

Youth Water Polo

Coached by staff members who play or have played water polo at the high school level. Specific skills will be worked on during each class with the intent of conducting actual games at the end of the session. This class will be taught in the dive well. Students must know how to swim and be comfortable in deep water. (LR)

Location: Olympic

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
11089	8-14yrs	S	8:00a-8:50a	3/5-4/30	\$37/\$56

Windy City Diving Lessons: Level 1 Beginner

An introduction to the sport of springboard diving and designed to teach safe, proper way to use a springboard. Any individual who has an interest in diving can swim comfortably in deep water, and dive in head first off the side of the pool can take this class. Students will be taught a forward approach and back press. They will progress to forward and back dive as well as other skills based on ability. (AB)

Location: Olympic

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
11303	8-17 yrs	S	7:00-8:00p	3/5-4/30	\$78/\$117
11304	8-17 yrs	Th	6:30-7:30p	3/9-4/20	\$91/\$136

Windy City Diving Lessons: Level 2 Intermediate

For those divers who already know how to do a proper diving hurdle, back press, forward dive with an approach and a backward dive without any assistance. Divers may also be recommended to advance to this class during their beginning lesson.(AB)

Location: Olympic

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
11305	8-17 yrs	S	5:45p-7:00p	3/5-4/30	\$104/\$156

Windy City Diving Club: Level 3 Future Champion

Divers at this level at minimum can perform a forward dive, backward dive and forward somersault without assistance. Divers should be enthusiastic about the sport of diving, have a willingness to learn more dives and may be interested in competing in the future. (AB)

Location: Olympic

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
11302	8-18 yrs	W	6:00p-7:30p	3/8-4/28	\$207/\$299
		F	5:15p-7:00p		

Windy City Diving: Level 4

Divers at this level have a full competitive junior Olympic level list for their age level or can complete 11 different dives if they are a high school diver. This team is geared to the diver who is competitive, looking to improve skills, learn new dives and looks forward to the challenge of becoming a better diver. *Please see online for more details about 2x and 3x a week practice options.*(AB)

Location: Olympic

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
11699	8-18 yrs	M	5:15p-7:15p	3/4-4/29	\$348/\$498
		W	7:00p-9:00p		
		Th	7:15p-9:15p		
		Sa	9:00a-11:00a		

Teen Swim Lessons

For teens that are inexperienced swimmers through competitive swimmers, wanting to perfect their techniques. Instructors work with participants to develop individual goals based on their needs and ability. (AB)

Location: Olympic

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
11295	11-17 yrs	Sa	8:10a-8:50a	3/4-4/29	\$63/\$95

Adult Swim Lessons

For adult inexperienced swimmers through competitive swimmers, wanting to perfect their techniques. Instructors work with participants to develop individual goals based on their needs and ability. (AB)

Location: Olympic

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
11254	18 and up	Sa	8:10a-8:50a	3/4-4/29	\$63/\$95

COMPETITIVE SWIMMING

Competitive Swim Clinic: Starts, Turns & finishes

This clinic will focus on starts, turns, and finishes for competitive swimmers. The Arlington Heights Park District swim coaches will work with swimmers to improve their technique to, from, and on the wall. *Please note: this clinic is not an alternative to swim lessons and is designed for swimmers with competitive swim team experience.* (LR)

Location: Olympic

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
11098	6-10 yrs	F	5:00p-6:00p	4/7-4/21	\$21/\$32
11099	11-18 yrs	F	6:05p-7:05p	4/7-4/21	\$21/\$32

One on One Swim Coaching Sessions

"One on One" coaching sessions are designed to meet you or your child's individual competitive swimming goals. *Please note: this program is intended for those who have prior swim team experience.* (LR)

Location: Olympic

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
11100	6 and up	T	6:05p-6:35p	4/4-4/18	\$75/\$113
11101	6 and up	T	6:40p-7:10p	4/4-4/18	\$75/\$113
11102	6 and up	Th	6:05p-6:35p	4/6-4/20	\$75/\$113
11103	6 and up	Th	6:40p-7:10p	4/6-4/20	\$75/\$113
11106	6 and up	T	6:05p-6:35p	4/25-5/9	\$75/\$113
11107	6 and up	T	6:40p-7:10p	4/25-5/9	\$75/\$113
11108	6 and up	Th	6:05p-6:35p	4/27-5/11	\$75/\$113
11109	6 and up	Th	6:40p-7:10p	4/27-5/11	\$75/\$113

Preseason Swim Workouts

Get ready for summer competitive swimming and build up your endurance. Swimmers will participate in swim workouts and learn proper practice techniques while working with AHPD swim coaches. *Please note: this class is not an alternative to swim lessons and is designed for swimmers with competitive swimming experience.* (LR)

Location: Olympic

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
11104	6-10 yrs	T,Th	5:00p-6:00p	4/4-5/11	\$84/\$126
11105	11-18 yrs	W,Th	7:15p-9:00p	4/5-5/11	\$148/\$222