

TUESDAY JANUARY 31, 2006, 7:00 PM - 8:30 PM

MONTGOMERY AQUATIC CENTER

5900 Executive Boulevard
North Bethesda, MD 20852
Telephone (301) 468-4211

● **PLAN: HAVE FUN**

Optional: We will do swim checks for those who wish to qualify for the BSA Swimmer Test (same as 1st Class Swim requirement *see below).

- Cost: Scouts \$4.00
Adults \$6.00

● Uniform: No uniforms

Regular clothes & Swimsuit

● Bring:

- Swimsuit (Center does not allow cutoffs)
- Towel
- Goggles if desired
- Lockers are available (bring lock); If you carry your clothes to poolside, a bag would be useful. Normally swimsuits are worn to & from home (showering/changing facilities are available but they are not private & BSA rules do not allow adults and boys to share facilities)

● Meet: at the Montgomery Aquatic Center

Open swim period is 7:00 PM until 8:20 PM

Parents are asked to form car pools to transport boys to the Center at 7 and to pick up at 8:30. (parents are welcome to stay and swim) There is limited car space with adult leaders for a few who arrange rides ahead of time.

* BSA Swimmer Test: (ref. New Handbook page 154) A Jump feetfirst into water over the head in depth, level off, and begin swimming. Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards using an easy resting backstroke. The 100 yards must be completed in one swim without stops and must include at least one sharp turn. After completing the swim rest by floating.≡

