

AQUATICS

QUESTIONS?

Contact Patrick Griffin, Aquatics Manager at 847-496-6205 or pgriffin@palatineparks.org.

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: Fremd High School Pool

Instructor: NWC Polo Coaches

Min/Max: 8/60

DAY	DATE	TIME	R/NR	PROG#
M,W	11/28-2/22	7:30pm-9:30pm	\$250/\$313	102190-01

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 nwcpolo.com for more information.

Age: 8-14 years

Location: Fremd High School Pool

Instructor: NWC Polo Coaches

Min/Max: 8/40

DAY	DATE	TIME	R/NR	PROG#
M,W	1/9-2/22	7:15pm-8:15pm	\$175/\$219	102200-01

COMPETITIVE DIVING TEAM—LEVEL 3/4

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.

Age: 9-12 years

Location: Various Pool Locations

Instructor: Windy City Dive Staff

Min/Max: 3/10

DAY	DATE	TIME	R/NR	PROG#
Su,M,Tu,Th	1/8-2/26	Varies	\$430/\$530	102250-01*
Su,M,Tu,Th	2/27-4/2	Varies	\$295/\$369	102250-02*
Su,M,Tu,Th	1/8-2/26	Varies	\$370/\$463	102250-03**
Su,M,Tu,Th	2/27-4/2	Varies	\$245/\$306	102250-04**
Su,M,Tu,Th	1/8-2/26	Varies	\$315/\$394	102250-05***
Su,M,Tu,Th	2/27-4/2	Varies	\$175/\$219	102250-06***

*4 times per week **3 times per week ***2 times per week

DIVING LESSONS

The class sessions are designed to teach the safe and proper way to use the spring board. Any individual 9 years and older who has an interest in diving, can comfortably swim in deep water, have completed level 5 of learn to swim, and can 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.

Age: 9-18 years

Min/Max: 3/6

DAY	DATE	TIME	R/NR	PROG#
BEGINNER				
Su	1/22-2/19	2:30pm-3:30pm	\$78/\$98	102230-01
Sa	2/25-4/1	12:00pm-1:00pm	\$78/\$98	102230-02
INTERMEDIATE				
Su	2/26-4/2	2:30pm-3:30pm	\$78/\$98	102240-01

Registration for USA Diving is at teamusa.org/usadiving.

