



Parent/Tot Aquatics

Parent/Tot Aquatics (Ages 12mos-4yrs) **ML**

ADULT COMPANION REQUIRED. Your child will learn to be comfortable in the water through games and songs as well as a little free playtime. Basic swimming skills will be introduced throughout the class. (Adult companion does not need to know how to swim.)

Session 1 AM: Jun15 - Jul 7
Session 1 PM: Jun10 - Jul 2
Session 2 AM & PM: Jul 13 - Aug 4
Fee: \$44/\$66

of classes: 7

Ages	Pool	Day	Time	Session 1	Session 2
12mos - 2 yrs	Rehm	M/W	10:20-10:50am	#601490-01	#601490-03
12mos - 2 yrs	Rehm	T/Th	9:35-10:10am	#601490-02	#601490-04
2-4 yrs	Rehm	M/W	9:35-10:10 am	#601491-01	#601491-03
2-4 yrs	Rehm	T/Th	10:20-10:55 am	#601491-02	#601491-04
2-4 yrs	Rehm	T/Th	4:30-5:05 pm	#601350-01	#601350-05
2-4 yrs	Rehm	T/Th	6:00-6:35 pm	#601350-02	#601350-06
2-4 yrs	RC	M/W	4:30-5:05 pm	#601350-03	#601350-07
2-4 yrs	RC	M/W	6:00-6:35 pm	#601350-04	#601350-08

Preschool Aquatics (Ages 3 1/2 - 5)

Level	Pool	Day	Time	Session 1	Session 2
Level 1 - AM	Rehm	M/W	9:35-10:10am	#601360-01	#601360-05
Level 1 - AM	Rehm	M/W	10:20-10:55am	#601360-02	#601360-06
Level 1 - AM	Rehm	T/Th	9:35-10:10am	#601360-03	#601360-07
Level 1 - AM	Rehm	T/Th	10:20-10:55am	#601360-04	#601360-08
Level 1 - PM	Rehm	T/Th	4:30-5:05pm	#601370-01	#601370-08
Level 1 - PM	Rehm	T/Th	5:15-5:50pm	#601370-02	#601370-09
Level 1 - PM	Rehm	T/Th	6-6:35pm	#601370-03	#601370-10
Level 1 - PM	RC	M/W	4:30-5:05pm	#601370-04	#601370-11
Level 1 - PM	RC	M/W	5:15-5:50pm	#601370-05	#601370-12
Level 1 - PM	RC	M/W	6-6:35pm	#601370-06	#601370-13
Level 1 - PM	RC	M/W	6:45-7:20pm	#601370-07	#601370-14
Level 2 - AM	Rehm	M/W	9:35-10:10am	#601361-01	#601361-05
Level 2 - AM	Rehm	M/W	10:20-10:55am	#601361-02	#601361-06
Level 2 - AM	Rehm	T/Th	9:35-10:10am	#601361-03	#601361-07
Level 2 - AM	Rehm	T/Th	10:20-10:55am	#601361-04	#601361-08
Level 2 - PM	Rehm	T/Th	4:30-5:05pm	#601371-01	#601371-08
Level 2 - PM	Rehm	T/Th	5:15-5:50pm	#601371-02	#601371-09
Level 2 - PM	Rehm	T/Th	6-6:35pm	#601371-03	#601371-10
Level 2 - PM	RC	M/W	4:30-5:05pm	#601371-04	#601371-11
Level 2 - PM	RC	M/W	5:15-5:50pm	#601371-05	#601371-12
Level 2 - PM	RC	M/W	6-6:35pm	#601371-06	#601371-13
Level 2 - PM	RC	M/W	6:45-7:20pm	#601371-07	#601371-14
Levels 3&4 - AM	Rehm	M/W	10:20-10:55am	#601362-01	#601362-03
Levels 3&4 - AM	Rehm	T/Th	9:35-10:10am	#601362-02	#601362-04
Levels 3&4 - PM	Rehm	T/Th	6-6:35pm	#601372-02	#601372-06
Levels 3&4 - PM	RC	M/W	5:15-5:50pm	#601372-03	#601372-07

Session 1 AM: Jun 15 - Jul 7
Session 1 PM: Jun 10 - Jul 2
Session 2 AM & PM: Jul 13 - Aug 4
Fee: \$44/\$66

of classes: 7

Level 1 - Beginner **ML**
Water adjustment, submerging face, blowing bubbles, bobs, supported front and back float, kicking on the wall and with support, paddle stroking, and introduction to alternate arm action. Participants may use float belts for skill development.

Level 2 - Advanced Beginner **ML**
Fully submerging head, breath holding and bobs, rotary breathing on the wall, unsupported front and back float, supported front and back glide, kicking with a board, arm stroke, Reach and Pull, introduction to backstroke. Participants may use float belts for skill development.

Level 3 - Intermediate **ML**
Rotary breathing with a board, underwater swimming, unsupported front float and glide, unsupported back float and glide, supported streamline kicking, freestyle with rotary breath, backstroke arm pull with straight arm recovery, introduction to breaststroke arms, butterfly kick and dolphin dives.

Level 4 - Advanced **ML**
Streamline kick and glide (front, back, and breast), complete stroke (freestyle, backstroke, breaststroke), butterfly arms and endurance swim.

Swim Lessons ARE NOT Lotteried.
They were lotteried in the Spring Program Guide.

Learn to Swim School



Kids Swim Aquatics (Ages 6 & up)

Session 1 AM: Jun 15 - Jul 7
Session 1 PM: Jun 10 - Jul 2
Session 2 AM & PM: Jul 13 - Aug 4
Fee: \$48/\$72

of classes: 7

Kids Swim 1 - Beginner

ML

Water adjustment, submerging face, blowing bubbles, bobs, supported front and back float, kicking on the wall and with support, paddle stroking, and introduction to alternate arm action. Participants need to demonstrate all of these skills to progress.

Kids Swim 2 - Advanced Beginner

ML

Fully submerging head, breath holding and bobs, rotary breathing on the wall, unsupported front and back float, supported front and back glide, kicking with a board, arm stroke, Reach and Pull, introduction to backstroke. Participants need to demonstrate swimming one width of freestyle and backstroke to progress.

Kids Swim 1 (Beginner)

Pool	Day	Time	Session 1	Session 2
Rehm	M/W	9:35-10:15am	#611380-01	#611380-05
Rehm	M/W	10:20-11am	#611380-02	#611380-06
Rehm	T/Th	9:35-10:15am	#611380-03	#611380-07
Rehm	T/Th	10:20-11am	#611380-04	#611380-08
Rehm	T/Th	4:30-5:10pm	#611390-01	#611390-07
Rehm	T/Th	5:15-5:55pm	#611390-02	#611390-08
Rehm	T/Th	6:00-6:40pm	#611390-03	#611390-09
RC	M/W	4:30-5:10pm	#611390-04	#611390-10
RC	M/W	5:15-5:55pm	#611390-05	#611390-11
RC	M/W	6:00-6:40pm	#611390-06	#611390-12

Kids Swim 2 (Adv. Beginner)

Pool	Day	Time	Session 1	Session 2
Rehm	M/W	9:35-10:15am	#611381-01	#611381-05
Rehm	M/W	10:20-11am	#611381-02	#611381-06
Rehm	T/Th	9:35-10:15am	#611381-03	#611381-07
Rehm	T/Th	10:20-11am	#611381-04	#611381-08
Rehm	T/Th	4:30-5:10pm	#611391-01	#611391-08
Rehm	T/Th	5:15-5:55pm	#611391-02	#611391-09
Rehm	T/Th	6-6:40pm	#611391-03	#611391-10
RC	M/W	4:30-5:10pm	#611391-04	#611391-11
RC	M/W	5:15-5:55pm	#611391-05	#611391-12
RC	M/W	6-6:40pm	#611391-06	#611391-13
RC	M/W	6:45-7:25pm	#611391-07	#611391-14

Kids Swim 3 - Intermediate*

ML

Rotary breathing with a board, underwater swimming, unsupported front float and glide, unsupported back float and glide, supported streamline kicking, freestyle with rotary breath, backstroke arm pull with straight arm recovery, introduction to breaststroke arms, butterfly kick and dolphin dives. MUST demonstrate swimming two widths of freestyle with proper rotary breathing, two widths of backstroke with proper form, and one width of breaststroke to progress.

Kids Swim 4 - Advanced

ML

Streamline kick and glide (front, back, and breast), Complete stroke (freestyle, backstroke, breaststroke, butterfly) endurance swim.

Kids Swim 3 (Intermediate)

Pool	Day	Time	Session 1	Session 2
Rehm	M/W	9:35-10:15am	#611382-01	#611382-04
Rehm	T/Th	9:35-10:15am	N/A	#611382-05
Rehm	T/Th	10:20-11am	#611382-03	#611382-06
Rehm	T/Th	4:30-5:10pm	#611392-01	#611392-05
Rehm	T/Th	6-6:40pm	N/A	#611392-06
RC	M/W	5:15-5:55pm	#611392-03	#611392-07
RC	M/W	6:45-7:25pm	#611392-04	#611392-08

Kids Swim 4 (Advanced)

Pool	Day	Time	Session 1	Session 2
Rehm	M/W	9:35-10:15am	N/A	#611383-04
Rehm	M/W	10:20-11am	#611383-02	#611383-05
Rehm	T/Th	10:20-11am	#611383-03	#611383-06
Rehm	T/Th	5:15-5:55pm	#611393-01	#611393-05
Rehm	T/Th	6-6:35pm	#611393-02	#611393-06
RC	M/W	4:30-5:10pm	#611393-03	#611393-07
RC	M/W	6:00-6:40pm	N/A	#611393-08

*Super Swim For Sixes & Sevens

ML

Your six-or-seven year old has done well in Preschool 3/4 Swim, but at their age doesn't yet have the endurance required for Kids Swim 3. We'll focus on developing that endurance in this version of Kids Swim 3 just for their age group!

Pool	Day	Time	Session 1	Session 2
Rehm	M/W	9:35-10:15am	#611384-01	#611384-02
RC	M/W	4:30-5:15pm	#611394-01	#611394-03
Rehm	T/Th	5:15-5:55pm	#611394-02	#611394-04

Semi-Private Lessons

Youth Semi-Private Lessons (Select Levels)

ML

Semi-private swim lessons are available at Preschool Levels 1 & 2 and Kids Levels 1 & 2. Lessons are limited to a ratio of 3:1.

Session 1: Jun 10 - Jul 2

Session 2: Jul 13 - Aug 4

Fee: \$91/\$136

of classes: 7

Pool	Day	Time	Session 1	Session 2
Preschool 1&2 Semi-Private Lessons				
Rehm	T/Th	4:30-5:05pm	#601510-01	#601510-08
Rehm	T/Th	5:15-5:50pm	#601510-02	#601510-09
Rehm	T/Th	6:00-6:35pm	#601510-03	#601510-10
RC	M/W	4:30-5:05pm	#601510-04	#601510-11
RC	M/W	5:15-5:50pm	#601510-05	#601510-12
RC	M/W	6:00-6:35pm	#601510-06	#601510-13
RC	M/W	6:45-7:20pm	#601510-07	#601510-14

Kids 1&2 Semi-Private Lessons

Rehm	T/Th	4:30-5:05pm	#611470-01	#611470-08
Rehm	T/Th	5:15-5:50pm	#611470-02	#611470-09
Rehm	T/Th	6:00-6:35pm	#611470-03	#611470-10
RC	M/W	4:30-5:05pm	#611470-04	#611470-11
RC	M/W	5:15-5:50pm	#611470-05	#611470-12
RC	M/W	6:00-6:35pm	#611470-06	#611470-13
RC	M/W	6:45-7:20pm	#611470-07	#611470-14

Adults-Only Lessons (Ages 18+)

Adult classes are offered at all skill levels, from the beginner desiring to gain water comfort to the more advanced swimmer looking to refine a stroke!

Fee: \$30/\$44

of weeks: 4

Location: Ridgeland Common Pool

Level	Pool	Day/Dates	Time	Code
Beginner	RC	M, Jun 8 - 26	6:45-7:30pm	#641430-01
Beginner	RC	W, Jun 10 - Jul 1	8-8:45pm	#641430-02
Beginner	RC	M, Jul 13 - Aug 3	6:45-7:30pm	#641430-03
Beginner	RC	W, Jul 15 - Aug 5	8-8:45pm	#641430-04
Advanced	RC	Th, Jun 11 - Jul 2	7:45-8:30pm	#641431-01
Advanced	RC	Th, Jul 16 - Aug 6	7:45-8:30pm	#641431-02

Saturday Lessons

Parent/Tot, Preschool and Kids Levels

ML

Location: Rehm Pool

Dates: Sa, Jun 20 - Jul 25 (No class 7/4)

of weeks: 5

Level	Location	Time	Fee	Code
Parent-Tot (1-2 years)	RC	9-9:35am	\$32/\$47	#601480-01
Parent-Tot (2-4 years)	RC	9:45-10:20am	\$32/\$47	#601480-02
Preschool 1	RC	9-9:35am	\$32/\$47	#601481-01
Preschool 1	RC	9:45-10:20am	\$32/\$47	#601481-02
Preschool 2	RC	9-9:35am	\$32/\$47	#601482-01
Preschool 2	RC	9:45-10:20am	\$32/\$47	#601482-02
Kids 1	RC	9-9:40am	\$35/\$51	#611480-01
Kids 1	RC	9:45-10:20am	\$35/\$51	#611480-02
Kids 2	RC	9-9:40am	\$35/\$51	#611481-01
Kids 2	RC	9:45-10:20am	\$35/\$51	#611481-02

Pre-Swim Team (Olympic-Style Aquatics)

Pre-Swim Team (Ages 7-13)

ML

The Park District is offering its pre-swim team program designed to teach swimmers stroke technique in 4 competitive strokes: freestyle, backstroke, breaststroke and butterfly. Starts, turns, endurance and speed training will be incorporated as an introduction to competitive swimming. All participants in the Pre Swim Team Program will be invited to participate in an end of the Summer Inter Park District Swim Meet at Ridgeland Common (Aug 5, time TBA). Information will be distributed in class.

Session Dates: Jun 8 - Aug 4

Fee: \$131/\$194

Pre-Swim Team Ages 7-9

Location	Day	Time	Jun 9 - Aug 5
Rehm	T/Th	5:15-5:55pm	#611400-01
RC	M/W	5:15-5:55pm	#611400-02

Pre Swim Team Ages 10-13

Location	Day	Time	Jun 9 - Aug 5
Rehm	T/Th	4:30-5:10pm	#621400-01
Rehm	T/Th	6:00-6:40pm	#621400-02
RC	M/W	4:30-5:10pm	#621400-03
RC	M/W	6:00-6:40pm	#621400-04