

**Montgomery Aquatic Center (MAC)**  
**Tuesday November 9, 2010**

**T-255 Swim at the MAC**

**What:** Due to unavailability of the church, the Troop is headed instead for the Montgomery Aquatics Center. This is an opportunity for pure fun, swimming and using the water slide, plus an opportunity to qualify for the BSA Swim Test. The Swim Test is an advancement Requirement and also is a requirement for full participation in the May Whitewater Rafting trip.

**Second Class Requirement:**

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.

**First 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, November 9, 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 unless carpooling.

**Cost:** \$6 cash for MAC fee or pre-paid Access Card.

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