

## Private Swim Lessons

*Ages 4 years to adult*

Learn to swim with the benefit of a private instructor! One-on-one lessons will be set up on a first-come, first-served basis. Lessons must be paid for in advance by registering at the front desk. **The exact dates and times will be arranged with the assigned instructor, who will contact you after June 14.** If you have questions, please call Vicki Mann at 847-381-0687 after June 14. Refunds will only be given if a mutually agreed upon time cannot be determined. Refunds will not be given for missed lessons; cancellations must be made 24 hours in advance; **sorry, no exceptions.**

### PRIVATE LESSONS

#### Actv. #206714 Five Half-Hour Lessons

Sec. 01	Pool Pass holder	\$125
Sec. 02	Resident w/o pool pass	\$156
Sec. 03	Non-Resident w/o pool pass	\$195

#### Actv. #206714 Ten Half-Hour Lessons

Sec. 04	Pool Pass holder	\$250
Sec. 05	Resident w/o pool pass	\$300
Sec. 06	Non-Resident w/o pool pass	\$375

*\*Lessons must be completed by August 29, 2010.*

## Adult Lap Swim

*Ages 16 years and up*

### LAP SWIM JUNE 12 – AUGUST 21

Calling all lap swimmers! Lap swim is free for Fitness Center members and Season Pool Pass holders. A lap swim pass is also available for those swimmers who are just interested in lap swimming (see below).

### LAP SWIM GUIDELINES

Admittance is by membership, pass, or daily use fee. Three lap lanes are guaranteed during all open swim hours. Lap swimmers are expected to circle-swim to the right when there are more than two swimmers per lane. For the safety and comfort of our lap swimmers, lap swimming is available for patrons 16 and older, who are able to demonstrate the following skills: rhythmic breathing; a structured stroke; and the ability to continuously swim 100 yards using one of the four structured strokes (front crawl, back crawl, breast stroke, and butterfly).

### LAP SWIM HOURS AND PASS RATES

The lap swim pass is valid during lap swim hours only and must be swiped in order to swim; no exceptions. If you fail to bring your pass, you will be required to pay the pool daily fee in order to lap swim. Not responsible for lost or stolen pass cards.

Hours: Monday–Friday 6–8am

*Children 16 years and under may swim laps from 7:30–8 p.m.*

Actv.#	Sec.#	No.	Fee
206724	01	5	\$25/\$32
	02	10	\$45/\$56
	03	Unlimited	\$80/\$100

## Aqua Aerobics: Circuit Challenge

A fun and exhilarating deep-water and cardiovascular workout. Join us for interval circuit training using resistance with hand buoys, noodles, and kickboards. *For safety reasons, patrons must clear the pool deck when the class is over. The pool does not open until 12:00 pm. Participants may dry off in the locker rooms. (Min/Max: 8/20).*

Fee: \$45/\$56 (10 wks; no class 7/3) Location: BPD Pool

Actv.#	Sec.#	Day	Date	Time
202728	01	Sat.	6/12–8/21	10:00–11:00am

## Aqua Aerobics: Power Splash

This is a fun and energetic class utilizes a unique combination of movements to upbeat music. You'll work all major muscle groups while keeping the heart rate elevated. *Participants will be allowed to stay 20–30 minutes after class to dry off; the BPD asks that the aqua participants stay in the Adult Sun Deck area which is located between the Lifeguard Office and the Concession Stand. (Min/Max: 8/20).*

Fee: \$115/\$144 (10 wks) Location: BPD Pool

Actv.#	Sec.#	Day	Date	Time
202728	02	Mon./Wed./Fri.	6/14–8/20	11:20am–12:05pm

## Aqua Hydropower Pump NEW!

A die-hard workout for H<sup>2</sup>O enthusiasts! This new, high-energy body-sculpting class uses water equipment at pump-level intensity. We focus on interval training, formatting, optimum efficiency and muscle involvement. This class will get your heart pumping and your muscles working! (Min/Max: 8/20).

Fee: \$90/\$113 (10 wks) Location: BPD Pool

Actv.#	Sec.#	Day	Date	Time
202728	03	Tue./Thur.	6/15–8/19	11:20am–12:05pm



# Learn to Swim Programs

## Parent and Child Aquatics **NEW!**

*Ages: 6 months to 3 years (parent must accompany child into water)*

Our new Parent and Child Aquatics program for tots ages 6 to 36 months is the perfect introduction to the water for your little one. With a parent or guardian accompanying the child into the water, par-

ticipants will learn to become comfortable in the water so that they become willing and ready to learn to swim. Basic skills include adjusting to the water environment, showing comfort in a front or back

position in the water, and demonstrating breath control, including blowing bubbles or voluntarily submerging under water. Age-appropriate water safety skills are also taught.

### PARENT/CHILD FEES

\$50	Pool Pass Holders
\$65	In-District Non-Pass Holders
\$80	Out-of-District Non-Pass Holders

### LEVEL 1: Parent/Child *(Ages 6–36 months with parent in water; introduces both parent and child to basic skills)*

Activity #206701	Days	June 14–24	June 28–July 9	July 12–22	July 26–Aug. 5
9:00–9:40am	Mon.–Thur.	—	Sec. 02	Sec. 04	Sec. 05
9:50–10:30am	Mon.–Thur.	Sec. 01	Sec. 03	—	Sec. 06
			*No class 7/5		

### LEVEL 2: Parent/Child *(Age 3 years with parent in water; builds on skills learned in Level 1 and introduces more advanced skills)*

Activity #206702	Days	June 14–24	June 28–July 9	July 12–22	July 26–Aug. 5
9:50–10:30am	Mon.–Thur.	—	—	Sec. 03	—
10:40–11:20am	Mon.–Thur.	Sec. 01	Sec. 02	Sec. 04	Sec. 05
			*No class 7/5		

## Preschool Aquatics **NEW!**

*Ages: 4 and 5*

Our new Preschool Aquatics program for children ages 4 and 5 is a great way to build confidence before taking Learn-to-Swim lessons. Participants will learn to become

comfortable in the water so that they become willing and ready to learn to swim. Basic skills include entering and exiting the water, blowing bubbles, submerging mouth, nose, and

eyes, front glide, back float, and basic treading water. Age-appropriate water safety skills are also taught.

### PRESCHOOL FEES

\$50	Pool Pass Holders
\$65	In-District Non-Pass Holders
\$80	Out-of-District Non-Pass Holders

### LEVEL 1: Preschool *(Ages 4–5; helps students become comfortable in the water)*

Activity #206733	Days	June 14–24	June 28–July 9	July 12–22	July 26–Aug. 5
9:00–9:40am	Mon.–Thur.	Sec. 01	Sec. 04	Sec. 07	Sec. 10
9:50–10:30am	Mon.–Thur.	Sec. 02	Sec. 05	Sec. 08	Sec. 11
10:40–11:20am	Mon.–Thur.	Sec. 03	Sec. 06	Sec. 09	Sec. 12
			*No class 7/5		

### LEVEL 2: Preschool *(Age 4–5; builds on skills learned in Level 1 and introduces swimming fundamentals)*

Activity #206734	Days	June 14–24	June 28–July 9	July 12–22	July 26–Aug. 5
9:00–9:40am	Mon.–Thur.	Sec. 01	Sec. 04	Sec. 07	Sec. 10
9:50–10:30am	Mon.–Thur.	Sec. 02	Sec. 05	Sec. 08	Sec. 11
10:40–11:20am	Mon.–Thur.	Sec. 03	Sec. 06	Sec. 09	Sec. 12
			*No class 7/5		

### LEVEL 3: Preschool *(Age 4–5; builds on skills learned in Levels 1–2 and improves coordination of arm/leg movements)*

Activity #206735	Days	June 14–24	June 28–July 9	July 12–22	July 26–Aug. 5
9:00–9:40am	Mon.–Thur.	Sec. 01	Sec. 04	Sec. 07	Sec. 10
9:50–10:30am	Mon.–Thur.	Sec. 02	Sec. 05	Sec. 08	Sec. 11
10:40–11:20am	Mon.–Thur.	Sec. 03	Sec. 06	Sec. 09	Sec. 12
			*No class 7/5		

# Learn to Swim with the Most Popular Program in Town! *Ages: 6 and up*

Our Learn-to-Swim Program is perfect for swimmers of all levels (ages 6 and up). Using the American Red Cross Instructional Aquatic Program, each level is progressive: Students begin at Level 1 and progress to Level 6 as they complete each level. Call 847-381-0687 for a full list of Red Cross curriculum details.

Please sign up for the level that you feel best suits each participant's current skill set. All students will be skill-tested on the first day of lessons for each session to ensure that they are placed in the appropriate class. Students may be moved to a higher or lower skill group depending upon their age, individual comfort level, and/

or aquatic skills. Classes run on Monday through Thursday for two weeks; makeup days are held on Fridays if class is canceled due to weather.

## LEARN TO SWIM FEES

\$50	Pool Pass Holders
\$65	In-District Non-Pass Holders
\$80	Out-of-District Non-Pass Holders

**Please note that in summer 2010 children must be six years old to take Learn-to-Swim lessons. Younger children may take Parent/Child or Preschool Lessons at left.**

### LEVEL 1: Intro. To Water Skills *(Ages 6 years and up)*

Introduction to Water Skills is for those who have progressed from our baby swim and preschool classes or who are just beginning to learn to swim. Students will learn to enter the water, blow bubbles, bob, and open eyes underwater and remove objects. The basics of front and back glides, float, rolling from back to front, and treading water are taught. Students will also learn combined arm and leg motions on front and back.

Activity #206703	Days	June 14-24	June 28-July 9	July 12-22	July 26-Aug. 5
9:00-9:40am	Mon.-Thur.	Sec. 01	Sec. 04	Sec. 07	Sec. 10
9:50-10:30am	Mon.-Thur.	Sec. 02	Sec. 05	Sec. 08	Sec. 11
10:40-11:20am	Mon.-Thur.	Sec. 03	Sec. 06	Sec. 09	Sec. 12
*No class 7/5					

### LEVEL 2: Fundamental Aquatic Skills *(Ages 6 years and up)*

This level is for those who have passed or can complete the basic skills in Level 1. Fundamental Aquatic Skills (Level 2) builds on the skills above and introduces holding breath under water, jellyfish floats, retrieving submerged objects, treading water, and front and back floats and glides.

Activity #206704	Days	June 14-24	June 28-July 9	July 12-22	July 26-Aug. 5
9:00-9:40am	Mon.-Thur.	Sec. 01	Sec. 04	Sec. 07	Sec. 10
9:50-10:30am	Mon.-Thur.	Sec. 02	Sec. 05	Sec. 08	Sec. 11
10:40-11:20am	Mon.-Thur.	Sec. 03	Sec. 06	Sec. 09	Sec. 12
*No class 7/5					

### LEVEL 3: Stroke Development *(Ages 6 years and up)*

This level is for those who have passed or can complete the skills in Levels 1-2. Stroke Development (Level 3) builds on the skills above and introduces sitting-position diving into the pool from the side, rotary breathing, survival float, back float, flutter and dolphin kicks, front crawl, elementary backstroke, scissors kick, and additional water safety skills.

Activity #206705	Days	June 14-24	June 28-July 9	July 12-22	July 26-Aug. 5
9:00-9:40am	Mon.-Thur.	Sec. 01	Sec. 04	Sec. 07	Sec. 10
9:50-10:30am	Mon.-Thur.	Sec. 02	Sec. 05	Sec. 08	Sec. 11
10:40-11:20am	Mon.-Thur.	Sec. 03	Sec. 06	Sec. 09	Sec. 12
*No class 7/5					

### LEVEL 4: Stroke Improvement *(Ages 6 years and up)*

This level is for those who have passed or can complete the skills in Levels 1-3. Stroke Improvement (Level 4) builds on the skills above and introduces swimming under water, feet-first surface dive, survival swimming, front crawl and backstroke open turns, treading water with 2 kicks, front/back crawl, elementary backstroke, breaststroke, sidestroke, and butterfly, and additional water safety skills.

Activity #206706	Days	June 14-24	June 28-July 9	July 12-22	July 26-Aug. 5
9:00-9:40am	Mon.-Thur.	Sec. 01	Sec. 04	Sec. 07	Sec. 10
9:50-10:30am	Mon.-Thur.	Sec. 02	Sec. 05	Sec. 08	Sec. 11
10:40-11:20am	Mon.-Thur.	Sec. 03	Sec. 06	Sec. 09	Sec. 12
*No class 7/5					

### LEVEL 5: Stroke Refinement *(Ages 6 years and up)*

This level is for those who have passed or can complete the skills in Levels 1-4. Stroke Refinement (Level 5) provides further coordination and refinement of front crawl, backstroke, breaststroke, butterfly, and sidestroke and introduces shallow-angle dive from the side, tuck and pike surface dives, front flip turn, and additional water safety skills.

Activity #206707	Days	June 14-24	June 28-July 9	July 12-22	July 26-Aug. 5
9:00-9:40am	Mon.-Thur.	Sec. 01	Sec. 04	Sec. 07	Sec. 10
9:50-10:30am	Mon.-Thur.	Sec. 02	Sec. 05	Sec. 08	Sec. 11
10:40-11:20am	Mon.-Thur.	Sec. 03	Sec. 06	Sec. 09	Sec. 12
*No class 7/5					

### LEVEL 6: Swimming and Skill Proficiency *(Ages 6 years and up)*

This level is for those who have passed or can complete the skills in Levels 1-5. Swimming and Skills Proficiency (Level 6) refines all strokes so that students can swim with ease, efficiency, power, and smoothness over great distances. Depending on the student interest and ability, menu items for this class include Personal Water Safety, Fitness Swimmer, and Fundamentals of Diving.

Activity #206708	Days	June 14-24	June 28-July 9	July 12-22	July 26-Aug. 5
9:00-9:40am	Mon.-Thur.	Sec. 01	Sec. 04	Sec. 07	Sec. 10
9:50-10:30am	Mon.-Thur.	Sec. 02	Sec. 05	Sec. 08	Sec. 11
10:40-11:20am	Mon.-Thur.	Sec. 03	Sec. 06	Sec. 09	Sec. 12
*No class 7/5					