

Water Exercise

You can get a Water Exercise workout card that will enable you to attend class at your convenience. If a class is not attended regularly by a minimum of 8 participants then that day may be cancelled. You will receive your punch card the first day you attend.

Instructors: Paula Byrnes, Donna Longo, Kathy Sher

Dates: June 14 - August 19 (10 weeks)
Day/Time: Mon - Thur/11:00 am - 12:00 pm
Location: Birchwood Pool

Dates: June 19 - August 21 (10 weeks)
Day/Time: Sat/10:00 - 11:00 am
Location: Family Aquatic Center
 (class will meet at Birchwood pool 8/21)

Prog #	Class	Fee
7601-2	5 class card	\$26 R/\$39 NR
7602-2	10 class card	\$48 R/\$72 NR
7603-2	15 class card	\$68 R/\$102 NR
7604-2	25 class card	\$100 R/\$150 NR
7605-2	30 class card	\$114 R/\$171 NR
7606-2	Unlimited card	\$136 R/\$204 NR

Daily Fee: \$6 R/\$9 NR (Paid at front desk)

Workout and then "hang out". All water exercise class members may stay at the pool.



Water Polo Class

Beginning water polo for young players interested in learning and playing the game.

Age: 11 - 16 years
Dates: June 15 - July 29
Instructors: Mike Nocella & John Del Prado
Location: Palatine High School
Min/Max: 6/40
Fee: \$80 R/\$120 NR
Prog # **Day** **Time**
 7607-2 T/Th 7:30-8:30 pm



Co-Ed Elite Water Polo

For varsity or experienced water polo players.

Age: 16 - 25 years
 (or coaches permission)
Dates: June 14 - July 28 *no water polo 7/5*
Instructor: Joe Grzybek
Location: Palatine High School
Min/Max: 14/40
Fee: \$100 R/\$150 NR
Prog # **Day** **Time**
 7608-2 M/W 7:30-9:00 pm



LEARN TO SWIM

American Red Cross Certified Courses

Preschool Aquatics Level 1 (Ages 3-5)

In this level, children will learn elementary aquatic skills (i.e. breath control, submerging, supported floats, and establish a foundation for stroke mechanics) with parental assistance.

Preschool Aquatics Level 2 (Ages 4-5)

In this level, children build upon basic aquatic skills. With assisted instruction and encouraged independence, children begin to develop fundamentals for back and front crawl.

Preschool Aquatics Level 3 (Ages 4-5)

In this level, children tie together skills from previous levels. This entails practicing skills to attain higher stroke proficiency and swim greater distances. All skills will be performed independently.

Level 1Introduction to Water Skills

Enter and exit water, blow bubbles, bobbing, open eyes and retrieve objects, supported floats and glides.

Level 2Fundamental Aquatic Skills

Progress to performing unsupported floats. Learn basic movements for front and back crawl. For children who can submerge underwater comfortably.

Level 3Stroke Development

Must be comfortable with deeper water. Children will build up to swimming 15 yards of front and back crawl with proper breathing technique.

Level 4Stroke Improvement

Children will learn the butterfly stroke and open turns. Also taught are new kicking techniques used for 2 minutes of treading water.

Level 5Stroke Refinement

Children practice all competitive strokes and must perform them properly over longer distances (up to 50 yards per stroke). Also learned are competitive turns and various deep water surface dives.

Level 6Fitness Swimming & Fundamentals of Diving

Building endurance is the focus of this level. Swimmers will build up to a 500 yard continuous swim, 5 minutes of treading water, and will also learn various surface and springboard dives.

LEARN TO SWIM

Be sure to include the Session Program # on your registration form. Lessons are held Monday-Thursday. Weather make-ups will be held on Fridays. Lessons may be cancelled for extreme weather conditions. Call 847-705-5123 ext. 346 for cancellation information. Each session lasts two weeks and meets four times each week. **PREREQUISITES:** 5 year olds may be registered for Level 2 only if they have written approval from their instructor that they have passed Level 1. If your 2nd time choices are not available, you will be placed on a waiting list. We will contact you as openings occur. Please check what your post-card states. **Parents are not allowed on the deck except on the first and last day of the session.** Call Donelda at 847-991-1960 if you have a question.



OnLine Registration is not available for Swim Lessons.



Fee: \$44 R/\$66 NR

See page 39 for Level descriptions.



Class (Max)	Age	Time	Session I (6/14-6/24)	Session II (6/28-7/9)	Session III (7/12-7/22)	Session IV (7/26-8/5)
FAMILY AQUATIC CENTER						
Preschool Aquatics Level 1★ (8)	3-5 yrs	9:00-9:30 am	7200-1	7200-2	7200-3	7200-4
Preschool Aquatics Level 2 (8)	4-5 yrs	9:45-10:15 am	7201-1	7201-2	7201-3	7201-4
Preschool Aquatics Level 3 (8)	4-5 yrs	9:00-9:30 am	7202-1	7202-2	7202-3	7202-4
Preschool Aquatics Level 3 (8)	4-5 yrs	9:45-10:15 am	7203-1	7203-2	7203-3	7203-4
Level 1 (16)	5 yrs+	9:00-9:50 am 10:00-10:50 am	7204-1 7205-1	7204-2 7205-2	7204-3 7205-3	7204-4 7205-4
Level 2 (16)	6 yrs+	9:00-9:50 am 10:00-10:50 am	7206-1 7207-1	7206-2 7207-2	7206-3 7207-3	7206-4 7207-4
Level 3 (16)	6 yrs+	9:00-9:50 am 10:00-10:50 am	7208-1 7209-1	7208-2 7209-2	7208-3 7209-3	7208-4 7209-4
BIRCHWOOD POOL						
Preschool Aquatics Level 1★ (8)	3-5 yrs	10:00-10:30 am	7210-1	7210-2	7210-3	7210-4
Preschool Aquatics Level 2 (8)	4-5 yrs	10:45-11:15 am	7211-1	7211-2	7211-3	7211-4
Preschool Aquatics Level 3 (8)	4-5 yrs	11:30 am-12:00 pm	7212-1	7212-2	7212-3	7212-4
Level 1 & 2 (16)	5 yrs+	9:00-9:50 am 10:00-10:50 am 11:00-11:50 am	7213-1 7214-1 -----	7213-2 7214-2 -----	7213-3 ----- 7215-3	7213-4 7214-4 -----
Level 3 (8)	6 yrs+	9:00-9:50 am 10:00-10:50 am 11:00-11:50 am	7216-1 7217-1 7218-1	7216-2 7217-2 7218-2	7216-3 7217-3 -----	7216-4 7217-4 7218-4
Level 4 (8)	6 yrs+	9:00-9:50 am 10:00-10:50 am 11:00-11:50 am	7219-1 7220-1 7221-1	7219-2 7220-2 7221-2	7219-3 7220-3 7221-3	7219-4 7220-4 7221-4
Level 5 (8)	6 yrs+	9:00-9:50 am 10:00-10:50 am 11:00-11:50 am	7222-1 ----- 7224-1	7222-2 7223-2 7224-2	7222-3 7223-3 7224-3	7222-4 7223-4 7224-4
Level 6 (8)	6 yrs+	9:00-9:50 am 10:00-10:50 am 11:00-11:50 am	7225-1 7226-1 7227-1	7225-2 ----- 7227-2	7225-3 7226-3 7227-3	7225-4 ----- 7227-4
WILLOW POOL						
Preschool Aquatics Level 1★ (8)	3-5 yrs	9:00-9:30 am	7228-1	-----	-----	-----
Preschool Aquatics Level 2 (8)	4-5 yrs	9:30-10:00 am	7229-1	7229-2	-----	-----
Preschool Aquatics Level 3 (8)	4-5 yrs	9:00-9:30 am	-----	7230-2	-----	-----
Level 1 & 2 (8)	5 yrs+	9:00-9:50 am	-----	-----	7231-3	7231-4

★Please note each child registered in the Preschool Aquatics class must be accompanied by an adult in the water.

Class (Max)	Age	Time	Session I	Session II	Session III	Session IV
			(6/14-6/24)	(6/28-7/9)	(7/12-7/22)	(7/26-8/5)
Preschool Aquatics Level 1★ (8)	3-5 yrs	9:45-10:15 am	7234-1	7234-2	7234-3	7234-4
Preschool Aquatics Level 2 (8)	4-5 yrs	10:30-11:00 am	7235-1	7235-2	7235-3	7235-4
Preschool Aquatics Level 3 (8)	4-5 yrs	11:15-11:45 am	7236-1	7236-2	7236-3	7236-4
Level 1 (8)	5 yrs+	9:00-9:50 am	7237-1	-----	7237-3	7237-4
		10:00-10:50 am	7238-1	7238-2	-----	7238-4
		11:00-11:50 am	7239-1	7239-2	7239-3	7239-4
Level 2 (8)	6 yrs+	9:00-9:50 am	-----	7269-2	-----	7269-4
		10:00-10:50 am	7270-1	-----	7270-3	-----
		11:00-11:50 am	7271-1	7271-2	7271-3	7271-4
Level 3 (8)	6 yrs+	9:00-9:50 am	7240-1	7240-2	7240-3	7240-4
		10:00-10:50 am	-----	7241-2	-----	7241-4
		11:00-11:50 am	7242-1	-----	7242-3	-----
Level 4 (8)	6 yrs+	9:00-9:50 am	7243-1	7243-2	7243-3	7243-4
		10:00-10:50 am	7244-1	7244-2	7244-3	-----
		11:00-11:50 am	-----	7245-2	7245-3	7245-4
Level 5 (8)	6 yrs+	9:00-9:50 am	7246-1	7246-2	7246-3	-----
		10:00-10:50 am	-----	7247-2	7247-3	7247-4
		11:00-11:50 am	7248-1	7248-2	-----	7248-4
Level 6 (8)	6 yrs+	10:00-10:50 am	7249-1	-----	7249-3	7249-4

EAGLE POOL

★Please note each child registered in the Preschool Aquatics class must be accompanied by an adult in the water.

EVENING SWIM LESSONS

Be sure to include the Session Program # on your registration form. Lessons are held Monday-Thursday. Weather make-ups will be held on Fridays. Lessons may be cancelled for extreme weather conditions. Call 847-705-5123 ext. 346 for cancellation information. Each session lasts two weeks and meets four times each week. **Parents are not allowed on the deck except on the first and last day of the session.**



Fee: \$44 R/\$66 NR

See page 39 for Level descriptions.

Class (Max)	Age	Time	Session I	Session II	Session III	Session IV
			(6/14-6/24)	(6/28-7/9)	(7/12-7/22)	(7/26-8/5)
Preschool Aquatics Level 1★ (8)	3-5 yrs	5:00-5:30 pm	7250-1	7250-2	7250-3	7250-4
Preschool Aquatics Level 2 (8)	4-5 yrs	5:30-6:00 pm	7251-1	7251-2	7251-3	7251-4
Preschool Aquatics Level 3 (8)	4-5 yrs	6:00-6:30 pm	7252-1	7252-2	7252-3	7252-4
Level 1 (8)	5 yrs+	5:00-5:45 pm	7253-1	7253-2	7253-3	7253-4
Level 2 (8)	6 yrs+	5:00-5:45 pm	7254-1	7254-2	7254-3	7254-4
Level 3 (16)	6 yrs+	5:00-5:45 pm	7255-1	7255-2	7255-3	7255-4
		5:45-6:30 pm	7256-1	7256-2	7256-3	7256-4
Level 4 (8)	6 yrs+	5:45-6:30 pm	7257-1	7257-2	7257-3	7257-4
Level 5 (8)	6 yrs+	5:45-6:30 pm	7258-1	7258-2	7258-3	7258-4
Level 6 (8)	6 yrs+	5:00-5:45 pm	7269-1	7270-2	7269-3	7270-4
Adult Swim Lessons (8)	17 yrs+	5:45-6:30 pm	7259-1	7259-2	7259-3	7259-4
Preschool Aquatics Level 1★ (8)	3-5 yrs	5:00-5:30 pm	7260-1	7260-2	7260-3	7260-4
Preschool Aquatics Level 2 (8)	4-5 yrs	5:30-6:00 pm	7261-1	7261-2	7261-3	7261-4
Preschool Aquatics Level 3 (8)	4-5 yrs	6:00-6:30 pm	7262-1	7262-2	7262-3	7262-4
Level 1 (8)	5 yrs+	5:00-5:45 pm	7263-1	7263-2	7263-3	7263-4
Level 2 (8)	6 yrs+	5:00-5:45 pm	7264-1	7264-2	7264-3	7264-4
Level 3 (8)	6 yrs+	5:45-6:30 pm	7265-1	7265-2	7265-3	7265-4
Level 4 (8)	6 yrs+	5:45-6:30 pm	7266-1	7266-2	7266-3	7266-4
Level 5 (8)	6 yrs+	5:45-6:30 pm	7267-1	7267-2	7267-3	7267-4
Level 6 (8)	6 yrs+	5:00-5:45 pm	7268-1	7268-2	7268-3	7268-4

BIRCHWOOD POOL

EAGLE POOL

★Please note each child registered in the Preschool Aquatics class must be accompanied by an adult in the water.

WINDY CITY DIVING



Diving Tryouts

Tryouts for divers with previous experience but not sure which level team to sign up for should attend this brief tryout. It will be held on June 14 at Birchwood Pool from 9:00 am to 10:00 am.

Individuals who have never taken a formal diving lesson should skip the tryout and register to dive in the Red Level.

Lessons

Beginning & Advanced Beginning Learn to Dive

These classes are an introduction to the sport of springboard diving. The 4 class sessions are 45 minutes in length and are designed to teach the safe and proper way to use the springboard. Any individual 8 years and older who has an interest in diving and can swim comfortably in the deep water and do a head first entry off the side of the pool can join this class. Students will be taught a forward approach and back press to begin with. They will progress to forward and back dives as well as other skills as time and ability permits. This group is limited to 8 divers per session.

House Team

Blue House Team

This group of divers has been recommended to move up from the Red lessons group or have been placed in group from a scheduled tryout. This group has a continued interest in learning more dives and in developing a passion for the sport. They are not yet ready to compete on the Blue or Travel Team but want to get involved in local skill level competitions. Divers in this group should be able to successfully complete a front dive, back dive, and a front flip. Divers will be able to compete in local dive meets and are expected to become members of AAU Diving before joining. This group will meet 4 days a week for 90 minutes per session. The team is limited to 12 members.

All members are required to be members of AAU (\$14). Memberships are renewed once a year.

Travel Team

Gold Travel Team

This group of divers is selected by coach recommendation or through placement at a scheduled tryout. Divers in this group have a strong passion to improve their diving abilities and want to take their training to the next level. These divers also have a desire to compete. Divers will train and compete on both 1 and 3 meter boards. They are required to compete in all Illinois Diving Association meets and regional competitions. This group meets 5 days a week for 2.5 hours per session. Members must become registered members of AAU and USA Diving organizations prior to attending their first practice. This team is limited to 14 members.

All members are required to become members of AAU (\$14) and USA Diving as Competitive Gold Level members (\$75). Memberships are renewed once a year.

BIRCHWOOD POOL

Beginning Learn to Dive

Fee: \$40 R/\$60 NR

Min/Max: 4/8

Prog #	Dates	Day	Time
7400-2	6/14-6/17	M-Th	11:15 am-12:00 pm
7401-2	6/21-6/24	M-Th	11:15 am-12:00 pm
7402-2	7/6-7/9	Tu-Fr	11:15 am-12:00 pm
7403-2	7/12-7/15	M-Th	11:15 am-12:00 pm
7404-2	7/19-7/22	M-Th	11:15 am-12:00 pm
7405-2	7/26-7/29	M-Th	11:15 am-12:00 pm

Blue House Team

Fee: \$300 R/\$400 NR

Min/Max: 7/12

Prog #	Dates	Day	Time
7406-2	6/14-7/29	M-Th	5:00-6:30 pm

Gold Travel Team

Fee: \$400 R/\$500 NR

Min/Max: 9/14

Prog #	Dates	Day	Time
7407-2	6/14-7/29	M-F	9:00-11:30 am

EAGLE POOL

Beginning Learn to Dive

Fee: \$40 R/\$60 NR

Min/Max: 4/8

Prog #	Dates	Day	Time
7408-2	6/14-6/17	M-Th	9:00-9:45 am
7409-2	6/14-6/17	M-Th	9:45-10:30 am
7410-2	6/21-6/24	M-Th	9:00-9:45 am
7411-2	6/21-6/24	M-Th	9:45-10:30 am
7412-2	7/6-7/9	Tu-Fr	9:00-9:45 am
7413-2	7/12-7/15	M-Th	9:00-9:45 am
7414-2	7/19-7/22	M-Th	9:00-9:45 am
7415-2	7/26-7/29	M-Th	9:00-9:45 am

Advanced Beginning Learn to Dive

Fee: \$50 R/\$75 NR

Min/Max: 4/8

Prog #	Dates	Day	Time
7416-2	7/6-7/9	Tu-Fr	9:45-10:30 am
7417-2	7/12-7/15	M-Th	9:45-10:30 am
7418-2	7/19-7/22	M-Th	9:45-10:30 am
7419-2	7/26-7/29	M-Th	9:45-10:30 am

Blue House Team

Fee: \$300 R/\$400 NR

Min/Max: 4/12

Prog #	Dates	Day	Time
7420-2	6/14-7/29	M-Th	5:00-6:30 pm