



Learn to Snorkel **NEW!**

Above and under water staff will teach you to:

- Adjust your snorkel gear
- Use different kicks to see more
- Breathe, hold, dive, and recover items on the bottom and clear your ears as you go
- Properly enter and exit the water safely

All equipment is provided.

Age: 8 years & over

Min/Max: 1/10

Location: Birchwood Pool

Date: June 14

Prog #	Day	Time	Fee
7609-2	Tue	6:30-10:00 pm	\$50 R/\$75 NR

Date: June 28

Prog #	Day	Time	Fee
7610-2	Thur	6:30-10:00 pm	\$50 R/\$75 NR

Location: Family Aquatic Center

Date: July 12

Prog #	Day	Time	Fee
7611-2	Tue	6:30-10:00 pm	\$50 R/\$75 NR

Location: Eagle Pool

Dates: July 26

Prog #	Day	Time	Fee
7612-2	Thur	6:30-10:00 pm	\$50 R/\$75 NR

Try Scuba **NEW!**

Discover Scuba Diving in one of our Park District pools. Strap on a tank, weights, and other cool scuba gear and breath under water. Now is your chance to dive in and experience the adventures and wonders of the under water world. All equipment will be provided.



If you wish to become fully certified, Don Milliken, Master Instructor can tell you how. Call 847-873-7790 or visit www.aboveandunderwater.com for medical criteria.

Age: 10 years & over

Min/Max: 1/10

Location: Birchwood Pool

Dates: June 14, 16, 21, 23 (4 days)

Prog #	Day	Time	Fee
7613-2	T/Th	6:30-10:00 pm	\$125 R/\$188 NR

Dates: June 28, 30, July 5, 7 (4 days)

Prog #	Day	Time	Fee
7614-2	T/Th	6:30-10:00 pm	\$125 R/\$188 NR

Location: Family Aquatic Center

Dates: July 12, 14, 19, 21 (4 days)

Prog #	Day	Time	Fee
7615-2	T/Th	6:30-10:00 pm	\$125 R/\$188 NR

Location: Eagle Pool

Dates: July 26, 28, August 2, 4 (4 days)

Prog #	Day	Time	Fee
7616-2	T/Th	6:30-10:00 pm	\$125 R/\$188 NR

Junior Lifeguarding I

The second part to Level 6 and an introduction to Lifeguarding, this program offers general water safety, prevention, and responses to aquatic emergencies. It provides hands-on experience under the supervision of a Lifeguard or Head Lifeguard. Class will not be cancelled due to weather. (20 hours of field experience at the pool of your choice is required.)

Age: 11 & 12 years

Dates: June 13 - June 24 (2 weeks)

Location: Birchwood Pool

Min/Max: 4/15

Fee: \$60 R/\$90 NR

Prog # **Day** **Time**

7502-2	M-F	11:00 am-12:00 pm
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7503-2	M-F	5:00-6:00 pm
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Junior Lifeguarding II

This program includes review of Junior Lifeguarding I and will allow students to learn actual rescue techniques. It provides hands on experience under the supervision of a Lifeguard or Head Lifeguard. Class will not be cancelled due to weather. (20 hours of field experience at the pool of your choice is required.)

Age: 13 & 14 years

Dates: July 11 - July 22 (2 weeks)

Min/Max: 4/15

Location: Family Aquatic Center

Prog #	Day	Time	Fee
7504-2	M-F	10:00-11:00 am	\$60 R/\$90 NR

Location: Birchwood Pool

Prog #	Day	Time	Fee
7505-2	M-F	5:00-6:00 pm	\$60 R/\$90 NR

American Red Cross Lifeguarding Training r.06

Lifeguard Training includes CPR for the professional rescuer and provides more comprehensive training for individuals age 15 or older who wish to become lifeguards. Participants are required to pass a water skills test prior to entry into the course. Course fee includes textbook and CPR mask which you will keep. Course content includes: professional lifeguarding, preventive lifeguarding skills, equipment based rescue techniques, procedures for handling spinal injuries, and A.E.D. training. Class will not be cancelled due to weather.

Age: 15 years & over

Dates: June 20 - July 1 (2 weeks)

Instructor: Tina Sheedy

Location: Birchwood Pool

Min/Max: 4/12

Prog #	Day	Time	Fee
7501-2	M-F	8:30-11:00 am	\$200 R/\$300 NR

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