

Special Aquatic Programs & Events



Junior Lifeguards

Junior Guard-Silver (Ages 9-13) **ML**

Students will receive instruction in water safety and lifeguarding skills, as well as first aid and CPR. Junior Lifeguards must be able to swim 50 yards using the crawl or breaststroke, surface dive and retrieve a 10 pound brick from a depth of 4 feet., and swim underwater for 10 feet. (Students will be tested on the first day of class.)

Session 1: Jun 15 - Jul 7

Session 2: Jul 13 - Aug 4

of classes: 7

Fee: \$48/\$72

Location: Rehm Pool

Day	Time	Session 1	Session 2
M/W	10:20-11am	#621500-01	#621500-03
Tu/Th	9:35-10:15am	#621500-02	#621500-04

Junior Guard-Gold (Ages 14-15) **ML**

Students will receive instruction in water safety, public relations, facility operations, teamwork, leadership skills, basic work skills, lifeguarding skills, First Aid and CPR.

At the successful completion of the course, students will receive certification as National Pool and Waterpark Junior Lifeguards. Course fee includes books, certification, and supplies. Class size is limited so register early.

Any individual who has gone through the Junior Lifeguard program will possess skills and experiences that can prove beneficial in future lifeguard employment. Junior Lifeguards who want to upgrade their certification to a pool lifeguard at that time may be eligible to participate in an Ellis and Associates Lifeguard Recertification.

In order to qualify to become a Junior Lifeguard, candidates must demonstrate the following skills: Swim 50 yards using the crawl or breaststroke without resting, perform a surface dive, retrieve a 10 pound brick from a depth of 4 feet, tread water, and swim underwater 10 feet.

Location: Ridgeland Common Pool

M & W, 5-7:30pm \$141/\$198

Jun 22- Jul 29 #631440-01

of weeks: 6 Min 6/Max 16

Aquatic Workouts

Aqua Aerobics (Ages 18 & Up) **ML**

Water exercise is a great no impact workout that is adaptable to all fitness levels and abilities. This class uses water resistance to gain cardiovascular endurance and enhance muscle tone. Various types of aquatic fitness equipment will be used such as barbells, and noodles. Rehm Pool's zero edge entry and aquatic pool lift can be utilized for individuals with limitations.

Location: Rehm Pool

M & W, 9:30-10:15am \$46/\$69

Jun 15 - Jul 6 #351450-01

Jul 13 - Aug 3 #351450-02

of classes: 7 Min 4/Max 12

Just for Kids

Pool Sports and Game Night (Ages 9-14) **ML**

Tired of the same old boring routine every night over the summer? Break the boredom at sports and games night, where kids get to run the show. Come with your friends or solo and play games in the pool like volleyball, basketball, and water polo. We will also have fun contests like a big splash challenge, balloon toss, and relay races where participants can win cool prizes. There will also be free pizza and other refreshments.

Location: Ridgeland Common Pool

W, Jul 22 \$8/\$8

8-10pm #361520-05

Min 5/Max 99

SPECIAL SUMMER FUN AT RIDGELAND COMMON

NEW! Summer Splash Bash & Penny Carnival: South of the Border (Ages 3+) **ML**

Come rain or shine to this very special summer event that the whole family will love! The Park District is combining these two events for the first time ever! Get your sombrero and poncho and head down to Ridgeland!!! This special program will offer a fun and unique experience. There will be a free nacho bar and other refreshments as well as carnival games in the indoor arena. Win fun prizes and participate in exciting contests for parents and kids all with a fiesta atmosphere. Participate in the pool treasure hunt, take a whack at the piñata, or get down with a Spanish limbo. Registration will be limited to 300 people so pre-register as soon as possible!!!

Location: Ridgeland Common Pool & Indoor Arena

F, Jul 17 \$8 per person

6:30-8:30pm #361530-01

Max 300 people

Flick N Float Nights (Ages 3+) **ML**

Interested in a new and different movie-going experience? Don't want to deal with waiting in line for over-rated summer movies, stuffy theaters, and overpriced snacks? The Ridgeland Common Aquatic Movie Theater will be hosting "Poolside Premieres" on the big screen. Relax in the pool with your favorite raft or inner tube, or on the deck!

8:30-11pm

\$8 per person

F, Jun 26 "Bolt" #361520-01

Animated super-dog Bolt (John Travolta) is a canine TV star who has been carefully raised to believe that he really possesses superpowers. Bolt is accidentally set loose into the "real world" after his human co-star Penny (Miley Cyrus) gets captured by the evil Dr. Calico in their latest television episode, and sets off on a journey to save her.

F, Jul 31 "Kicking and Screaming" #361520-02

Will Ferrell is at his full, frenzied power as Phil Weston, an uncoordinated would-be sportsman with an uncoordinated would-be sportsman son--and a rocky relationship with his coach father, Buck (Robert Duvall). When Buck trades his own grandson to another soccer team, Phil takes over underdog coaching duties and the two men butt heads!

NEW! Moonlight Family Swim at Rehm Pool **ML**

NEW! Swim under the stars for a special night. Rehm Pool will be offering families the chance to experience swimming in a whole new light (or lack thereof). All rules of family swim still apply including admission fees, pool passes are still accepted). So grab your favorite raft or floaty and come out and swim with the moon and stars.

Sa, Jun 20 & Sa, Jul 11 from 8:45-10:15pm, Admission \$9 per person per night or use your pool pass