



AQUAKNOW AQUATICS

3502 Quiette Drive
Austin, Texas USA 78754
(512) 297-8726

<https://don8733.wixsite.com/aquaknow-aquatics>

The mission of **AQUAKNOW AQUATICS** is to advocate AQUA-tic Health and Safety KNOW-ledge that will promote a lifetime filled with safe water activities. The classes are directed and taught by Don Crowley, University of Texas Aquatics Coordinator and Professor in the Department of Kinesiology and Health Education, an American Red Cross Instructor Trainer & Volunteer and a USA Swimming and Diving coach with more than 35 years of aquatic instruction experience.

COURSE OFFERINGS:

AQUAKNOW AQUATICS is now proud to offer AMERICAN RED CROSS Learn To Swim and Aquatic Safety Courses. Classes are offered year round. Times vary depending on the class and location.

AQUATIC SAFETY CLASSES & Health and Safety In-Services: Please email don@aquaknowaquatics.org or call (512) 297-8726

AED Training, Basic Water Rescue, CPR AED For The Professional Rescuer/ Lifeguards, Emergency Response, First Aid, Infant/ Child/ Adult Cpr, Guardstart, Lifeguarding, Lifeguarding Instructor, Lifeguard Management, Oxygen Administration, Safety Training For Swim Coaches, Water Safety Instructor & Aide, Waterfront And Lifeguard Waterpark Lifeguard.

SWIMMING LESSONS:

AQUA-BAMBINOS & CO. (ARC PACA 34000)

Little folk and parents getting wet together and having fun! REQUIREMENT: ONE PARENT MUST PARTICIPATE PER CHILD. The purpose of this program is to develop a respect for the aquatic environment in a positive and productive manner. A high level of comfort and readiness to swim is the overall goal. This course does not guarantee that children will be accomplished swimmers or able to survive in the water. Swim pants are required for every child participating. **AGES: 6ms-4yr+**

AQUA-THRASHERS (ARC LEVEL III-IV. 34903-34904)

Using basic skills to move in the water safely! REQUIREMENT: MUST BE ABLE TO SWIM 10 CONTINUOUS YARDS. Participants should be comfortable moving in a front and back position and be comfortable underwater. This section focuses on refining survival strokes, basic competitive front and back strokes, rhythmic breathing, turns, starts, and basic water safety. Each section will be divided into skill and age groups. This program is not designed for rank beginners. **AGES: 4-7yr**

ADULT-BEGINNING SWIMMING

REQUIREMENT: Rank beginner; weak or non-swimmer. Goal: To introduce swimmers to the aquatic environment; supported and unsupported floating; beginning arm and leg movements; rhythmic breathing; under water exploration; front and backstroke; and basic water safety skills. Each section will be divided into skill and age group. This class is designed for repeat enrollment. **AGES: 15yrs+**

ADULT-AEA WATER EXERCISE

REQUIREMENT: Rank beginner; weak or non-swimmer. Goal: To introduce participants to the aquatic environment; supported and unsupported floating; choreographed arm and leg movements using the water as resistance. Cardio and core movements will improve stamina, strength and tone. This class is designed for repeat enrollment. **AGES: 15yrs+**

AQUA-SPLASHERS (ARC LEVEL I-II. 34901-34902)

Getting things started solo in the water!

This program is designed for RANK BEGINNERS. The focus of this level is to introduce the participants to the aquatic environment with positive water play techniques that promote the learning of basic skills. Skills include: supported and unsupported floating, beginning arm and leg movements, rhythmic breathing, under water exploration, basic stroke development on the front and back and basic water safety skills. Each section will be divided into skill and age groups. **AGES: 4-7yr+**

AQUA-TECHS (ARC LEVEL V-VI. 34905-34906x)

Using the BRAIN to make SWIMMING easy!

REQUIREMENT: MUST BE ABLE TO SWIM 50 CONTINUOUS FEET. Participants should have a recognizable front and backstroke and be comfortable underwater. This section focuses on refining competitive and survival strokes, turns, starts, dives, fitness and basic water safety. Each section will be divided into skill and age groups. This program is not designed for rank beginners. **AGES: 5yrs+**

ADULT-TECHNIQUE SWIMMING

REQUIREMENT: Must be able to swim 25 continuous yards in deep water. Participants should have a recognizable front and backstroke and be comfortable on front, back and underwater. Goal: Conditioning, refining competitive and survival strokes, turns, starts, dives, basic water safety and assistance in setting up an individual workout program. By the request of many participants, a triathlon component will be added within the class to prepare those who are interested. Each section will be divided into skill groups. This program is not designed for rank beginners. **AGES: 15yrs+**

To schedule a class or for more information please contact **Don:**

don@aquaknowaquatics.org

(512) 297-872





AQUAKNOW AQUATICS @ DitHoT Natatorium

3502 Quiette Drive
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PRIVATE, SEMI- PRIVATE & GROUP CLASSES Swimming Class Schedule

AquaKnow Aquatics is now offering **PRIVATE, SEMI- PRIVATE & GROUP CLASSES**. Please find class information below. Times of availability are listed as well as Fees. Additional days and times may be available. Please send in your schedule requests for classes. **Payment secures your class request.**

Please contact us for clarification or additional questions: Don@aquaknowaquatics.org (512) 297-8726.

DAYS AND TIMES:

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
By request	By request	By request	By request	By request	By request

CLASS OFFERINGS AND TIMES:

PRIVATE CLASSES	Dates about the same as Group Classes. Times vary pending your request. Additional days may be available. Create your own class and schedule. <i>Fees – please see table below. Discounts are available.</i> Please send in requests and questions. Payment secures your class request.
GROUP CLASSES	Dates & times are listed. Payment secures your class request. <i>Discounts are available. 4 Classes- \$60.00</i>
AQUA-BAMBINOS & CO. Group: M 10:30a & 5:30p W 10:30a & 5:30p	<i>Little folk and parents getting wet together and having fun!</i> REQUIREMENT: ONE PARENT MUST PARTICIPATE PER CHILD.
AQUA-SPLASHERS Group: M 10a & 5p W 10a & 5p	<i>Getting things started solo in the water!</i> This program is designed for RANK BEGINNERS.
AQUA-THRASHERS Group: M 11a & 6p W 11a & 6p	<i>Using Basic Skills to move in the water safely!</i> SHOULD BE ABLE TO SWIM 10 CONTINUOUS FEET.
AQUA-TECHS By request	<i>Using the BRAIN to make SWIMMING easy!</i> REQUIREMENT: MUST BE ABLE TO SWIM 25 CONTINUOUS FEET.
ADULT-BEGINNING By request	<i>Getting Swimming Started!</i> Rank beginner; weak or non-swimmer.
ADULT-TECHNIQUE By request	<i>Setting GOALS and Getting there—Not the Olympics!</i> Should be able to swim 25 continuous yards in deep water.
ADULT-AEA WATER EXERCISE By request	<i>The Introduction to the Aquatic Exercise Environment</i> - supported and unsupported floating; choreographed arm and leg movements using the water as resistance. Cardio and core movements will improve stamina, strength and tone.
BASIC WATER RESCUE By request	<i>Basic rescue skills for the pool, lake, waterpark or home</i> - Aquatics Therapists, Camp Counselors, Scouts, Babysitters, Foster Parents, Families - No age requirements.

FEES:

Group swimming lessons are available for 30 minutes per lesson. Private and semi-private swimming lessons are also available-five lesson minimum. Create your own group, private or semi-private class. Discounts are available. Fees are as follows:

Number of students/ 30 minutes	Price for each student	Total price	5 Lessons Minimum Each/ Total	10 Lessons + 10% Discount Each/ Total
1	\$30.00	\$30.00	\$150.00	\$270.00
2	\$25.00	\$50.00	\$125.00/ \$250.00	\$225.00/ \$450.00
3	\$20.00	\$60.00	\$100.00/ \$300.00	\$180.00/ \$540.00
4	\$15.00	\$60.00	\$75.00/ \$300.00	\$135.00/ \$540.00

To schedule a class or for more information please contact Don: Don@AquaKnowAquatics.org or (512) 297-8726



AQUAKNOW AQUATICS @ Canyon Creek Cyclones Community Pool

11321 Boulder Lane

Austin, Texas USA 78726

<https://don8733.wixsite.com/aquaknow-aquatics>

Canyon Creek Cyclones Swim Team

Open to the Community

June & July Tuesdays & Thursdays 5p-8p

Schedule and all information can be found at the web site:

<https://canyoncreekcyclones.swimtopia.com/register/2890/main>

Swimming and Water Safety Classes

AquaKnow Aquatics is now offering **PRIVATE & SEMI- PRIVATE CLASSES**. Please find class information below. Times of availability are listed as well as Fees. Additional days and times may be available. Please send in your schedule requests for classes.

Payment secures your class request. Please contact us for clarification or additional questions:

Don@aquaknowaquatics.org (512) 297-8726 <https://don8733.wixsite.com/aquaknow-aquatics>

DAYS AND TIMES:

Tuesdays	Thursdays
2:30p, 3p, 3:30p & 4p	2:30p, 3p, 3:30p & 4p

CLASS OFFERINGS AND TIMES:

PRIVATE CLASSES	Payment secures your class request. Additional days may be available.. Fees – please see table below. Discounts are available. Please send in requests and questions.
AQUA-BAMBINOS & CO.	<i>Little folk and parents getting wet together and having fun!</i> REQUIREMENT: ONE PARENT MUST PARTICIPATE PER CHILD.
AQUA-SPLASHERS	<i>Getting things started solo in the water!</i> This program is designed for RANK BEGINNERS.
AQUA-THRASHERS	<i>Using Basic Skills to move in the water safely!</i> SHOULD BE ABLE TO SWIM 10 CONTINUOUS FEET.
AQUA-TECHS	<i>Using the BRAIN to make SWIMMING easy!</i> REQUIREMENT: MUST BE ABLE TO SWIM 25 CONTINUOUS FEET.
ADULT-BEGINNING	<i>Getting Swimming Started!</i> Rank beginner; weak or non-swimmer.
ADULT-TECHNIQUE	<i>Setting GOALS and Getting there—Not the Olympics!</i> Should be able to swim 25 continuous yards in deep water.
ADULT-AEA WATER EXERCISE	<i>The Introduction to the Aquatic Exercise Environment</i> - supported and unsupported floating; choreographed arm and leg movements using the water as resistance. Cardio and core movements will improve stamina, strength and tone.
BASIC WATER RESCUE	<i>Basic rescue skills for the pool, lake, waterpark or home</i> - Aquatics Therapists, Camp Counselors, Scouts, Babysitters, Foster Parents, Families - No age requirements.

FEES:

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4	\$15.00	\$60.00	\$75.00/ \$300.00	\$135.00/ \$540.00

To schedule a class or for more information please contact Don: Don@AquaKnowAquatics.org or (512) 297-8726



AQUAKNOW AQUATICS

AQUATIC SAFETY COURSES SCHEDULE

<https://don8733.wixsite.com/aquaknow-aquatics>

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COURSE OFFERINGS:

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HEALTH AND SAFETY WORKSHOPS:

WORKSHOPS AND IN-SERVICES FOR STAFF, LIFEGUARDS AND SWIM INSTRUCTORS ARE AVAILABLE UPON REQUEST.

AQUATIC SAFETY CLASSES:

AED TRAINING, BASIC WATER RESCUE, CPR/ AED FOR THE PROFESSIONAL RESCUER/ LIFEGUARDS, EMERGENCY RESPONSE, FIRST AID, INFANT/ CHILD/ ADULT CPR, GUARDSTART, LIFEGUARDING, LIFEGUARDING INSTRUCTOR, LIFEGUARD MANAGEMENT, OXYGEN ADMINISTRATION, SAFETY TRAINING FOR SWIM COACHES, WATER SAFETY INSTRUCTOR & AIDE, WATERFRONT and LIFEGUARD WATERPARK LIFEGUARD.

CLASS OFFERINGS AND TIMES:

All *American Red Cross* Class times, dates and agenda will be discussed at 1st meeting. Please contact to schedule or for questions. All missed activities will be discussed and make-up dates set to meet certification requirements. All courses are taught at the indoor heated pool at the *DitHoT Natatorium*. Please contact for more information:

CLASS OFFERINGS:	FEES
LIFEGUARDING INSTRUCTOR	\$325.00
LIFEGUARDING	\$325.00
SHALLOW WATER LIFEGUARDING (5 feet or less)	\$325.00
AQUATIC ATTRACTION LIFEGUARDING (splash pads & shallow water facilities)	\$325.00
WATERFRONT LIFEGUARDING (Barton Springs Emma Long - City Park) (MUST HAVE CURRENT LIFEGUARDING AND AED/ CPR CERTIFICATION)	\$75.00
WATERPARK LIFEGUARDING (MUST HAVE CURRENT LIFEGUARDING AND AED/ CPR CERTIFICATION)	\$75.00
AED/ CPR FOR HEALTH CARE PROVIDERS/ LIFEGUARDS/ 1ST RESPONDERS/ PROFESSIONAL RESCUERS/ PETS	\$75.00
WSI - WATER SAFETY INSTRUCTOR	\$325.00
WSI-A, WATER SAFETY INSTRUCTOR AIDE (No age requirements)	\$25.00
BASIC WATER RESCUE (Aquatics Therapists, Camp Counselors, Foster Parents, Families- No age requirements)	\$75.00
SAFETY TRAINING FOR SWIM COACHES	\$75.00

“LEARN TO SWIM...IT IS THE ONLY SPORT THAT WILL SAVE YOUR LIFE!!!”



AQUAKNOW AQUATICS

OFFICIAL REGISTRATION FORM

EACH STUDENT IS ENCOURAGED TO HAVE DOCTOR'S APPROVAL TO PARTICIPATE IN EACH CLASS.
FORM WILL BE REJECTED IF AGREEMENT IS NOT SIGNED. OFFICAL REGISTRATION FORM MUST BE USED. MAY BE PHOTOCOPIED.

AQUAKNOW AQUATICS CLASS POLICIES AND REGISTRATION

- To ensure safe and quality lessons, parents are asked to remain out of the student's field of vision during classes.
- Registered students may use the designated pool during their class time only.
- We reserve the right to cancel any class with insufficient enrollment.
- Classes are filled on a first come-first serve basis.
- Students do best if they consistently attend the same class. Please attend the scheduled class. **No make-ups are available.**
- TWENTY-FOUR HOUR CANCELLATION NOTICE REQUIRED OR FEES ARE APPLIED FOR PRIVATE AND SEMI-PRIVATE LESSONS. \$5.00 RESCHEDULING FEE.**
- Payment must be received in order to reserve a place in a group, semi-private or private class.
- For scheduling purposes, we ask for two class choices. **We will call only if your first choice is not available.**
- Registration deadline is 7 days before classes begin to ensure proper teaching ratios and required equipment.**
- Discounts are available. **Group lesson 10% discount** may be applied for **one** of the following: **Multiple enrollment**, An individual is enrolled in more than one course. **Multiple sibling enrollment**, Two or more siblings are enrolled in the program. **Adult Student**, Please provide proof of enrollment. Please see **FEES** for private and semi-private discounts.
- A \$10.00 cancellation fee will be charged for students dropping out one week prior to the start of each session. There are no refunds after the first day of class. Please allow 6-8 weeks. No refunds/ no transfers after lessons begin.
- A \$25.00 fee will be charged for return checks.
- One official form must be completed for each participant. The forms may be photocopied or you may obtain extra forms and brochures from any pool location, www.aquaknowaquatics.org or by calling (512) 297-8726. **Participation agreement must be signed.** Incomplete forms will be returned and your initial postmark date will be canceled.
- EACH STUDENT IS ENCOURAGED TO HAVE DOCTOR'S APPROVAL TO PARTICIPATE IN EACH CLASS.**
- Return form and check payable to: **AQUAKNOW AQUATICS**
- MAIL: 3502 Quiette Drive Austin, Texas USA 78754-4925**
- For additional class information or classification contact: **Don Crowley** at (512) 297-8726 or don@aquaknowaquatics.org

LOCATIONS & MAPS: PLEASE VISIT OUR WEB SITE



<https://don8733.wixsite.com/aquaknow-aquatics>

or call

(512) 297- 8726

AQUAKNOW AQUATICS

REGISTRATION FORM: ONE PER PARTICIPANT PER CLASS

MAY BE PHOTOCOPIED.

Course completion does not guarantee certification.

STUDENT'S LAST NAME

FIRST NAME

BIRTH DATE:

AGE: YRS

MOS

PARENT/ GUARDIAN'S LAST NAME

FIRST NAME

MAILING ADDRESS:

CELL/ HOME PHONE NUMBER

E-MAIL:

BEST CONTACT FOR EMERGENCIES/ POOL CLOSURE:

CLASS TOTAL:

\$

DISCOUNT:

\$

TOTAL ENCLOSED:

\$

RELEASE OF LIABILITY WAIVER

I understand that AquaKnow Aquatics urges all participants to gain their doctor's approval to participate in this activity. I understand that all persons who participate in this activity do so at their own risk. For and in consideration of me or my minor child's participation in this activity, I hereby release, indemnify and hold harmless AquaKnow Aquatics and their official agents and employees from any damage suffered by me and/or my minor child because of our participation in this activity. I also understand that participants may be photographed or videotaped for instructional purposes and future publications and become the property of AquaKnow Aquatics.

Signature of Participant /Parent/ Guardian

Date

1ST CHOICE

CLASS:

2ND CHOICE

CLASS:

Please check one:

☐ Adult Participant

☐ Child Participant

☐ Other

NO CONFIRMATION CARDS WILL BE MAILED

You will be notified **only** if your first choice is not available.



Mail this registration form along with your check to:

**AQUAKNOW
AQUATICS**

3502 Quiette Drive

Austin, Texas USA

78754-4925

Questions?

(512) 297-8726

OR

don@aquaknowaquatics.org

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AQUAKNOW AQUATICS

Health and Emergency Medical Authorization Information

Participant's Name _____

Date of Birth _____

If at any time during the session or class time you or your child has any of the following symptoms, please notify us to re-schedule due to the nature of the activity.

- *Fever or chills*
- *Cough*
- *Shortness of breath or difficulty breathing*
- *Fatigue*
- *Muscle or body aches*
- *Headache*
- *New loss of taste or smell*
- *Sore throat*
- *Congestion or runny nose*
- *Nausea or vomiting*
- *Diarrhea*
- *Shaking or exaggerated shivering*

Additional information can be found on the following website: <https://tdem.texas.gov/covid-19/>.

REQUIRED DOCUMENTATION:

Attach copy of your:

HEALTH INSURANCE CARD

Check all that apply: ☐ Allergies (MUST list type) ☐ Asthma ☐ Bleeding Disorders ☐

Convulsions/Seizures ☐ Diabetes ☐ Head Injury/Concussions ☐ Heart Disease

☐ Rheumatic Fever

Other Health Issue(s) _____

Current Medications _____

Chronic or Recurring Illness _____

Operations/Injuries _____

Physical Restrictions _____

Doctor/ Pediatrician: Name _____ Telephone _____

Dentist: Name _____ Telephone _____

Please attach a copy of your insurance card and additional medical information. If recovering from a recent illness or injury, attach a doctor's note. (If applicable, we must have written authorization for the use of a cast or splint.)

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