

# POOL PROGRAMS

## WATER SAFETY INSTRUCTION CLASS

An American Red Cross WSI Class will be held

June 2 - June 7

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 10- August 14

10:00 am - 11:00 am OR

11:00 am - 12 Noon

FEE: \$20 in district  
\$25 out of district

INSTRUCTOR: Mike Graff

Minimum 4 participants

## Family Specials

Bring your family to the pool for an enjoyable night together. Come spend a couple of hours swimming with your family and friends.

WHEN: May 23 - to the end of the season

Monday - Friday 6:00 pm - 8:00 pm

FEE: \$2.00 per person

**OR**

Sunday Night Family Night

WHEN: Every Sunday, 5:00-8:00 pm

FEE: \$5 for whole family



## 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 District Office. Lessons are \$12/ half-hour or \$50 for 5 lessons. You can request an instructor.

**PRE-SEASON POOL PASS PURCHASE AVAILABLE!** CALL THE PARK DISTRICT OFFICE NOW AND PURCHASE YOUR POOL PASS BEFORE OPENING DAY. A MINI GOLF SEASON PASS MAY BE PURCHASED AT 50% OFF IF PURCHASED WITH A POOL PASS PRIOR TO MAY 23, 2008.

## **Stephenson County Fair Special**

July 13-17, 2009

Bring a ticket/wristband from the fair & get into the pool for only \$1!

## **JIMMY BUFFETT WEEKEND AT THE POOL!!**

Get into the island spirit and join us at Splash Land on August 1 from 12:00-9:00 pm for fun and games!

**\*\*MUSIC\*\***

**\*\*FOOD\*\***

**\*\*GAMES\*\***

**\*\*FUN FOR ALL\*\***

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## PUNCH CARD PROGRAM YOU CHOOSE WHAT YOU ENJOY:

LAP SWIM  
AQUACISE  
WATER POLO

Pay \$15 for 1 Punch Card and participate in any of the above programs 10 times before needing to pay again!

THINK OF THE CONVENIENCE!!  
You don't have to carry any cash, only your punch card!  
FEEL FREE TO MIX AND MATCH.  
BRING A FRIEND!

## HAVE YOU EVER WONDERED IF AQUACISE IS FOR YOU?

Join us June 8 and 9 for a FREE one hour informative class to see if Aquacise is right for you! Don't miss this one time offer to learn about this wonderful cardiovascular workout!!  
Class information is below.

## 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 8 - August 6  
Mondays, Tuesdays, Thursdays  
12:00pm - 1:00pm

FEE: \$1.50 per session/1 punch on punch card

WHERE: Splash Land Pool



## LIFEGUARD RECERTIFICATION & CHALLENGES

Need your certification updated or do you need a "Challenge"? This program is for the Lifeguard that needs to update their annual CPR/AED or take a "Challenge" to renew their Lifeguard certification. Day 1 will be CPR/AED written exams and skills test. Day 2 will be Lifeguard rescue skills testing in the pool. **Note: THIS IS NOT A LIFEGUARD CLASS!** Whether you're an existing Lifeguard or wishing to become one, be ready for a "Challenge".  
WHEN: Saturday, May 16, 8:00am - 5:00pm AND Sunday, May 17, 12:00pm- 4:00pm  
MIN/MAX: 6/10  
FEE: \$60 Recertification  
WHERE: Splash Land Pool  
(\$60 INCLUDES new manual mandated by Red Cross with updates to CPR & AED)



## 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: Patrons who are able to swim in deep water for a long period of time

WHEN: June 8 - August 13  
Mondays & Wednesdays  
8:00pm - 9:15pm

FEE: \$1.50 per session/1 punch on punch card