

**Montgomery Aquatic Center (MAC)**  
**Tuesday January 26, 2010**

**T-255 Swim at the MAC**

**What:** T-255 invites Cub Scouts to our swim at the Montgomery Aquatics Center. Besides meeting T-255 Scouts and parents, it is time for swim checks and fun in the recreational pool. Who needs swim checks? (1) Any Scout and qualified Cub Scout not classified as a Swimmer who wants to attend T-255's May 1 & 2, 2010 Canoe Trip & Campout. (2) New Scouts and qualified Cub Scouts who need to satisfy the 2<sup>nd</sup> class swim requirements:

7. a. Tell what precautions must be taken for a safe swim.
7. b. Demonstrate your ability to jump feet first into water over your head in depth, level off and swim 25 feet on the surface, stop, turn sharply, resume swimming, then return to your starting place.

And/or the 1st Class Requirement:

9. b. Successfully complete the BSA swimmer test.

"Jump feet first into water over your head in depth. Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl. Swim 25 yards using an easy, resting backstroke. The 100 yards must be swum continuously and include at least one sharp turn. After completing the swim, rest by floating."

**Who:** All Boy Scouts and parents. Cub Scouts and siblings accompanied by an adult are welcome on this trip.

**Assemble:** 7:00 PM Tuesday, January 26, 2010 at the Montgomery Aquatics Center.

Car pooling from and to CCMUC is possible. Please contact Keith Pierce at 301-951-5290 or [hkp255@piercehome.us](mailto:hkp255@piercehome.us) no later than November 8.



**End:** 8:30 PM. Pick up at the MAC.

**Cost:** \$5 cash for MAC fee or pre-paid Access Card.

**What to bring:** Wear swim suit under clothes. Bring a towel.