

FREE

DEAP offerings are free for Reston residents and employees of Reston businesses.

DEAP

Drowning Education Awareness Program

Reston Community Center and Reston Association have teamed up to improve our community's safety around its many pools. Drowning remains the nation's second-leading cause of injury-related death among children ages 1 to 14 according to the Centers for Disease Control. For every child who dies from drowning, four more receive medical treatment for submersion-related injuries.

RCC SUMMER LEARN-TO-SWIM FREE INTRO SESSIONS

Beginning levels of "Learn-to-Swim" offerings are offered to Reston non-swimmers free of charge for the first enrollment. Free enrollment is limited to one class per swimmer and is available only to Reston patrons.

ROOKIE I

(4 – 5 years old)

Rookie I is for children 4 to 5 years old with little or no swimming experience. Students will be guided through the water adjustment period and introduced to floating, kicking, paddling, submerging, basic swimming and water safety skills.

See page 38 for times and dates.

LEVEL 1

(6 – 12 years old)

Level 1 is for beginners with little or no swimming experience. Topics of instruction will include independently using stairs, steps and ladders, submerging with bobs, introduction to front and back floats, front and back glides, swimming on front and back using arms and legs and various safety topics.

See page 40 for times and dates.

RCC/RA FREE PRESENTATIONS

RA and RCC offer two free land-based presentations targeted for different audiences and community civic groups. By working together, RCC and RA strive to provide our community access to healthy and safe fun in all of Reston's pools.

LONGFELLOW'S WHALE TALES

(5 – 12 years old)

This program is a one-hour interactive presentation with fun activities designed to make water safety practices easy to learn.

WATER SAFETY PRESENTATION

(18 years and older)

Enjoy a 90-minute presentation including a question and answer period focused on water safety training to keep families safe in, on and around the water.

Please contact RCC's Aquatics Service Desk at 703-390-6150, or the RA Aquatics Office at 703-435-6530 to schedule a presentation.