

Water Aerobics

You can get a Water Aerobic 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.

Age: 14 years & over
Instructors: Paula Byrnes, Donna Longo, Kathy Sher

Dates: June 13 - August 18 (10 weeks)
Day/Time: Mon - Thur/11:00 am - 12:00 pm
Location: Birchwood Pool

Dates: June 18 - August 20 (10 weeks)
Day/Time: Sat/10:00 - 11:00 am
Location: Family Aquatic Center
 (class will meet at Birchwood pool 8/20)

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 aerobic class members may stay at the pool.

Northwest Chicago Water Polo

Age Group

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

Age: 8 - 13 years
 (or with coaches' permission)
Dates: June 13 - July 13
Instructors: John Del Prado & Ray Roth
Location: Palatine High School
Min/Max: 6/40

Prog #	Day	Time	Fee
7607-2	M/W	8:00-9:30 pm	\$100 R/\$150 NR

High School

Age: 14 - 18 years
 (or with coaches' permission)
Dates: June 13 - July 14
Instructor: Joe Grzybek
Location: Palatine High School (Mon/Wed)
 Hoffman Estates
 High School (Tue/Thur)
Min/Max: 14/40
Fee: \$120 R, \$145 NR D211, \$180 NR

Prog #	Day	Time
7608-2	M-Th	5:30-8:00 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 1 Introduction to Water Skills

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

Level 2 Fundamental Aquatic Skills

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

Level 3 Stroke 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 4 Stroke Improvement

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

Level 5 Stroke 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 6 Fitness 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.



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 x346 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 847-202-5544 if you have a question.

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

Fee: \$44 R/\$66 NR

See page 39 for Level descriptions.



FAMILY AQUATIC CENTER

Class (Max)	Age	Time	Session I (6/13-6/23)	Session II (6/27-7/8)	Session III (7/11-7/21)	Session IV (7/25-8/4)
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.**

EAGLE POOL

Class (Max)	Age	Time	Session I (6/13-6/23)	Session II (6/27-7/8)	Session III (7/11-7/21)	Session IV (7/25-8/4)
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

★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 x346 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 (6/13-6/23)	Session II (6/27-7/8)	Session III (7/11-7/21)	Session IV (7/25-8/4)
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	7272-1	7272-2	7272-3	7272-4
Adult Swim Lessons (8)	17 yrs+	5:45-6:30 pm	7259-1	7259-2	7259-3	7259-4

EAGLE POOL

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

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