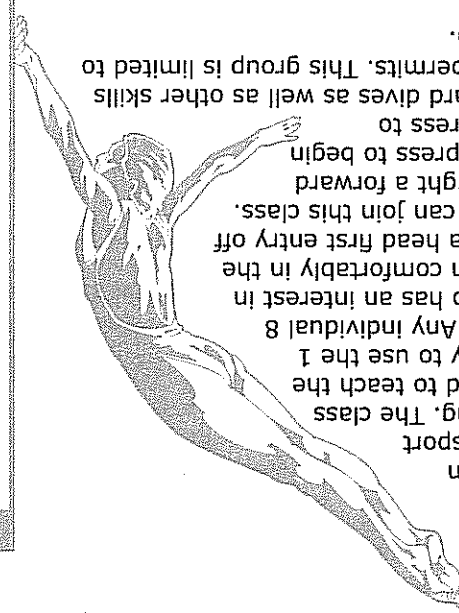


# WINDY CITY DIVING

REGISTER NOW! NOT PART OF THE LOTTERY.

BIRCHWOOD POOL		
<b>Beginning Learn to Dive</b>		
7400-2	7/25-7/28	M-Th 9:00-9:45 am
7401-2	6/20-6/23	M-Th 9:00-9:45 am
7402-2	6/27-6/30	M-Th 9:00-9:45 am
7403-2	7/11-7/14	M-Th 9:00-9:45 am
7404-2	7/18-7/21	M-Th 9:00-9:45 am
7405-2	7/25-7/28	M-Th 9:00-9:45 am
<b>Fee:</b>	\$40 R/\$60 NR	
<b>Min/Max:</b>	3/8	
<b>Day Time</b>	<b>Dates</b>	<b>Prog #</b>
7406-2	6/13-6/16	M-Th 11:15 am-12:00 pm
7407-2	6/20-6/23	M-Th 11:15 am-12:00 pm
7408-2	6/27-6/30	M-Th 11:15 am-12:00 pm
7409-2	7/11-7/14	M-Th 11:15 am-12:00 pm
7410-2	7/18-7/21	M-Th 11:15 am-12:00 pm
7411-2	7/25-7/28	M-Th 11:15 am-12:00 pm
<b>Fee:</b>	\$300 R/\$400 NR	
<b>Min/Max:</b>	4/12	
<b>Day Time</b>	<b>Dates</b>	<b>Prog #</b>
7412-2	6/13-7/28*	M-Th 5:00-6:30 pm
<b>Fee:</b>	\$230 R/\$330 NR	
<b>Min/Max:</b>	1/4	
<b>Day Time</b>	<b>Dates</b>	<b>Prog #</b>
7413-2	6/13-6/30*	M-Th 5:00-6:30 pm
7414-2	6/13-7/29*	M-F 9:00-11:30 am
<b>Fee:</b>	\$400 R/\$500 NR	
<b>Min/Max:</b>	5/14	
<b>Day Time</b>	<b>Dates</b>	<b>Prog #</b>
*no class 7/4		
EAGLE POOL		
<b>Beginning Learn to Dive</b>		
7415-2	6/13-6/16	M-Th 5:00-5:45 pm
7416-2	6/20-6/23	M-Th 5:00-5:45 pm
7417-2	6/27-6/30	M-Th 5:00-5:45 pm
7418-2	7/11-7/14	M-Th 5:00-5:45 pm
7419-2	7/18-7/21	M-Th 5:00-5:45 pm
7420-2	7/25-7/28	M-Th 5:00-5:45 pm
<b>Fee:</b>	\$40 R/\$60 NR	
<b>Min/Max:</b>	3/8	
<b>Day Time</b>	<b>Dates</b>	<b>Prog #</b>
7421-2	6/13-6/16	M-Th 5:45-6:30 pm
7422-2	6/20-6/23	M-Th 5:45-6:30 pm
7423-2	6/27-6/30	M-Th 5:45-6:30 pm
7424-2	7/11-7/14	M-Th 5:45-6:30 pm
7425-2	7/18-7/21	M-Th 5:45-6:30 pm
7426-2	7/25-7/28	M-Th 5:45-6:30 pm
<b>Fee:</b>	\$40 R/\$60 NR	
<b>Min/Max:</b>	3/8	
<b>Day Time</b>	<b>Dates</b>	<b>Prog #</b>



**Lessons**  
**Beginning Learn to Dive**

These classes are an introduction to the sport of springboard diving. The class sessions are designed to teach the safe and proper way to use the 1 meter springboard. Any individual 8 years and older who has an interest in diving and can swim comfortably in the deep water and do a head first entry off the side of the pool can join this class. Students will be taught a forward approach and back press to begin with. They will progress to forward and backward dives as well as other skills as time and ability permits. This group is limited to 8 divers per session.

This class is designed for the diver who has been recommended from the beginning diving lesson. If divers have come from a different diving program, or have had no formal instruction, the diver should be able to successfully execute a front approach, back approach, front dive, and back dive.

**Advanced Learn to Dive**

This group of divers has been recommended to move up from the Beginning and Advanced Diving lessons by their instructor. They also may be placed based on coaches recommendation or by scheduled try out. This group has a strong desire to continue to learn new dives, and are developing a passion for the sport. They are not yet ready to compete on the Gold or Travel Team but want to get involved in local skill level diving competitions. Divers will be expected to become Competitive Blue Level (\$20) members of USA Diving before they attend their first practice and bring a copy of their USA Diving card. This group will meet 4 days per week for 1.5 hours per session. The team is limited to 12 members.

**House Team**

This group of divers is selected by coach recommendation or through placement at a scheduled tryout. Divers in this group have a strong passion to improve their diving abilities and want to take their diving to the next level. These divers also have a strong desire to compete and will attend all Illinois Diving Association meets and Regional competitions. This group will meet 5 days a week for 2.5 hours each session. Members must become registered members of USA Diving Competitive Gold Level (\$75) and must bring a copy of their card to the first practice. This team is limited to 14 members.

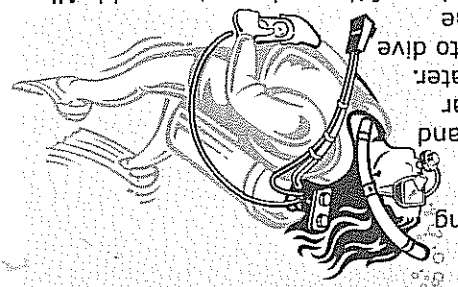
**Gold Travel Team**

This group of divers is selected by coach recommendation or through placement at a scheduled tryout. Divers in this group have a strong passion to improve their diving abilities and want to take their diving to the next level. These divers also have a strong desire to compete and will attend all Illinois Diving Association meets and Regional competitions. This group will meet 5 days a week for 2.5 hours each session. Members must become registered members of USA Diving Competitive Gold Level (\$75) and must bring a copy of their card to the first practice. This team is limited to 14 members.

**Learn to Snorkel (NEM)**

Above and under water staff will teach you to:  
 • Adjust your snorkel gear  
 • Use different kicks to see more  
 • Breath, 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

7609-2	Tue	6:30-10:00 pm	\$50 R/\$75 NR
7610-2	Thu	6:30-10:00 pm	\$50 R/\$75 NR
<b>Date:</b>	<b>Prog #</b>	<b>Day Time</b>	<b>Fee</b>
June 28	7610-2	6:30-10:00 pm	\$50 R/\$75 NR
<b>Location:</b>	<b>Date:</b>	<b>Prog #</b>	<b>Day Time</b>
Family Aquatic Center	July 12	7611-2	6:30-10:00 pm
<b>Fee:</b>	<b>Date:</b>	<b>Prog #</b>	<b>Day Time</b>
\$50 R/\$75 NR	July 26	7612-2	6:30-10:00 pm
<b>Location:</b>	<b>Age:</b>	<b>Min/Max:</b>	<b>Fee</b>
Eagle Pool	13 & 14 years	4/15	\$50 R/\$75 NR



**Try Scuba (NEM)**  
 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](http://www.aboveandunderwater.com) for medical criteria.  
 Age: 10 years & over  
 Min/Max: 1/10

7613-2	T/Th	6:30-10:00 pm	\$125 R/\$188 NR
7614-2	T/Th	6:30-10:00 pm	\$125 R/\$188 NR
7615-2	T/Th	6:30-10:00 pm	\$125 R/\$188 NR
7616-2	T/Th	6:30-10:00 pm	\$125 R/\$188 NR
<b>Location:</b>	<b>Day Time</b>	<b>Dates:</b>	<b>Fee</b>
Birchwood Pool	June 14, 16, 21, 23 (4 days)	7613-2	\$125 R/\$188 NR
<b>Location:</b>	<b>Day Time</b>	<b>Dates:</b>	<b>Fee</b>
Family Aquatic Center	July 12, 14, 19, 21 (4 days)	7614-2	\$125 R/\$188 NR
<b>Location:</b>	<b>Day Time</b>	<b>Dates:</b>	<b>Fee</b>
Eagle Pool	July 26, 28, August 2, 4 (4 days)	7615-2	\$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 # 7502-2  
 Day Time M-F 11:00 am-12:00 pm  
 Prog # 7503-2  
 Day Time M-F 5:00-6:00 pm

**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  
 Day Time M-F 10:00-11:00 am  
 Fee \$60 R/\$90 NR  
 Prog # 7504-2  
 Day Time M-F 5:00-6:00 pm  
 Location: Birchwood Pool  
 Day Time M-F 5:00-6:00 pm  
 Fee \$60 R/\$90 NR  
 Prog # 7505-2

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

**Join our Email List at**

[www.palatineparks.org](http://www.palatineparks.org)  
 Get updates on registration dates, events, special programs, and more!

**WATER SAFETY**