League, Meraquas of Irvine and North Irvine Water Polo) to host informational booths with carnival games. In 2018, Project Wipeout from Hoag Hospital in Newport Beach and the Orange County Fire Authority also participated by provided sidewalk CPR classes and giving lectures to parents on drowning prevention.

Submitted by: Cory Hilderbrand

City of Irvine Aquatics Supervisor (949) 724-6783
childerbrand@cityofirvine.org

Title: Swim or Dye

Description: Swim or Dye is a Friday night special event alternative for Penn State University Park students featuring the Aquatic programs and services offered through Campus Recreation. The evening consists of a fun safe space for leisure swimming, with trending pool floats; while those looking to stay dry took part in tie-die, yard games, DJ and snow cones! We also used this time to invite aquatic based sport clubs and student interest groups; Aqua Fitness classes, Safety Education Courses, Swim School and employment opportunities!

Age Group: 18-23

Program or Special Event: Special Event

Length: 2 hours

Number of Participants: 200

Season: Late Summer

Main Goal or Objective: Friday night alcohol, tobacco and other drug free event to promote healthy alternatives during the first few weeks of the fall semester. This special event was also a way to promote Campus Recreation and the aquatics facilities to our students.

Highlights: Total cost of program: \$1,515.73

Shirts were provided at no cost due to excess of programming shirts from Campus Recreation in previous years.

Submitted by: Alexandria Luneke

Penn State University Campus Recreation Senior Assistant Director of Aquatics (814) 863-3945 ak1166@psu.edu

Title: Swim With Santa

Description: Join Santa as he takes a dip before his long night of delivering presents. Santa will be available for photos and will listen to children make their Christmas requests. Children be sure to bring your wish list. He will be available to pose for photos with your family. Parents swim free with paid participant. *Photos will be emailed to participants. Craft time and refreshments will be provided.

Age Group: All Ages

Program or Special Event: Special Event

Length: 2 hours

Number of Participants: 31

Season: 21-Dec-19

Main Goal or Objective: To offer a new experience for children to meet Santa, and to incorporate a swimming component with the program. Children experience a lifelong memory of not only sitting on Santa's lap but also splashing around with Ole Saint Nick.

Highlights: Cost of program is \$10. Children are giving the opportunity to sit on Santa's lap and swim him. Photo is provided. Craft time and refreshments are provided through out program.

Submitted by: Matthew Jakubowski

Park and Recreation - Mecklenburg County Facility Manager (980) 314-1150 matthew.jakubowski@mecklenburgcountync.gov

Title: Swim with Santa

Description: During the Holidays we hire our local famous Santa Claus to join us for a Swim with Santa. He is the most believable Santa who has actually had a special "Santa Swim Suit" of red and white made for him. He is super with the kids in the pool and parents absolutely love having their photo taken with Santa in the pool.

Age Group: 3 Months - Adults

Program or Special Event: Special Event

Length: We offer the Swim with Santa during our regular Community Swim Time 2:30 - 4:00pm Once a year annual event.

Number of Participants: 50 - 100 but has the potential for many more

Season: Christmas Season

Main Goal or Objective: Our main goal is to try and keep our Community interested in swimming during the Holiday Season. We love celebrating the Holidays by offering another venue for children to interact with Santa Claus. We also really appreciate that Santa is able to take time out of his busy schedule to join us. He is a great example of how to incorporate fitness even into your busy holiday schedule. This is a great family friendly venue for everyone to enjoy.

Highlights: We also incorporate some games and activities for older children. We have sunk a Christmas Tree and offered underwater decorating there is a short video on our Facebook Page Town of Tillsonburg if you'd like to see one of our Lifeguards adding the first ornament. We've had bags of candy canes sunk to the bottom of the pool for a Candy Cane scavenger hunt. We've completed Reindeer Relays with families involved for fun.

The costs involved in this event are very minor. Santa Claus booking fee, Candy Canes and prizes for any games we offer are the only costs over and above our regular costs during Community Swims.

Submitted by: Julie Dawley

Town of Tillsonburg Supervisor of Aquatics (519) 688-9011
jdawley@tillsonburg.ca

Title: Swim with the Elves

Description: Family Christmas Pool Party

Age Group: Families/Youth

Program or Special Event: Special Event

Length: 5 Hours

Number of Participants: 350

Season: Christmas Season

Main Goal or Objective: Family Pool Party Fun - Christmas Party for military families

Highlights: sunken Christmas Tree for participants to decorate - budget included purchase of artificial tree (this has been reused for multiple years now), purchase of approx. 200 plastic ball ornaments (also reused year to year), and approx. \$250 for goody bag supplies

Submitted by: Robyn Gross

Naval Base Kitsap Aquatics Manager (360) 315-2131
robyn.gross@navy.mil

Title: Teen / Adult Special Interest Activities

Description: Bird Watching, Birding Expedition, Communication Exploration, Computer Fun & Games, Games Extravaganza, Investigate Reports: Your Library and Let's Make Dinner

Age Group: N/A

Program or Special Event: Special Event

Length: N/A

Number of Participants: N/A

Season: N/A

Main Goal or Objective: N/A

Highlights: Bird Watching - Develop your bird identification abilities. Discover the different feathers, colors and markings. Take a day to investigate the birds around the Stuhr Center.

Birding Expedition - What do birds need to survive? Find out what makes a bird a bird in this egg-citing class. Discover first hand as you examine mounted birds and to go on a "birding" expedition.

Communication Exploration - Enhance your speaking abilities. Class focuses on the improvement of your listening and speaking skills leading to an improvement in your ability to communicate, gain confidence and have fun in the process.

Computer Fun and Games - Master the older games and sample our new games. Use your individual computer to explore a variety of games.

Games Extravaganza - Want to learn some new card and board games? Spend an hour learning and playing exciting new games. You'll laugh and have an enjoyable time.

Investigate Reports: Your Library - Discover your local library, get a behind the scenes tour, learn to use the library computers and register for your library card.

Let's Make Dinner - Create your own dinner feast, work with class members to cook your dinner, kitchen safety, meal planning and nutrition awareness are related in class. Emphasis on functional tasks and hands on learning.

Submitted by: Emily Schatzel

Ellsie Stuhr Center Therapeutic Recreation Coordinator

Title: Teen Night

Description: A special night to swim just for TEENS! The past few years we have had a Neon Glow Night theme, with glow-in-the-dark decorations accenting the pool facility. Our local DJ keeps the party going with his upbeat music and dance lights on the pool deck. Teens enjoy pizza/drinks that are provided for by our Youth Advisory Council (YAC). The Aquatics staff and YAC members plan and lead activities for the teens such as dive and dance contests, Glow-in-the-dark volleyball, slide races and more. Cost is \$3.

Age Group: 13-18

Program or Special Event: Special Event

Length: 2 hour special event

Number of Participants: average 200

Season: Once during the summer season

Main Goal or Objective: To provide the teens a safe and fun place to hang out as well as a chance to swim and take part in fun activities without the worry of "little ones" in the pool.

Highlights: Other than staffing, my aquatics budget only pays for the DJ (\$250) as we partner with our YAC who provides the pizza/drinks and any contest prizes.

Cost is \$3 per person to attend.

Submitted by: Jill Ruot

City of Apache Junction Recreation Coordinator (480) 474-5248
jrutot@ajcity.net

Title: Tread A Thon

Description: This is an Annual fundraising event that we offer to raise funds for the Lifesaving Society Drowning Prevention Campaign. Some of our advertising materials include:

THE FACTS

- Drowning is preventable, however, there are still over 250 drownings in Canada every year.
- Ontario has the highest amount of drownings in Canada.
- The highest water fatalities between 2011-2015 were found in seniors, aged 65 and older and young adults, aged 20 - 34

Thank you for picking up your sponsor sheet for the All Day Tread-A-Thon. Let's make this a family event.

All of our aquatic staff are very passionate about this cause and we do our very best every day to try and make every child and adult a swimmer. The money we raise will be donated to the Lifesaving Society's Drowning Prevention program that aims to make all Canadians "Water Smart".

This will be a unique experience because not only will you be helping a great cause, you will also be challenging yourself to see how long you can tread water. Lifeguards are available and we will allow you some flotation assistance if needed. Posters are placed around our facility and in our Community Sponsor sheets are available at our Customer Service Desk. We seek sponsors to provide hourly prizes and a large prize for the largest fundraiser. The sponsors also help provide snacks and drinks for the event.

Age Group: 7yrs and up

Program or Special Event: Special Event

Length: We have offered this event in many formats. We've offered it all day for just staff who took turns treading water all day while we were open during all programs and swims to attract the public's attention. This year we cancelled some swims and offered an

Number of Participants: The biggest turnout we have ever had was 20 but there is so much more potential for more participants.

Season: The event is ran annually sometime in the Fall.

Main Goal or Objective: To raise funds for a worthy cause. To educate the public regarding Drowning Prevention and the use of Life jackets to assist in staying afloat for longer periods of time. This is also a fitness challenge and a real eye opener for those who participate. This year we had four participants manage to make the 8 hour mark but only one made it without the use of any flotation devices.

Highlights: The budget required for this is minimal as our sponsors really help to offset the operational costs of this event. We had 8 prizes for each hour and a large gift certificate for our biggest fundraiser. We had pizza, snacks, as well as hot and cold beverages. For this year we scheduled one Lifeguard for the entire event so that was our only cost.

Submitted by: Julie Dawley

Town of Tillsonburg Supervisor of Aquatics (519) 688-9011
jdawley@tillsonburg.ca

Title: Trout Fest

Description: To foster morale among Soldiers, DOD Civilians and their Family Members within the MDW/NCR-D. This event is open to all eligible ID card holders and their families. Participants will fish for 10-12" trout at the North Post pool. Cost to participate is \$7 to enter and \$3 to rent a pole. A cleaning station will be provided during the event by DFMWR staff and volunteers. There are 10 golden trout that participants are able to catch to get a free prize to take home.

Age Group: all ages

Program or Special Event: Special Event

Length: 1 day

Number of Participants: 350 or as many as your pool can fit!!

Season: Every year in the month of april

Main Goal or Objective: To foster morale among Soldiers, DOD Civilians and their Family Members

Highlights: The total cost for the event is on average \$2,000

Submitted by: Katie Derr

Fort Belvoir Aquatics Aquatics Program Manager (703) 805-2620
katherine.a.derr.naf@mail.mil

Title: Troutfest

Description: Trout fishing in the outdoor pool in early spring. Trout are purchased from a hatchery by Ft Knox MWR & The Kentucky Fish and Wildlife as a joint venture. The event is helpful in promoting both organizations and gives opportunity to local youth to experience a new activity that many would not be able to otherwise. The fish that remain after the event are taken to a local river and released by Ft Knox Fish and Wildlife staff.

Age Group: All ages

Program or Special Event: Special Event

Length: One day 8 hours

Number of Participants: 300-600

Season: March/ Spring

Main Goal or Objective: To promote an Aquatic activity in a safe controllable facility.

Highlights: Very popular activity for all ages.

Cost of program is \$1500.00 for the fish, bait, pole rental, and misc supplies. Cost of event are offset by reimbursement from Ky Fish & Wildlife, and sponsorship money from local businesses.

Submitted by: Robert Jenkins

Fort Knox MWR Aquatics Aquatics Director (502) 624-6217
Robert.a.jenkins70.civ@mail.mil

Title: University of Oklahoma Navy ROTC Second Class Swim Test

Description: Fort Sill MWR Aquatics host the University of Oklahoma's Navy ROTC Second Class Swim Test.

Age Group: 18+

Program or Special Event: Special Event

Length: 4 hours

Number of Participants: 40-60

Season: once a year

Main Goal or Objective: To get the Midshipmen to pass all the required skills.

Highlights: There is no budget for this event. MWR Aquatics reserves half the pool for this event. The other lanes are then divided for fitness swim and recreation. MWR Aquatics requires a pool reservation form, a risk assessment (DD2977), FS Form 104 and special coordination between Oklahoma University NROTC, External Unit Training & Deployment DPTMS Fort Sill and MWR Rinehart Aquatics.

Submitted by: Jason Browning

Fort Sill MWR Sports, Fitness & Aquatics Aquatic Manager (580) 442-6200 jason.w.browning.naf@mail.mil

Title: University of Oklahoma Navy ROTC Second Class Swim Test

Description: Fort Sill MWR Aquatics host the University of Oklahoma's Navy ROTC Second Class Swim Test.

Age Group: 18+

Program or Special Event: Special Event

Length: 4 hours

Number of Participants: 40-60

Season: once a year

Main Goal or Objective: To get the Midshipmen to pass all the required skills.

Highlights: There is no budget for this event. MWR Aquatics reserves half the pool for this event. The other lanes are then divided for fitness swim and recreation. MWR Aquatics requires a pool reservation form, a risk assessment (DD2977), FS Form 104 and special coordination between Oklahoma University NROTC, External Unit Training & Deployment DPTMS Fort Sill and MWR Rinehart Aquatics.

Submitted by: Jason Browning

Fort Sill MWR Sports, Fitness & Aquatics Aquatic Manager (580) 442-6200 jason.w.browning.naf@mail.mil

Title: Valentine's Day Love Your Heart Aquatic Exercise Class

Description: Take a moment on Valentine's Day to cherish your 'main squeeze' - your heart! During this session we will introduce a variety of mini aquatic exercise sessions that promote heart health. Join our team of instructors and travel from station to station to get your heart pumping. Finish up the session with a little wind-down yoga and meditation to reduce stress and promote circulation.

Age Group: all age groups

Program or Special Event: Special Event

Length: 1 hour to 1.5 hrs.

Number of Participants: dependent on pool size and shape - we have hosted 60/session

Season: February 14th

Main Goal or Objective: Cardiovascular health and education about the cardiovascular system

Highlights: This activity can provide a great opportunity for non-aquatic exercisers to come in and get a taste of a variety of aquatic exercise classes in one event. It can also provide an opportunity for the facility to survey the participants to see what type of class they may be interested in seeing offered if not already available.

Submitted by: Lori Sherlock

West Virginia University Associate Professor (304) 293-6509
lsherlock@hsc.wvu.edu

Title: Wacky Wild Water Night

Description: Once a year we rent two foot inflatable obstacle courses and allow the public to come race, climb and slide their way across the pool. We play music, and bring in food trucks to make the night fun and exciting for all ages!

Age Group: 3+

Program or Special Event: Special Event

Length: 4 hours

Number of Participants: 400-500

Season: July

Main Goal or Objective: Fun! Community event

Highlights: It's a great night for all- the floats cost \$1000 and we charge \$10 per person- easy money maker.

Submitted by: Sara Palumbo

Neptune Aquatic Center Aquatics Director (732) 833-5969
Spalumbo@neptune.k12.nj.us

Title: Water Badge Workshops

Description: Boy Scouts, Girl Scouts, Webelos - earn your water skill badges in these special workshops. All will focus on water safety in and around the water.

Age Group: N/A

Program or Special Event: Special Event

Length: N/A

Number of Participants: N/A

Season: year round

Main Goal or Objective: To successfully complete their badge requirements.

Highlights: Bear Cub Scout Swim

Brownie Girl Scout Swim

Water Fun Badge

Aquanaut

Swimming Badge Workshop

Swimming Merit Badge

Lifesaving Merit Badge

Submitted by: Renee Vanselow

City of Greenfield Recreation Supervisor

Title: Water Carnival

Description: Fun experiences in and around water.

Age Group: 6-12 years old

Program or Special Event: Special Event

Length: Two (2) hours

Number of Participants: No limit

Season: Four (4) times a year

Main Goal or Objective: To have fun.

Highlights: Kayaking, canoeing, big splash contest, save the lifeguard, raft races, treasure hunt, sharks and minnows.

Three (3) age groups: 3 to 5 years old, 7-9 years old, 10 to 12 years old. Participants should bring a plastic bag to collect treasures.

It will cost the facility \$50 for treasures, wages for six (6) lifeguards.

The facility will need kayaks, canoes, ring buoy, noodles, coins and toys.

Two (2) guards with back group that keeps things moving on schedule and keeps kids safe.

Submitted by: Christy Buddell

Nampa Recreation Center Aquatic / Program Coordinator

Title: Water Ski Prep Workshop

Description: Practice for skiing for summer months

Age Group: 14 and older

Program or Special Event: Special Event

Length: 1 hour

Number of Participants: 2-3 in water (unlimited amount on deck)

Season: All year in indoor pool

Main Goal or Objective: Practice for sit skiing for Summer months.

Highlights: It's a great opportunity to get in the ski; to work on balance and weight shifting techniques in the water, and ask questions. This will all be done in the pool. Our experienced staff and volunteers will also measure you for gage and leg length, and make sure you are ready when the time comes for the real thing.

Submitted by: Margot Howell

Shephard Center Aquatic Specialist

Title: WIBIT Day

Description: One day a month we install our WIBIT obstacle course in the 50 meter indoor pool for a change of recreation opportunities. We have enough WIBIT componets so that every time is different from the last.

Age Group: 6 yrs and up

Program or Special Event: Special Event

Length: Two 3 hour sessions per day.

Number of Participants: 200

Season: One day a month

Main Goal or Objective: Provide a value added fun and challenging activity.

Highlights: Initial cost for WITIB can be substantial, on WIBIT days admission price is increased to offset the cost of the additional staff that are on duty for oversite of this event and help to produce a positive return on investment for the equipment.

Submitted by: Robert Jenkins

Fort Knox MWR Aquatics Aquatics Director (502) 624-6217
Robert.a.jenkins70.civ@mail.mil

Title: Winter Water Safety Day and Polar Plunge

Description: The pool isn't heated after November, so the water temperature is estimated to be in the low 40's. Those daring enough to swim across will receive a free long-sleeve shirt to mark their accomplishment. Registration is free, an optional \$25 donation pays for a 2-week swim lesson for a child. Free pancake breakfast is provided by Peoria Firefighters Charities.

Age Group: All ages

Program or Special Event: Special Event

Length: 1 day for 1 hour

Number of Participants: Up to 300 may attend

Season: Annually, the first Saturday of the year

Main Goal or Objective: There are two main goals of this event - to promote water safety during the winter season when most people only discuss water safety during the summer and to raise money to provide free swim lessons.

Highlights: This event receives a lot of local media attention to help advertise for the event, promote our swim lesson program, and spread water safety messages. The City of Peoria's social media sites are also used to promote the event.

Many other organizations such as Drowning Prevention Coalition of Arizona, Salt-River Project (local energy company), Peoria Fire Department, Peoria Police Department, Peoria Firefighters Charities, and Maricopa County Sheriff's Office Lake Patrol (SCUBA) set up tables with drowning prevention and water safety information. Some of those organizations also donate money for swim lessons.

This is a very low budget event. Most of the groups involved will donate their time and resources for the event. We only pay for the t-shirts and for a few lifeguards to staff the event.

Submitted by: Megan Johnson

City of Peoria Recreation Coordinator (623) 773-7051
megan.johnson@peoriaaz.gov

Title: Winter Wonderland Wave Movies

Description: Movies at the pool.

Age Group: Any

Program or Special Event: Special Event

Length: 6:30 - 10:00 pm

Number of Participants: N/A

Season: Christmas Holidays

Main Goal or Objective: Entertainment / Fun

Highlights: Enjoy a holiday film favorite while floating on a tube at the Kiwanis Wave Pool. Remember - even with the holiday winter season, our wave pool is indoor and heated. Waves begin at 6:30 pm with the holiday classic film beginning at 8:00 pm. Tubes and seating are limited so early arrival is recommended.

One person per tube and a tube is required to view movies from the water. For safety of children ages seven (7) or under, an adult must accompany the child in the water within arms reach at all times.

Adults \$4.00

Youth (Ages 3-17) \$3.00

For your convenience, concessions will be open to sell movie snacks, hot chocolate and other food items.

Submitted by: Dave Bucher

City of Tempe Community Services Department Recreation Supervisor

Title: Youth Splash n Dash

Description: Bring your friends and family out to Denton Water Works for some fun in the sun after crossing the finish line in the water park. Athletes will have full access to a private party in the water park, carnival games, and sand volleyball all day! If spectators, friends, family want to join their athlete for the private party, it will be \$6 (doesn't matter their age). Meal Deals can be purchased for \$5 and include chips, a drink, and a choice of a mini pizza, hot dog, or hamburger.

Age Group: 15-Jun

Program or Special Event: Special Event

Length: A few hours

Number of Participants: 100+

Season: Any time of year

Main Goal or Objective: To get kids involved in the triathlon and multi sport community.

Highlights: We offer a party in the water park after the event.

Submitted by:

City of Baytown Aquatics Superintendent