

**Updated March 2010
Class times & Days
Adjusted due to
Blizzard 2010**



**Training Center &
Swim School**



Course List 2010



**American Red Cross
Authorized Provider**

Where Swimmers Love to Grow!

410 - 420 - POOL (7665)

Fax 410 - 420 - 7010

22 Newport Drive

Forest Hill, Md 21050

AquaCultureSwimSchool.com

This Course List is downloadable from our website as a PDF.

Complete registration pages from the booklet and fax or mail tuition and Registration Form to:

410-420-7010 (FAX)

Aqua Culture Training Center & Swim School, Inc.
22 Newport Drive
Forest Hill, Maryland 21050

Run in to Register!



**New Course
2009**

Aqua Tech Pool Operator Course

This is a blended learning course. The Aqua Tech online course will teach you how pool systems work and how to maintain them, as well as how to diagnose, prevent, and solve common pool care troubles. You'll also find information on reducing risk and increasing safety at your facility. After completing the course, you'll have all the requisite competencies to successfully operate a pool or other aquatic facility.

Following successful completion of the online course, students take part in an instructor-led practical session. Successful completion of the instructor-led session leads to certification. Both are required for certification.

Cost Online - \$160 includes online course access & textbook

Cost Practical - \$75 includes all course fees & materials (\$100 for participants who take the online course through other providers)

Age Prerequisite - 16 years of age at the start of the course.

On the day of successful completion of this course participants will receive an Aqua Tech certificate honored by Harford County. Shortly after successful completion of the course, Harford County Health Department will also send each participant a State of Maryland certificate. Certification is valid for 3 years. If you will be operating a pool in another county, you will have to go to that

Approved by



Thursday, April 1st	CANCELLED
Friday, April 2nd	4 pm - 8 pm
Saturday, April 3rd	3 pm - 6 pm new day
Saturday, May 15th	12:30 pm - 8:30 pm
Saturday, June 12th	12:30 pm - 8:30 pm

Pool and Spa Operator Review

To qualify for this course the participant must have been a certified pool operator in the state of Maryland in the past. Upon successful completion of this course participants will receive a Pool and Spa Operator certificate honored by Harford County. Shortly after successful completion of the course, Harford County Health Department will also send each participant a State of Maryland certificate. Certification is valid for 3 years. If you will be operating a pool in another county, you will have to go to that county and receive a license to operate in that county.

Books may be purchased at the office for \$45.

Cost - \$100

Age Prerequisite - 16 years of age at the start of the course.

Approved by



Wednesday, March 31st	10 am - 6 pm
Saturday, May 22nd	12:30 pm - 8:30 pm
Saturday, June 5th	12:30 pm - 8:30 pm

American Red Cross CPR/AED for the Professional Rescuer

Upon successful completion of the course participants will receive an American Red Cross CPR for the Professional Rescuer/AED Certification valid for one year from the completion of the course.

Cost - \$77

Tuition includes a current textbook, course materials and fees due to the American Red Cross. This is the full course.

Prerequisites - There are no prerequisites for this course.

<i>Saturday, May 1st 1 pm - 7 pm</i>
<i>Saturday, June 19th 1 pm - 7 pm</i>

American Red Cross CPR/AED for the Professional Rescuer Review

Upon successful completion of the Review course participants will receive an American Red Cross CPR for the Professional Rescuer/AED Certification valid for one year from the completion of the course. Participants need only to attend one of the days. This course will be conducted in accordance with the updated ECC guidelines and July 2006 release of the Red Cross updated CPR for the Professional Rescuer/AED Course.

Cost - \$66

This tuition does not include a current textbook. **Participants must have a r.06 revised textbook during the course.** Books can be purchased at the office for \$25.

Prerequisites – Participants must possess a CPR for the Professional Rescuer/AED. **A copy of this card must be sent to the office with your registration.**

<i>Course #1 Friday, April 2nd 11 am - 4 pm</i>
<i>Course #2 Saturday, May 8th 1 pm - 6 pm</i>
<i>Course #3 Friday, June 4th 6 pm - 10 pm</i>

American Red Cross CPR/AED for the Professional Rescuer Challenge

A Challenge assumes that a participant has the full knowledge needed for certification and the Instructor is only there to assess your knowledge. The following skills will be included but the assessment is not limited to them:

Removing Gloves, Primary Survey, Rescue Breathing (Adult, Child, Infant), Conscious Choking (Adult, Child), Unconscious Choking (Adult, Child, Infant), CPR (Adult, Child, Infant), Two-Rescuer CPR (Adult), BVM (Two Rescuers) and use of the AED.

Upon successful completion of the Challenge the participants will receive an American Red Cross CPR for the Professional Rescuer/AED Certification valid for one year from the completion of the course. Participants need only to attend one of the days.

Cost - \$62

This tuition does not include a current textbook. **Participants must have a r.06 revised textbook during the course.** Books can be purchased at the office for \$25.

<i>Course #1 Friday, April 2nd 10 am - 12 pm</i>
<i>Course #2 Friday, May 7th 5 pm - 9 pm</i>
<i>Course #3 Wednesday, May 19th 6 pm - 10 pm</i>
<i>Course #4 Sunday, May 23rd 5 pm - 9 pm</i>
<i>Course #5 Friday, June 4th 5 pm - 8 pm</i>
<i>Course #6 Friday, June 11th 10 am - 1 pm</i>



American Red Cross Water Safety Instructor (WSI) r.09

Upon successful completion of this course participants will receive both a Fundamentals of Instructor Training and an American Red Cross Water Safety Instructor r.09 certificate with authorization in the Central Maryland Chapter which will be valid until December 31, 2011. Reauthorization can be obtained by teaching and submitting a course record within your authorization period and completing any and all National Updates or Re-trainings. **Participants must attend all scheduled classes within a block of classes.**

Cost - \$380

Tuition includes all fees due to the American Red Cross, all text books, course materials and base level certification in Fundamentals of Instructor Training.

Age Prerequisite - Participant must be 16 years of age on or before the final scheduled class. **A copy of age verification must be sent in with your registration.**

Swimming Prerequisites - Strokes will not be swum continuously. Proficiency must be consistent with Stroke Performance Level 4 of the American Red Cross Learn to Swim Program.

1. Front Crawl, Back Crawl, Sidestroke, Breaststroke, Elementary Backstroke - 25 yards each.
2. Butterfly - 15 yards
3. Maintain position while floating or sculling on back in deep water for 1 minute.
4. Tread water for 1 minute.



Course #1 *Saturday, March 27th* 10 am - 6 pm
Sunday, March 28th 10 am—6 am **new day**
Wednesday, March 31st **CANCELLED**
Thursday, April 1st **CANCELLED**
Monday, April 5th 10 am - 6 pm **adjusted**
Tuesday, April 6th 10 am - 6 pm **adjusted**

Course #2 *Fridays, May 7th, 14th, 21st, 28th* 6 pm - 10 pm
Saturday, May 8th, 22nd 10 am - 6 pm

Course #3 *Sunday, June 6th* 12 pm - 8 pm
Sunday, June 13th 12 pm - 8 pm
Monday, June 14th 12 pm - 8 pm
Tuesday, June 15th 12 pm - 8 pm





American Red Cross Lifeguard Instructor Training Course

Upon successful completion of this course students will receive an American Red Cross Lifeguard Instructor certificate. This will certify an instructor for Lifeguarding, First Aid, CPR for the Professional Rescuer/AED, Oxygen Administration, Preventing Disease Transmission, and Lifeguard Management. Authorization will be automatically granted in the Central Maryland Chapter which will be valid until December 31, 2011. Reauthorization can be obtained by teaching and submitting a course record within your authorization period and completing any and all National American Red Cross Updates or Retrainings.

Cost - \$460

Tuition includes all fees due to the American Red Cross, books, materials and base level certification in Fundamentals of Instructor Training, Lifeguarding and CPR for the Professional Rescuer/AED, Oxygen Administration and Preventing Disease Transmission.

Precourse screening is rigorous and you need to have mastery of the information upon arrival for the precourse screening on the first day of the course.

Course #1	Friday, April 2nd	10 am - 5 pm
	Saturday, April 3rd	10 am - 5 pm
	Saturday, April 10th	10 am - 5 pm
	Sunday, April 11th	1 pm - 6 pm
Course #2	Friday, April 30th	5 pm - 10 pm
	Saturday, May 1st	12 pm - 8 pm
	Sunday, May 2nd	12 pm - 8 pm
	Sunday, May 9th	12 pm - 8 pm

Base level Lifeguarding materials can be picked up ahead of time to help you prepare and alleviate some stress during the precourse screening.

Age Prerequisite - 17 years of age on or before the last scheduled day of the course.

Certification Prerequisite - Each participant must possess a valid Fundamentals of Instructor Training, which is offered at no additional charge on March 31st 10 am - 4 pm and May 14th 6 pm - 10 pm. You may also go to www.redcross.org enter you zipcode to find courses that will be held near you.

Knowledge Prerequisite - All participants must pass a 60-question pre-course written examination which includes four sections: Emergency Preparedness, Lifeguarding, First Aid and CPR for the Professional Rescuer/AED. A score of at least an 80% on each of the four sections (12 correct answers out of 15 questions must be earned.

First Aid and CPR Skill Prerequisite - Removing Gloves, Primary Survey, Rescue Breathing (Adult, Child, Infant), Conscious Choking (Adult, Child), Unconscious Choking (Adult, Child, Infant), CPR (Adult, Child, Infant), Two-Rescuer CPR (Adult), BVM (Two Rescuers), AED, Controlling External Bleeding, Applying a Sling and a Binder and Head, Neck and Back Immobilization on Land.

Swimming Prerequisites - Participants must be able to perform all skills listed as Swimming Prerequisites for the Lifeguard Training course, see list in this packet.

Rescue Skills Test and Scenarios Prerequisite - Multiple Victim Rescue, Front Head Hold Escape, Rear Head Hold Escape, Active Drowning Victim Scenario, Submerged Passive Drowning Victim Rescue and Head, Neck, or Back Injury Scenario. A scenario will begin with the recognition of a victim and end at the point which advanced emergency personnel would arrive on the scene.





American Red Cross Lifeguard Training Course

Upon successful completion of this course participants will receive an American Red Cross Lifeguarding and First Aid certification valid for three years from the date of completion and an American Red Cross CPR/AED for the Professional Rescuer Certification valid for one year from the completion of the course. **Participants need to attend all scheduled days in a class block.**

Total Cost - \$285

Age Prerequisite - 15 years of age on or before the last scheduled day of the course. **A copy of age verification must be sent to the office with your registration.**

Swimming Prerequisites -

- Swim 300 yards continuously, using these strokes in the following order:
 - * 100 yards of front crawl using rhythmic breathing (to the front or side) and a stabilizing, propellant kick
 - * 100 yards of breaststroke (must be demonstrated "using a pull, breath, kick and glide sequence.")
 - * 100 yards of either front crawl or breaststroke, which may be a mixture of front crawl and breaststroke.

Note: There is no time requirement for this skill, but the participant may not stop during the swim.
- Timed event: Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 10 feet, retrieve a 10 pound object, return to the surface and swim 20 yards back to the starting point with the 10 pound object which must be completed in 1 minute and 40 seconds.

Note: the candidate must swim on back, holding the 10 pound object with two hands and must keep his or her face above the water. Breaststroke or rotary kick is suggested but not required.

See note on [Payment Policies](#) page for information on scheduled practice times.

Course #1 Wednesday, February 10th 6 pm - 9 pm
Saturdays, February 13th, 20th and 27th 12:30pm - 8:30 pm
Monday, February 15th 12:30pm - 8:30 pm

Course #2 Wednesday, March 10th 6 pm - 10 pm
Friday, March 12th and 19th 6 pm - 10 pm
Saturdays, March 13th, 20th and 27th 12:30pm - 7 pm

Course #3 Wednesday, March 31st **CANCELLED**
Thursday, April 1st **CANCELLED**
Friday, April 2nd 10 am - 8 pm **(adjusted)**
Saturday, April 3rd 1 pm - 8 pm **NEW DAY**
Monday, April 5th 10 am - 8 pm **(adjusted)**
Tuesday, April 6th 10 am - 5 pm

Course #4 Wednesday, April 7th 11 am - 4 pm
Saturday, April 10th, 17th and 24th 12:30 pm - 7:30 pm
Wednesday, April 14th and 21st 6 pm to 9 pm

Course #5 Wednesday, April 28th 6 pm - 9 pm
Saturday, May 1st and 8th 12:30 pm - 7:30 pm
Sunday, May 2nd and 9th 12:30 pm - 7:30 pm

Course #6 Wednesday, May 12th 6 pm - 10 pm
Saturday, May 15th and 22nd 12:30 pm - 7 pm
Sunday June 16th and 23rd 12:30 pm - 7 pm

Course #7 Saturday, June 5th and 12th 12:30 pm - 8:30 pm
Thursday, June 10th 12:30 pm - 8:30 pm
Friday, June 11th 12:30 pm - 8:30 pm

Course #8 Friday, July 9th and 16th 12:30 pm - 6:30 pm
Saturday, July 10th 12:30 pm - 6:30 pm
Monday, July 12th 12:30 pm - 6:30 pm
Wednesday, July 14th 12:30 pm - 6:30 pm



American Red Cross Lifeguard Training Challenge

This is a course for individuals who are recertifying. Upon successful completion of the Challenge participants will receive an American Red Cross Lifeguarding and First Aid certification valid for 3 years from the date of completion and an American Red Cross CPR for the Professional Rescuer/AED certification valid for 1 year from the date of completion. **There is no instructional time during a Challenge.** Participants arrive, take a written exam and then perform skills listed below.

Cost - \$150

Tuition does not include a current text book denoting ECC guidelines 2006. Participants must have a textbook during the course. Books may be purchased at the office for \$50.

Prerequisites – Participants must possess a valid American Red Cross Lifeguard Training certificate and a valid American Red Cross CPR for the Professional Rescuer/AED certificate.

Skill Prerequisite - Participants must be able to perform all skills listed as Swimming Prerequisites on the following page for a base level Lifeguard Training course.

Additional Lifeguarding Prerequisites - Multiple Victim Rescue, Front and Rear Head Hold Escape, Removing Gloves, Primary Survey, Rescue Breathing (Adult, Child, Infant), Conscious Choking (Adult, Child), Unconscious Choking (Adult, Child, Infant), CPR (Adult, Child, Infant), Two-Rescuer CPR (Adult), BVM (Two Rescuers), **AED**, Controlling External Bleeding, Applying a Sling and a Binder and Head, Neck and Back Immobilization on Land, Active Drowning Victim, Submerged Passive Drowning Victim and Head, Neck and Back Injury in the water.

Course #1	Friday, March 26th	5 pm until complete*
Course #2	Friday, April 30th	5 pm until complete*
Course #3	Wednesday, May 5th	5 pm until complete*
Course #4	Friday, May 14th	5 pm until complete*

* **NOTE:** Lifeguard challenge class time depends on the number and proficiency of participants. Participants should expect to be in training for 4 to 6 hours. If a course participant does not pass the pre-course swim and the written exams they will be done in about 2 hours.

American Red Cross Waterfront Lifeguarding Progression



Upon successful completion of the Course participants will receive an American

Red Cross Waterfront Lifeguarding certification which now replaces the base level Lifeguarding/First Aid certificate. This is not an add on module, it is a progression to a full certification class. Your base level Lifeguard Training/FA and CPR for the Professional Rescuer/AED will be renewed.

Cost - \$100 If you completed your base level certification from Aqua Culture Training Center.

Cost - \$190 If your base level certification was earned from another training site.

Prerequisites - Current American Red Cross Lifeguarding/First Aid r.06 and American Red Cross CPR for the Professional Rescuer/AED Certification. A copy of this must be mailed in with your registration. **Participants must bring a current Lifeguarding r.06 Textbook.** They are available at the office for \$50.
Swimming Prerequisites -

- Swim 550 yards continuously, using these strokes in the following order:
 - * 200 yards of front crawl using rhythmic breathing (to the front or side) and a stabilizing, propellant kick
 - * 200 yards of breaststroke (must be demonstrated "using a pull, breath, kick and glide sequence.")
 - * 150 yards of either front crawl or breaststroke,

Note: There is no time requirement for this skill, but the participant may not stop during the swim.
- Timed event - see Lifeguard Training
- Swim 5 yards; submerge and retrieve three dive rings placed 5 yards apart in 4-7 feet of water in a single breath; resurface; swim 5 yards and return the objects to the side of the pool.

Saturday, June 19th 10 am - 8 pm

Host a Course at Aqua Culture Training Center

If Aqua Culture hosts a private course for your business, the following policy will apply.

There will be a minimum fee of 7 times the Assigned Course fee if Aqua Culture Training Center hosts the course. This fee covers the first seven participants. An additional course fee per person will be due upon the first day of the course.

Host a Course at Your Facility

If your business hosts a course taught by a certified Aqua Culture Instructor, the following policy will apply.

- Workplace delivery fee is 16% in addition to the Assigned Course fees for all course delivered at Aqua Culture. There will be a minimum fee of 7 times the Assigned Course fee.
- There will be a additional mileage fee for all courses that are greater than 20 miles from the Aqua Culture, Forest Hill location. This fee will be \$.40 a mile.
- This fee includes all paperwork needed for the course, and all CPR equipment.
- The host will be responsible for the TV, VCR or DVD player, and all equipment needed for aquatic courses per American Red Cross standards and the State of Maryland standards. There is a minimum of one backboard per three participants and one rescue tube per two participants.
- A deposit of 50% of the total course fee must be paid to secure an instructor. This fee is non-refundable.
- The balance is due within two weeks of the last scheduled day of the course.
- A late payment penalty of 15% will be due 30 days after the last scheduled day of the course.

Course documents will not be delivered until all payments have been received.

Every participant must complete a registration form and a waiver to participate in any Aqua Culture course.

Professional Courses

Lifeguard Training
CPR/AED for the Professional Rescuer
Safety Training for Swim Coaches
Preventing Disease Transmission (OSHA Requirement)
Aquatic & Pro Rescuer Staff In-Service Training



Community Courses

Community First Aid & Safety
Adult, Child and Infant CPR/AED

Health & Safety Seminars

Our facility or Your Meeting:
Safer 3 - Water Safety Program
Sun Safety
Home Pool Safety
Longfellow's WHALE Tales - Red Cross safety program for children 5 to 12
Home Pool Basic Water Chemistry and Maintenance.
Red Cross First Aid for Children Today
Red Cross Water Safety Outreach
Safe Baby Presentations

Contact the office for information and scheduling.

**Please read fully,
then call and register or mail all
appropriate documents.**

Training Center Policies and Procedures

- * Enrollment is limited and registration will be taken on a first come first serve basis. Payment in full must accompany registration.
- * Aqua Culture reserves the right to cancel a course based on low enrollment. If a scheduled course is to be cancelled, all registrants will be notified two weeks in advance. All tuition will be fully refunded. Aqua Culture will exercise this right only when absolutely necessary. **We understand that your job may depend on successful completion of a course.**
- * Age verification must be included with the registration form, a copy of your driver's license or a copy of your birth certificate will be acceptable.
- * Class placement will not be secured until age verification and a copy of previously earned certifications (if you are taking a review or challenge course) are received by the Aqua Culture office. A confirmation letter will be emailed to the given email address for registrations that were completed and received by Aqua Culture at least two weeks in advance of the first scheduled day of the course.
- * If you need to replace a lost certification a processing fee of \$15 will be assessed.
- * Confirmation of successful completion of a course will be given on the final day of the course, in the form of the actual certification or a letter of verification.
- * Pool & Spa Operator - Participants are welcome to schedule an appointment to work with a certified pool operator to ask questions or view a system in operation during the self study portion of the Aqua Tech Pool Operator Course.

Payment Policies

- * Full payment is required for enrollment in all courses.
- * A refund may be obtained two weeks prior to the first day of the course. Direct communication with a Site Supervisor is required and a \$50 withdraw fee will be deducted.
- * If you decide to transfer, there will be a \$25 fee. If you transfer, you must do so at least two weeks before the first day of the class for which you are registered. The transfer will not be made until the \$25 fee is received.
- * No refunds are given for failure to complete the course prerequisite. If you fail to complete prerequisite, a discount of 25% will be applied to the same course in the 2010 calendar year, if a course is available. Please plan ahead.
- * If there you are concerned about your ability to physically complete the course prerequisites, we have scheduled practice times that you may wish to utilize. You must be enrolled in a course to use the following times.

Tuesday, Wednesday, Thursday:

12pm-12:50pm and 3pm-3:50pm

Wednesday: 6pm-6:50pm Sat: 12pm-12:50pm

Students who do not meet the prerequisites will not be allowed to continue with the course, since the standards and quality of the course would be compromised, as well as the safety of the participants.

- * No refunds are given to an individual who fails to complete the course or who fails to successfully pass both the practical and the written exams.
- * Course fees include all additional supplies and books when specified.
- * If you fail to successfully complete a course you will be given a 50% reduction in tuition, if you choose to retake the same course in the same calendar year if it is available; please plan ahead.

Attendance Policies

- * **Full attendance is mandatory for all courses.**
- * Lateness will not be acceptable and will be justification for course failure.

Registration Form

Course Registering for _____

First Date of Course _____

Legal Name _____

(As it should appear on certification)

Date of Birth _____ Age _____

Street Address _____

City _____ State _____

Zip Code _____ Phone Number _____

Cell Phone Number _____

Email Address for future communication and confirmation:

Emergency Contact Name:

Phone Number:

Relationship to Participant:

- I enclosed age verification (Please circle type):
Copy of Drivers License or Copy of Birth Certificate
- I am taking a review or challenge course and have enclosed all applicable previous certifications.
(LGT, CPR, EMT and CPO)
Please circle certifications that apply.

Medical History

Please circle and/or add any conditions to which Aqua Culture Inc. should be alerted. Issues may included but not limited to the following:

Asthma	Wears Glasses	Diabetes
Wears Contact	Epilepsy	Has Orthodontic Devices
Allergies	Current Medications (please list)	
Other Issues::		

Consent for Emergency Medical Treatment

In the event of a medical emergency, as enrolled participant or legal guardian of _____, I give permission to the representatives of the Aqua Culture Training Center & Swim School, Inc. to employ any licensed physician or health care facility on behalf of the undersigned and to direct/order emergency medical treatment for the above named student. I also agree that neither Aqua culture Training Center & Swim School or its representatives, shall be liable under any circumstances to anyone for exercising the before mentioned in the event of an emergency.

Informed Consent and Waiver/Release

I, the undersigned, as the enrolled participant or the parent or legal guardian of the child listed on this application in consideration of the request and permission of myself or my son/daughter to participate in the Aqua Culture Training Center & Swim School, Inc. programs, including but not limited to the swim lessons and Training Center courses, hereby assume full responsibility for all risks of injury or loss which may occur from my or my son/daughter participation in this activity and hereby agree to hold harmless, release and forever discharge Aqua Culture Training Center & Swim School, Inc., its officers, agents and employees from and waive any and all claims and demands whatsoever which the undersigned and any of them or any third person of any accident, illness, injury or death of any person and persons, or damage to, or loss, or destruction of any property arising or resulting directly or indirectly from my or my son/daughter participation in the aforementioned program and occurring during said participation or at any time subsequent thereto, save and accept that the above provisions shall not be applicable to injury to or death of persons or damage to or loss of property arising out of the sole negligent acts or omissions of the Aqua Culture Training Center & Swim School Inc., their officers, agents or their employees. The terms of this release shall serve as a release and assumption of risk for myself or my son/daughter, heirs, executors and administrators and for all of my family members.

I understand, agree and acknowledge that there are risks inherent in the activities conducted by Aqua Culture Training Center & Swim School. With the full understanding of the facts, I state, that to the best of my knowledge, I the participant, or my son/daughter listed on this application has no medical, physical, mental, or emotional health conditions that would hinder or prevent active participation in Aqua Culture Training Center & Swim School programs.

I also understand that photographs are occasionally taken at the Aqua Culture Training Center & Swim School and that any photos of myself or my child may be used for Aqua Culture Training Center & Swim School publicity purposes.

I have carefully read and understood, and I agree with the informed consent and release and the emergency medical authorization outlined above as it relates to myself and/or my son/daughter.

I am checking this box because I have read and understand all of the policies and procedures printed in this Course List.

Participant/Parent or Guardian Signature _____

Date _____

Form of Payment: Cash Check Visa MasterCard

Name on the Credit Card _____

Credit Card Number _____

Expiration Date _____ Total Course Fee _____

Verification code (CVC) _ _ _

Office Use

Date registration was received:

Received by:

Confirmation letter emailed or mailed on:

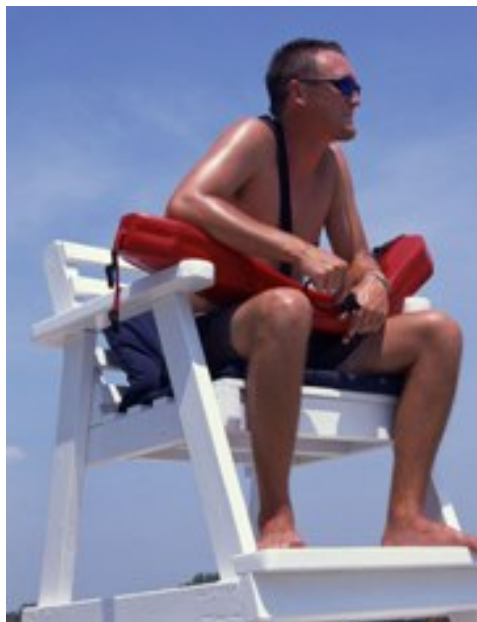
by:

Book Issued on:

by:



**Training Center &
Swim School**



410-420-POOL(7665)



AquaCultureSwimSchool.com

22 Newport Drive
Forest Hill, Maryland 21050

Where Swimmers Love to Grow!