

POOL PROGRAMS

WATER SAFETY INSTRUCTION CLASS

An American Red Cross WSI Class will be held
May 27, 31; June 1, 2, 3, 4
 Times to be announced
 Applicants must be 16 years old and be able to perform Level 4 requirements.

FEE: \$110.00 in district
 \$130.00 out of district

DIVING CLASS

Ever wanted to learn how to spring board dive, well here's your chance! If you weren't able to attend this class last summer, don't miss out again!

WHO: All ages
WHEN: August 8 - August 12
 11:00 am - 12:00 pm
FEE: \$25 in district
 \$30 out of district
INSTR: Mike Graff
Min: 4 participants

LIFEGUARD

RECERTIFICATION & CHALLENGES

This program is for the Lifeguard that needs to update their annual CPR/AED and/or renew their Lifeguard certification.

Note: THIS IS NOT A LIFEGUARD CLASS!

If interested in this program, please contact the park office 815-369-5351.

PRIVATE SWIMMING LESSONS

Private swim lessons are great for anyone, any age, any skill level, looking for individual attention. Taught only by WSI instructors, we can really meet your specific needs. Sign up at the park office.

FEE: \$12 per half-hour or
 \$50 for 5 lessons.

You can request an instructor.

PUNCH CARD PROGRAM

YOU CHOOSE WHAT YOU ENJOY:
AQUACISE * WATER POLO * LAP SWIM
 Participate in any of the above programs 10 times before needing to pay again!

FEE: \$20 for 1 Punch Card

AQUACISE

A complete cardiovascular workout in the water. The class includes warm up, aerobics, toning and cool down. No swimming skills are required. You can purchase punch cards - one punch for each session.

WHO: All Ages
WHEN: June 1 - August 4
 Mondays, Tuesdays & Thursdays
 12:00 pm - 1:00 pm
FEE: \$2.00 per session or
 1 punch on punch card
WHERE: Splash Land Pool
INSTR: Delia Harman

See if Aquacise is right for you.
 Try it FREE June 2 & June 6

WATER POLO

Join us for a fun, competitive game of water polo with your friends. Not only will you have a blast playing, but you will also get a great workout from this energetic sport.

WHO: Anyone able to swim in deep water for a long period of time
WHEN: June 6 - August 24
 Mondays & Wednesdays
 8:00 pm - 9:15 pm
FEE: \$1.50 per session or
 1 punch on punch card

*Look for our Special Tournament Dates on pg 5!

LAP SWIM

Monday - Friday
 7:30 am - 8:30 am & 12:00 pm - 1:00 pm