

Windy City Diving Lessons

Level 1

The beginner diving class is an introduction to sport of springboard diving and is designated to teach the safe and proper way to use the springboard. Any individual 8-18 years old who has an interest in diving, can swim comfortably in deep water, and dive in head first off the side of the pool deck into deep water can take 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 based on ability.

Level 2

The intermediate and advanced diving classes are for divers who already know how to do a proper diving hurdle and back press. The divers will be taught new skills and tricks based on their current skill and ability.

**Prerequisite - Must have previously participated in a level 2 lesson or have gymnastics experience. Must also be able to perform a back fall in entry without a spot.*

Level 3 Team

Diving club will be offered to those students who have shown the skills necessary to move beyond the intermediate diving lessons, or who have already been on a high school diving team. These divers are looking to learn new tricks to improve their diving list and are willing to compete.

No classes for Diving Lessons on the following dates: 1/16, 2/18, 2/20, 3/25, 3/27, 4/1, 4/8. Fees reflect no class dates.

Level I

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
67578	8-17 yrs	T	5p-6p	1/10-2/21	\$105/\$131
67576	8-17 yrs	Sa	10:30a-11:30a	1/21-2/25	\$75/\$94
67893	8-17 yrs	T	5p-6p	2/28-4/25	\$120/\$150
67889	8-17 yrs	Sa	10:30a-11:30a	3/4-4/29	\$90/\$113

Level II

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
67577	8-17 yrs	Sa	11:30a-12:30p	1/21-2/25	\$75/\$94
67891	8-17 yrs	Sa	11:30a-12:30p	3/4-4/29	\$90/\$113

Level III

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
67579	8-17 yrs	M,W	6p-7:30p	1/9-2/22	\$198/\$248
67894	8-17 yrs	M,W	6p-7:30p	2/27-4/26	\$264/\$330



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 Arlington Heights Park District swim coaches. Please note: this class is not an alternative to swim lessons and is designed for swimmers with competitive swimming experience. (RG)

Arlington Ridge Center

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
67261	6-8 yrs	T,Th	4:15p-5:15p	3/7-3/30	\$60/\$90
67345	6-8 yrs	T,Th	4:15p-5:15p	4/4-4/27	\$80/\$120
67346	6-8 yrs	T,Th	4:15p-5:15p	5/2-5/25	\$80/\$120
67343	9-10 yrs	T,Th	5:15p-6:15p	3/7-3/30	\$60/\$90
67263	9-10 yrs	T,Th	5:15p-6:15p	4/4-4/27	\$80/\$120
67265	9-10 yrs	T,Th	5:15p-6:15p	5/2-5/25	\$80/\$120
67262	11-18 yrs	T,Th	6:15p-7:15p	3/7-3/30	\$60/\$90
67264	11-18 yrs	T,Th	6:15p-7:15p	4/4-4/27	\$80/\$120
67266	11-18 yrs	T,Th	6:15p-7:15p	5/2-5/25	\$80/\$120

Youth Water Polo

This program will be coached by staff 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. (RG)

Arlington Ridge Center

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
67259	9-13 yrs	S	9:00a-10:00a	1/8-3/12	\$80/\$120

For more information about programs on this page contact Angela Neill, Aquatic Supervisor – Swim Lessons, at aneill@ahpd.org.