

SPRING 2020 Continuing Education Vernon Schedule – King Center

KING PHYSICAL EDUCATION CENTER

GYM AND WEIGHT ROOM HOURS:

MONDAY – THURSDAY	8 AM – 9 PM
FRIDAY	8 AM – 12 PM
SATURDAY	12 PM -6 PM
SUNDAY	CLOSED

POOL HOURS:

MONDAY – THURSDAY	12 PM – 9 PM
FRIDAY	12 PM – 6 PM
SATURDAY	12 PM -6 PM
SUNDAY	CLOSED

FOR MORE INFORMATION CONTACT CONTINUING
EDUCATION AT 940-552-6291 EXT. 2210

King Center Memberships: January 6th – May 30th

Individual: (For persons 16 years & up)	\$50
Husband & Wife:	\$75
Senior: (For persons 60 years & up)	\$25
Family:	\$100

(For persons living in the same household. Children under the age of 13 must have adult supervision in the pool. Members must be at least 16 years of age to use the weight room.)

If you are interested in becoming a member of the King Center here's what you need to do:

1. Register with Admissions located in the Osborne Administration Building, Monday- Thursday 8am-5:30pm (you will need the social security number of each person you wish to register)
2. Go to Business office to pay and have your Student I.D. made.
3. All members and students will be required to show their I.D. cards at the King Center for access every time.

FITNESS & AQUATICS

A free King Center membership is included in the cost of tuition for all fitness classes.

Water Aerobics

This class is designed for exercise in a less strenuous way. It is a great workout for any age.

1/21-5/7 5:30 PM-6:30 PM TR \$75

Yoga

Whether you need a relaxation break from your busy lifestyles or are interested in using certain poses to de-stress, practicing yoga is a beautiful way to center yourself. The only thing better? When you can also use yoga to target exactly how you want to improve your body, too. Yoga works to make the spine supple and to promote circulation in all the organs, glands, and tissues. Hatha yoga postures also stretch and align the body, promoting balance and flexibility.

Students need to bring their own yoga mat

1/23-5/7 5:30 PM-6:30 PM TR \$75

The King Center will be closed on the following dates:

January 13th until 5pm January 20th

March 14th -22nd April 10th -12th

Any additional closures will be posted as soon as possible



Check with your insurance provider
to see if you are eligible for the program.

ONLY FOR VERNON CAMPUS

SPRING 2020 Continuing Education

Vernon Schedule – King Center

Fitness and Aquatic continued:

Pre-WSI Certification

(Pre-Water Safety Instructor Certification)

Students registering to attend the Water Safety Instructor Certification course MUST register for this pre-course. Students MUST pass in order to attend the WSI training. Anyone failing to pass the pre-course will be refunded the WSI Certification portion only.

3/27 6:00 PM-10:00 PM F \$25

Water Safety Instructor

American Red Cross WSI Certification

If you are at least 17 years old and a proficient swimmer, you can become an American Red Cross Water Safety Instructor. This course will help you teach skills that may save a life, gain terrific work experience as an aquatics professional, earn money or join a volunteer team while you help people learn valuable skills. In addition you will learn organizational and presentation skills that will help you in any career and make a difference in people's lives. Whether you want to splash around with kids and teach them to swim, help children and adults refine their strokes or teach diving safety techniques, you can do it as an American Red Cross Water Safety Instructor. **Certification is good for life.**

3/28-4/5 8:30 AM-5:30 PM SN \$225
6:00 PM-10:00 PM F

Pre-Lifeguard Certification

This course consists of testing to determine whether a student is a candidate for Lifeguard Training. If the student does not pass the required tests, they will receive a refund for the Lifeguard Training portion of the class. Students are required to register for pre-certification and lifeguard training to be taken together.

4/24 6:00 PM-10:00 PM F \$25

Red Cross Lifeguard Certification

This course teaches lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies, and prevent drowning and injuries.

Prerequisites: Students must register for and complete the Pre-Lifeguard Certification before attending this course. Students not passing the Pre-Certification will be given a full refund for the Lifeguard Certification only.

Students are required to attend ALL scheduled sessions. Any conflicts MUST be disclosed prior to the start of the course.

4/25-5/3 8:00 AM-5:00 PM SN \$200
6:00 PM-10:00 PM F

Lifeguard Pre-certification requirements include:

- Must be 15 years old on or before the final scheduled session of this course.
- Swim 300 yards continuously demonstrating breath control. Candidates must use approved strokes *Swim goggles may be used.
- Tread water for 2 minutes using only the legs
- Complete a timed event within 1 minute, 40 seconds. Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed. Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath.

STUDENTS ARE WELCOME AT THE KING CENTER POOL TO PRACTICE PRIOR TO THE START OF THE COURSE