

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 17 - 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 7:00-8:00 pm



Co-Ed Elite Water Polo

For varsity or experienced water polo players.

Age: 16 - 25 years
 (or coaches permission)
 Dates: June 16 - 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 7:00-8:30 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.