

PRIVATE SWIM LESSONS

Age: 3+ years

Location: Any Palatine Park District Pool

Private swim lessons are a great way to learn the basics of swimming or fine tune your techniques. They are designed to meet your specific needs and are open to both adults and children. Lessons are 30 minutes in length. Private lessons are scheduled by contacting the Lesson Coordinator at 847.496.6205. Different packages are available. Swimmers unable to complete a 25 yards of freestyle must be accompanied by a parent in the water.

SEMI-PRIVATE SWIM LESSONS

Age: 3+ years

Location: Family Aquatic Center

Min/Max: 2/12

Participants will follow the guidelines of the Learn to Swim Program Levels 1-6. This class will utilize a higher instructor to participant ratio than that of the general Learn to Swim Lesson Program and is geared towards those individuals that need a bit more attention in the swimming pool. Swim levels and ages may be combined for any lesson, and class sizes will not exceed an approximate 3:1 ratio of student to instructor.

DAY	DATE	TIME	R/NR	PROG#
M-W	6/6-6/8	10:15am-10:45am	\$60/\$75	302130-01
M-W	6/20-6/22	10:15am-10:45am	\$60/\$75	302130-02
M-W	7/5-7/7	10:15am-10:45am	\$60/\$75	302130-03
M-W	7/18-7/20	10:15am-10:45am	\$60/\$75	302130-04

DIVING LESSONS BEGINNER

Age: 8-18 years

Location: Birchwood Pool

Instructor: Windy City Dive

Min/Max: 3/6

An introduction to the sport of spring board diving. The class sessions are designed to teach the safe and proper way to use the spring board. Any individual eight years and older who has an interest in diving, can comfortably swim in deep water, and do a head first 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 permit.

DAY	DATE	TIME	R/NR	PROG#
M-Th	6/6-6/9	10:00am-10:55am	\$60/\$75	302230-02
M-Th	6/13-6/16	10:00am-10:55am	\$60/\$75	302230-03
M-Th	6/20-6/23	10:00am-10:55am	\$60/\$75	302230-04
M-Th	6/27-6/30	10:00am-10:55am	\$60/\$75	302230-05
M-Th	7/11-7/14	10:00am-10:55am	\$60/\$75	302230-06
M-Th	7/18-7/21	10:00am-10:55am	\$60/\$75	302230-07
M-Th	7/25-7/28	10:00am-10:55am	\$60/\$75	302230-08
M-Th	8/1-8/4	10:00am-10:55am	\$60/\$75	302230-09

DIVING LESSONS INTERMEDIATE

Age: 8-18 years

Location: Birchwood Pool

Instructor: Windy City Dive

Min/Max: 3/6

Level 2 is 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 back dive without assistance. Level 2 divers are enthused about diving and need just a few more dives to become a part of the team. This class will move at a quicker pace than the beginning lessons. This group is limited to eight divers per session.

DAY	DATE	TIME	R/NR	PROG#
M-Th	6/6-6/9	11:00am-11:55am	\$60/\$75	302240-02
M-Th	6/13-6/16	11:00am-11:55am	\$60/\$75	302240-03
M-Th	6/20-6/23	11:00am-11:55am	\$60/\$75	302240-04
M-Th	6/27-6/30	11:00am-11:55am	\$60/\$75	302240-05
M-Th	7/11-7/14	11:00am-11:55am	\$60/\$75	302240-06
M-Th	7/18-7/21	11:00am-11:55am	\$60/\$75	302240-07
M-Th	7/25-7/28	11:00am-11:55am	\$60/\$75	302240-08
M-Th	8/1-8/4	11:00am-11:55am	\$60/\$75	302240-09

COMPETITIVE DIVING TEAM—LEVEL 3/4

Age: 9-22 years

Location: Eagle Pool

Instructor: Windy City Dive

Min/Max: 3/9

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.

DAY	DATE	TIME	R/NR	PROG#
M-Th	5/31-7/28	4:45pm-6:30pm	\$505/\$605	302260-01
M-Th	5/31-6/30	4:45pm-6:30pm	\$290/\$363	302260-03
M-Th	7/5-7/28	4:45pm-6:30pm	\$235/\$294	302260-04

COMPETITIVE DIVING TEAM—LEVEL 4/5

Age: 9-22 years

Location: Eagle Pool

Instructor: Windy City Dive

Min/Max: 3/9

Divers in this program want to learn new dives and improve their diving list. They should have desire to dive on both the one and three-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.

DAY	DATE	TIME	R/NR	PROG#
M-F	5/31-7/28	8:45am-10:45am	\$630/\$730	302250-01
M-F	5/31-7/28	10:00am-11:45am	\$550/\$650	302250-02

JR. LIFEGUARDING I

Age: 11-12 years

Location: Birchwood Pool

Min/Max: 4/10

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 canceled due to weather. (Fifteen hours of field experience at the pool of your choice is required.)

DAY	DATE	TIME	R/NR	PROG#
M-F	6/6-6/17	11:00am-12:00pm	\$68/\$85	302140-01

JR. LIFEGUARDING II

Age: 13-14 years

Location: Birchwood Pool

Min/Max: 4/10

This program includes review of Junior Lifeguarding 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 canceled due to weather. (Fifteen hours of field experience at the pool of your choice is required.)

DAY	DATE	TIME	R/NR	PROG#
M-F	6/20-7/1	10:00am-11:00am	\$70/\$88	302141-01

NORTHWEST CHICAGO WATER POLO-HIGH SCHOOL

Age: 14-18 years

Location: Various Pool Locations

Instructor: NWC Polo Coaches

Min/Max: 6/80

High School age players. Additional tournaments offered that participants can attend. For more information please visit nwcpc.com.

DAY	DATE	GENDER	R/NR	PROG#
M-Th	6/1-7/21	Boys	\$300/\$375	302190-01
M-Th	6/1-7/21	Girls	\$300/\$375	302190-02

NORTHWEST CHICAGO WATER POLO-AGE GROUP

Age: 8-14 years

Location: Birchwood Pool

Instructor: NWC Polo Coaches

Min/Max: 6/40

Beginning water polo for young players interested in learning and playing the game. Additional information can be found at nwcpc.com.

DAY	DATE	TIME	R/NR	PROG#
M,W,Th	6/6-7/21	9:00am-10:00am	\$150/\$188	302200-01