

## Splish, Splash, Fun!

### Learn to Swim at the Family Aquatic Center!

Swim lessons at its Family Aquatic Center located at 635 N. Aspen Drive in Vernon Hills. Lessons are taught following the American Red Cross Learn-to-Swim guidelines. Each class teaches both swimming and water safety skills. Upon successful completion of each level, swimmers will receive a Vernon Hills Park District Certificate of Participation and an American Red Cross Certificate.

### Class Schedule

Morning and evening classes meet for 45 minutes, Monday through Friday, the first week and Monday through Wednesday the second week for a total of 8 lessons per session.

#### Monday-Friday Morning & Evening Classes

- Session I ..... 6/11-6/20
- Session II ..... 6/25-7/5 (No class 7/4)
- Session III ..... 7/9-7/18
- Session IV ..... 7/23-8/1

#### Saturday Classes (8 weeks)

- Session I ..... 6/16-8/4

Class Fee: R/NR: \$51/64

### Selecting the Right Class for Your Child

- Review the general descriptions. Choose the first class that lists a skill that your child has not yet mastered.
- Children's skills will be assessed on the first day of class to ensure that they are placed in the proper level. Adjustments will be made if necessary. Swimming requires advanced motor coordination and a lot of practice to become proficient.
- Therefore, do not expect your child to automatically advance to the next level at the end of a session. It is not uncommon to spend more than one session in a particular level. This is especially true with levels 2,3 and 4.
- If you are unsure about your child's abilities or have questions about the different courses or swim class policies, contact Jay Bullman, Aquatic Center Supervisor, at (847) 996-6807, for assistance.

### Lesson Policies

- Each person must exit the facility and re-enter for open swim.
- Family members of swim students MAY NOT use the facility during lessons without a daily admission fee/season pass.
- Small children using the pool must be toilet trained, or wear tight fitting plastic pants over diapers/swim diapers under their suits.
- Parent Days are every Thursday. Parents are allowed to view lessons from the pool deck area for the last 15 minutes of each class. Parents may address any questions they have for the instructor at these times.

### Registration

Registration for swim lessons is done on a first-come-first-served basis. You may only sign up for a maximum of two different levels for one child. See page 30 for registration details. Online registration for swim lessons will end on June 1.

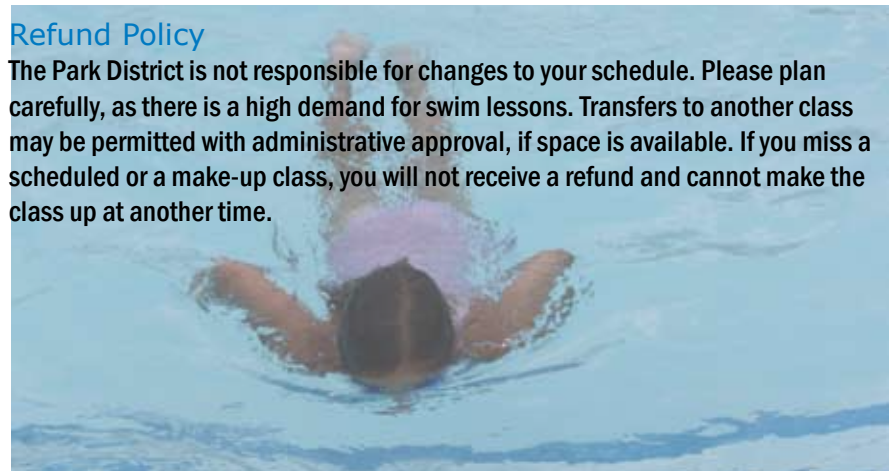
### Cancellation Policy

Swim lessons WILL be held even if it is cold or raining. Classes will only be cancelled for lightning, tornado warnings and other severe weather. If the weather is questionable, you can call (847) 996-6810 for information or check the website. A decision will be made 30 minutes prior to each class. If class is cancelled, make-up lessons will be scheduled for Thursday and/or Friday of the second week.

Please note that levels with low enrollment may be combined or cancelled. If your child's class is cancelled, you will receive a full refund.

### Refund Policy

The Park District is not responsible for changes to your schedule. Please plan carefully, as there is a high demand for swim lessons. Transfers to another class may be permitted with administrative approval, if space is available. If you miss a scheduled or a make-up class, you will not receive a refund and cannot make the class up at another time.



# Swim Lessons

Parent/Tot Ages: 6 months - 4 years (30-minute class)	Day	Time	*No class 7/4			
			Ses I 6/11-6/20	Ses II* 6/25-7/5	Ses III 7/9-7/18	Ses IV 7/23-8/1
You and your child will be exposed to water adjustment activities and experience supported movements in a fun and enjoyable manner. This program is designed to let children have fun in the water through games and activities while developing swimming readiness. Only one child per adult will be allowed. If more than one child is enrolled, a second adult must be present.	M-F	10:05-10:35a	88082-1	88082-2	88082-3	88082-4
	M-F	5:10-5:40p	88085-A	88085-B	88085-C	88085-D
	M-F	6:00-6:30p	88086-A	88086-B	88086-C	88086-D
	Sa	10:05-10:35a	88089-1	6/16-8/4		

Preschool Ages: 3 & 4 (30-minute class)	Day	Time	*No class 7/4			
			Ses I 6/11-6/20	Ses II* 6/25-7/5	Ses III 7/9-7/18	Ses IV 7/23-8/1
Your preschooler will experience group swimming lessons for the first time without you. The purpose of this class is to develop comfort in and around water in preparation for learning how to swim. A variety of games, songs and activities are used to teach water safety skills.	M-F	10:05-10:35a	88092-1	88092-2	88092-3	88092-4
	M-F	5:10-5:40p	88095-A	88095-B	88095-C	88095-D
	M-F	6:00-6:30p	88096-A	88096-B	88096-C	88096-D
	Sa	10:05-10:35a	88099-1	6/16-8/4		
This program is NOT designed to teach children to be accomplished swimmers or to survive in water alone.						

## Swim Levels 1-5

Ages: 4 and above

Our Learn to Swim program includes five levels of progression in swimming techniques and water safety. Each level introduces a challenging variety of activities for the student. If your child has never had lessons, start in Level 1. Goggles are not recommended until enrolled in Level 4 or above.

Level 1 - Introduction to Water Skills	Day	Time	*No class 7/4			
			Ses I 6/11-6/20	Ses II* 6/25-7/5	Ses III 7/9-7/18	Ses IV 7/23-8/1
Submerge Face	M-F	9:15-10:00a	88011-1	88011-2	88011-3	88011-4
Water entry and exit	M-F	10:05-10:50a	88012-1	88012-2	88012-3	88012-4
Supported float on front and back	M-F	5:10-5:55p	88015-A	88015-B	88015-C	88015-D
Turning over supported	M-F	6:00-6:45p	88016-A	88016-B	88016-C	88016-D
Change direction walking	Sa	9:15-10:00a	88018-1	6/16-8/4		
Level off with support	Sa	10:05-10:50a	88019-1	6/16-8/4		
Combined stroke on front and back with support						
Alternating and simultaneous arms and legs on front and back with support						

Level 2 - Fundamental Aquatic Skills		6/11-6/20	*No class 7/4 6/25-7/5*		7/9-7/18	7/23-8/1
Jump into chest deep water • Submerge head for 5 seconds	M-F	9:15-10:00a	88021-1	88021-2	88021-3	88021-4
5 bobs • Retrieve object shallow water	M-F	10:05-10:50a	88022-1	88022-2	88022-3	88022-4
Front and back floats and glides unsupported	M-F	5:10-5:55p	88025-A	88025-B	88025-C	88025-D
Change direction while swimming • Turning over without support	M-F	6:00-6:45p	88026-A	88026-B	88026-C	88026-D
Explore treading in chest deep water • Kick on side with support for 5 ft.	Sa	9:15-10:00a	88028-1	6/16-8/4		
Combined stroke on front and back for 15 feet	Sa	10:05-10:50a	88029-1	6/16-8/4		
Perform finning and sculling arm action						

Level 3 - Stroke Development		6/11-6/20	*No class 7/4 6/25-7/5*		7/9-7/18	7/23-8/1
Retrieve object in chest deep water	M-F	9:15-10:00a	88031-1	88031-2	88031-3	88031-4
5 bobs in chest deep water • Jump into deep water	M-F	10:05-10:50a	88032-1	88032-2	88032-3	88032-4
Rotary breathing • Front and back glides with kick	M-F	5:10-5:55p	88035-A	88035-B	88035-C	88035-D
Float on front and back for 30 seconds	M-F	6:00-6:45p	88036-A	88036-B	88036-C	88036-D
Change from vertical to horizontal position in deep water	Sa	9:15-10:00a	88038-1	6/16-8/4		
Tread water for 30 seconds • Front crawl for 15 yards	Sa	10:05-10:50a	88039-1	6/16-8/4		
Butterfly for 15 feet • Back crawl for 15 yards						

Level 4 - Stroke Improvement		6/11-6/20	*No class 7/4 6/25-7/5*		7/9-7/18	7/23-8/1
1 Minute front and back float						
Swim underwater for 3 body lengths	M-F	9:15-10:00a	88041-1	88041-2	88041-3	88041-4
Open turn on front and back	M-F	10:05-10:50a	88042-1	88042-2	88042-3	88042-4
Tread water for 1 minute • Front crawl for 25 yards	M-F	5:10-5:55p	88045-A	88045-B	88045-C	88045-D
Breaststroke for 15 yards • Butterfly for 15 yards	M-F	6:00-6:45p	88046-A	88046-B	88046-C	88046-D
Backcrawl for 25 yards • Elementary backstroke for 15 yards	Sa	9:15-10:00a	88048-1	6/16-8/4		
Swim on side with scissor kick for 15 yards	Sa	10:05-10:50a	88049-1	6/16-8/4		

Level 5 - Stroke Refinement		6/11-6/20	*No class 7/4 6/25-7/5*		7/9-7/18	7/23-8/1
Float front and back for 2 minutes • Swim underwater for 15 yards	M-F	9:15-10:00a	88051-1	88051-2	88051-3	88051-4
Flip turn on front and back • Tread water for 2 minutes	M-F	10:05-10:50a	88052-1	88052-2	88052-3	88052-4
Front crawl for 50 yards • Butterfly for 25 yards	M-F	5:10-5:55p	88055-A	88055-B	88055-C	88055-D
Breaststroke for 25 yards • Back crawl for 50 yards	M-F	6:00-6:45p	88056-A	88056-B	88056-C	88056-D
Elementary backstroke for 25 yards	Sa	9:15-10:00a	88058-1	6/16-8/4		
Sidestroke for 25 yards	Sa	10:05-10:50a	88059-1	6/16-8/4		
Survival swimming for 2 minutes						

# Swim Lessons

## Swim Lessons

### Junior Lifeguard

A 2-week training program for 11-14 year olds!

Participants will improve swimming skills, learn basic water rescue techniques, acquire the skills necessary to assist in teaching swimming lessons and develop lesson plans, and learn about opportunities for future employment. Homework projects must be completed to complete the course.



Upon completion, participants will receive Junior Lifeguard Certificates. Participants must be able to swim 25 yards of front crawl and back crawl.

Please note: Although the skills taught will be similar to the lifeguard certification course, this class will not certify you as a lifeguard.

Ages: 11-14 years  
R/NR Fee: \$76/95

Code	Dates*	Days	Time
88110-1	6/11-6/20	M-F	9:00-11:30a
88110-2	7/9-7/18	M-F	9:00-11:30a

\*M-F First Week  
M-W Second Week

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### Adult Swim Lessons

It's never too late to learn how to swim! Whether you just want to improve your skills or want to overcome a fear of the water, this class can help you meet and exceed your goals.

Ages: 18 years & older  
R/NR Fee: \$51/64

Code	Dates	Days	Time
88000-1	6/11-6/20	M-F	6:50-7:35p
88000-2	6/25-7/5*	M-F	6:50-7:35p
	No class 7/4		
88000-3	7/9-7/18	M-F	6:50-7:35p
88000-4	7/23-8/1	M-F	6:50-7:35p

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## Summer Help Wanted!

We are now accepting applications for the following part-time positions:

- Lifeguards - 15 years & older
- Aquatic Center Attendants - 16 years & older
- Cashier - 16 years & older

Salary is commensurate with experience.

For more information, contact Jay Bullman at (847) 996-6807.



### Questions

Questions about Swim Lessons or the Family Aquatic Center?

Contact Jay Bullman,  
Fitness/Aquatics Supervisor, at  
847.996.6807 or  
jasonb@vhparkdistrict.org

### Private Lessons

The Park District also offers individual swim lessons. Private lessons can be scheduled for up to four days per week. Lessons are offered between June 14 and August 7. To register for private swim lessons, complete the swim lesson registration form. Registrations must include payment in full for the total number of lessons you would like your child to receive. We will contact you in June to schedule your lessons.

Ages: 4 years & older  
R/NR Fee: \$30/38 per ½ hour lesson

Code	Dates	Days	Time
88301-1	6/11-8/4	M-F	8:00-9:00a
88301-2	6/11-8/4	M-F	7:00-8:00p

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### Semi-Private Lessons

Semi-private swim lessons are offered for two or more children (whether they are siblings or neighbors) for a lower instructor to student ratio. To register, complete the swim lesson registration form. All children who are going to be in semi-private swim lessons must be registered in advance and paid for at the same time. We will contact you in June to schedule your lessons.

Ages: 4 years & older  
R/NR Fee: \$20/25 per child, per half-hour lesson

Code	Dates	Days	Time
88302-1	6/11-8/4	M-F	8:00-9:00a
88302-2	6/11-8/4	M-F	7:00-8:00p

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