

HS WATER POLO

This program is for high school age players interested in playing water polo, a fast-paced sport that combines swimming, basketball, and football. Participants should be proficient swimmers (beginner level and above).

Age: 14-18 years

Location: TBD

Instructor: NWC Polo

Min/Max: 8/40

Day	Date	Time	R/NR	Prog#
Tu,Th	9/7-11/18*	8:00pm-9:30pm	\$175/\$219	402190-01

*No class on 10/11

AGE GROUP WATER POLO

This beginning water program is for young players interested in learning and playing water polo. Water polo is a fast-paced sport that combines swimming, basketball, and football. Participants should be proficient swimmers (beginner level or above). Visit sites.google.com/site/NorthwestChicagoWaterPolo for more information.

Age: 8-14 years

Location: TBD

Instructor: NWC Polo

Min/Max: 8/40

Day	Date	Time	R/NR	Prog#
Tu,Th	9/7-11/18*	8:00pm-9:00pm	\$125/\$157	402200-01

*No class on 10/11

DIVING LESSONS BEGINNER

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 springboard. Any individual 9 years and older who has an interest in diving, who can comfortably swim in deep water, and do a headfirst entry dive off the side of the pool can join this class. Students will be taught a forward approach and a back press. 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 class. Please visit windycitydiving.com for exact location of class.

Age: 8-18 years

Location: Harper College

Instructor: Windy City Dive

Min/Max: 3/6

Day	Date	Time	R/NR	Prog#
Sa	9/11-10/30*	1:00pm-1:55pm	\$90/\$113	402230-01
Sa	11/6-12/11*	1:00pm-1:55pm	\$75/\$94	402230-02

*No class on 10/9, 11/27

DIVING LESSONS INTERMEDIATE/FUTURE CHAMPIONS

Designed for the diver who has been recommended to move up from the beginning diving lessons. If the diver has come from a different diving program, or has no formal diving instruction, the diver should be able to successfully execute a forward approach, back press, forward dive, and backward dive without assistance. This class will move at a quicker pace than the beginning lessons. This group is limited to 8 divers per class. Please visit windycitydiving.com for exact location of class.

Age: 9-18 years

Location: Harper College

Instructor: Windy City Dive

Min/Max: 3/6

Day	Date	Time	R/NR	Prog#
Su	9/12-10/31*	1:00pm-2:00pm	\$122/\$153	402240-01
Su	11/14-12/19*	1:00pm-2:00pm	\$105/\$131	402240-02

*No class on 10/9, 11/28

PLEASE NOTE:

Dates, times, fees, minimums, maximums, and other details pertaining to programs and services may change as a result of ongoing state health guidelines and COVID-19 mitigation.



COMPETITIVE DIVING TEAM - LEVEL 4

Divers in this program want to learn new dives and improve their diving list. They should have desire to dive on both the 1 and 3-meter boards and be willing to attend competitions. Divers need to be at the Junior Olympic Level for their age group or by invitation by the coaching staff. High school divers who have an 11+ dive list are also welcome. All must be registered members of USA Diving at the Blue Level (\$20). Registration for USA Diving is at teamusa.org/usadiving. For updated practices schedule visit windycitydiving.com.

Age: 9+ years

Location: Various Pool Locations

Instructor: Windy City Dive

Min/Max: 3/10

Day	Date	Time	R/NR	Prog#
Su,Tu,Th	9/7-10/31*	7:00pm-9:00pm	\$420/\$520	402250-01*
Su,Tu,Th	11/2-12/21*	7:00pm-9:00pm	\$293/\$366	402250-02*
Su,Tu,Th	9/7-10/31*	7:00pm-9:00pm	\$350/\$438	402250-03**
Su,Tu,Th	11/2-12/21*	7:00pm-9:00pm	\$245/\$306	402250-04**

*3 times a week **2 times a week

COMPETITIVE DIVING TEAM - LEVEL 3

This group of divers has been recommended to move up from the Beginning or Intermediate/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 divers 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. Registration for USA Diving is at teamusa.org/usadiving. For updated practices schedule visit windycitydiving.com.

Age: 9-22 years

Location: Various Pool Locations

Instructor: Windy City Dive

Min/Max: 3/10

Day	Date	Time	R/NR	Prog#
M, Sa	9/11-10/30*	7:00pm-9:00pm	\$238/\$298	402260-21
M, Sa	11/1-12/20*	7:00pm-9:00pm	\$228/\$285	402260-22

**2 times a week