

Competitive Diving

These classes are designed to take diving to a higher level. Instruction will include what you need to know for diving competition.

Age: 6 years & over
Location: Birchwood Pool
Min/Max: 4/15 (1 instructor up to 8 participants)



Session I

Dates: June 8 - June 18 (2 weeks)
Prog # **Day** **Time** **Fee**
7400-2 M-Th 5:00-6:30 pm \$100 R/\$150 NR

Session II

Dates: June 22 - July 2 (2 weeks)
Prog # **Day** **Time** **Fee**
7401-2 M-Th 5:00-6:30 pm \$100 R/\$150 NR

Session III

Dates: July 6 - July 16 (2 weeks)
Prog # **Day** **Time** **Fee**
7402-2 M-Th 5:00-6:30 pm \$100 R/\$150 NR

Session IV

Dates: July 20 - July 30 (2 weeks)
Prog # **Day** **Time** **Fee**
7403-2 M-Th 5:00-6:30 pm \$100 R/\$150 NR

Learn To Dive

These classes are designed to give each diver the necessary background and skills to qualify for the diving team. The time is divided between teaching diving techniques, safety, and having fun. Participants should be able to front crawl 25 yards.

Age: 6 years & over
Location: Birchwood Pool
Min/Max: 4/15 (1 instructor up to 8 participants)

Session I - Level I

Dates: June 9 - June 18 (2 weeks)
Prog # **Day** **Time** **Fee**
7404-2 M-Th 9:00-9:45 am \$46 R/\$69 NR

Session II - Level II

Dates: June 22 - July 2 (2 weeks)
Prog # **Day** **Time** **Fee**
7405-2 M-Th 9:00-9:45 am \$46 R/\$69 NR

Session III - Level I

Dates: July 6 - July 16 (2 weeks)
Prog # **Day** **Time** **Fee**
7406-2 M-Th 9:00-9:45 am \$46 R/\$69 NR

Session IV - Level II

Dates: July 20 - July 30 (2 weeks)
Prog # **Day** **Time** **Fee**
7407-2 M-Th 9:00-9:45 am \$46 R/\$69 NR

DON'T WAIT to register!

If a program does not reach its minimum 7 days prior to the starting date of class, it may be cancelled.

LEARN TO SWIM

American Red Cross Certified Courses

Level IIntroduction to Water Skills

Children will learn supported floats. Explore deeper water with assistance. Ages 5 years and over.

Level IIFundamental Aquatic Skills

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

Level IIIStroke 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 IVStroke Improvement

Children will learn the butterfly stroke and open turns. Also taught are new kicking techniques used for 1 minute of treading water.

Level VStroke 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 VIFitness 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.

WHAT DIVING LEVEL SHOULD I REGISTER FOR?

Register for Level I Learn to Dive...

- if you have never done a head first dive
- if you have never done a back dive
- if you have not learned a four step front approach or a two step backwards press

Register for Level II Learn to Dive...

- if you can do a front dive and back dive
- if you can do dives from some, but not all, of the five groups - forward, backward, inward, reverse, and twisting
- if you have learned a front approach and back press

Register for Competitive Diving...

- if you are an experienced competitive diver
- if you have knowledge of somersaulting and twisting optionals
- if you have the desire to train on a competitive level

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 II only if they have written approval from their instructor that they have passed Level I. 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 postcard 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.

Fee: \$44 R/\$66 NR

See page 39 for Level descriptions.

 **OnLine Registration is not available for Swim Lessons.**



FAMILY AQUATIC CENTER

Class (Max)	Age	Time	Session I (6/9-6/18)	Session II (6/22-7/2)	Session III (7/6-7/16)	Session IV (7/20-7/30)
Parent & Tots★ (8)	3-5 yrs	9:00-9:30 am	7200-1	7200-2	7200-3	7200-4
Parent & Tots★ (8)	3-5 yrs	9:45-10:15 am	7201-1	7201-2	7201-3	7201-4
Tots (12)	4-5 yrs	9:00-9:30 am	7202-1	7202-2	7202-3	7202-4
Tots (12)	4-5 yrs	9:45-10:15 am	7203-1	7203-2	7203-3	7203-4
Level I (16)	5 yrs & over	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 II (16)	6 yrs & over	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 III (16)	6 yrs & over	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

Parent & Tots★ (8)	3-5 yrs	10:00-10:30 am	7210-1	7210-2	7210-3	7210-4
Parent & Tots★ (8)	3-5 yrs	10:45-11:15 am	7211-1	7211-2	7211-3	7211-4
Tots (6)	4-5 yrs	11:30 am-12:00 pm	7212-1	7212-2	7212-3	7212-4
Level I & II (24)	5 yrs & over	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 III (8)	6 yrs & over	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 IV (8)	6 yrs & over	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 V (8)	6 yrs & over	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 VI (8)	6 yrs & over	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

*Please note each child registered in the Parent & Tot class must be accompanied by an adult in the water.

EAGLE POOL

Class (Max)	Age	Time	Session I (6/9-6/18)	Session II (6/22-7/2)	Session III (7/6-7/16)	Session IV (7/20-7/30)
Parent & Tots* (8)	3-5 yrs	9:45-10:15 am	7234-1	7234-2	7234-3	7234-4
Tots (6)	4-5 yrs	10:30-11:00 am	7235-1	7235-2	7235-3	7235-4
Tots (6)	4-5 yrs	11:15-11:45 am	7236-1	7236-2	7236-3	7236-4
Level I (8)	5 yrs & over	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 II (8)	6 yrs & over	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 III (8)	6 yrs & over	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 IV (8)	6 yrs & over	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 V (8)	6 yrs & over	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 VI (8)	6 yrs & over	10:00-10:50 am	7249-1	-----	7249-3	7249-4

*Please note each child registered in the Parent & Tot 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.

BIRCHWOOD POOL

Class (Max)	Age	Time	Session I (6/8-6/18)	Session II* (6/22-7/2)	Session III (7/6-7/16)	Session IV (7/20-7/30)
Parent & Tots* (8)	3-5 yrs	5:00-5:30 pm	7250-1	7250-2	7250-3	7250-4
Parent & Tots* (8)	3-5 yrs	5:30-6:00 pm	7251-1	7251-2	7251-3	7251-4
Tots (6)	4-5 yrs	6:00-6:30 pm	7252-1	7252-2	7252-3	7252-4
Level I (8)	5 yrs & over	5:00-5:45 pm	7253-1	7253-2	7253-3	7253-4
Level II (8)	6 yrs & over	5:00-5:45 pm	7254-1	7254-2	7254-3	7254-4
		5:45-6:30 pm	7255-1	7255-2	7255-3	7255-4
Level III (8)	6 yrs & over	5:00-5:45 pm	7256-1	7256-2	7256-3	7256-4
		5:45-6:30 pm	7257-1	7257-2	7257-3	7257-4
Level IV (8)	6 yrs & over	5:45-6:30 pm	7258-1	7258-2	7258-3	7258-4
Level V (8)	6 yrs & over	5:45-6:30 pm	7258-1	7258-2	7258-3	7258-4
Level VI (8)	6 yrs & over	5:00-5:45 pm	7269-1	7270-2	7269-3	7270-4
Adult Swim Lessons (8)	17 yrs & over	5:45-6:30 pm	7259-1	7259-2	7259-3	7259-4

EAGLE POOL

Parent & Tots* (8)	3-5 yrs	5:00-5:30 pm	7260-1	7260-2	7260-3	7260-4
Parent & Tots* (8)	3-5 yrs	5:30-6:00 pm	7261-1	7261-2	7261-3	7261-4
Tots (6)	4-5 yrs	6:00-6:30 pm	7262-1	7262-2	7262-3	7262-4
Level I (8)	5 yrs & over	5:00-5:45 pm	7263-1	7263-2	7263-3	7263-4
Level II (8)	6 yrs & over	5:00-5:45 pm	7264-1	7264-2	7264-3	7264-4
Level III (8)	6 yrs & over	5:45-6:30 pm	7265-1	7265-2	7265-3	7265-4
Level IV (8)	6 yrs & over	5:45-6:30 pm	7266-1	7266-2	7266-3	7266-4
Level V (8)	6 yrs & over	5:45-6:30 pm	7267-1	7267-2	7267-3	7267-4
Level VI (8)	6 yrs & over	5:00-5:45 pm	-----	7268-2	-----	7268-4

*Please note each child registered in the Parent & Tot class must be accompanied by an adult in the water.