

# Aquatics - Outdoor

## 2012 Pool Membership Information

Memberships go on sale March 1, 2012

If you use our facilities often, then a pool membership is your answer. A membership grants you admission to both Central and Centennial Pools during Open Swim sessions. PDNA (mc)

### How to apply for a Summer Aquatic membership:

Memberships can be purchased beginning March 1 only at:

Oak View Center Office (4625 W 110th St) - 708/857-2200

Community Pavilion Desk (9401 S Oak Park Ave) - 708/857-2420

- Patrons are required to show current proof of residency (driver's license or state-issued ID) to receive resident rates.
- If you have recently moved to Oak Lawn and have not changed your driver's license or state ID, you may receive resident rates by showing your current license/state ID, along with a current utility bill showing your name and new Oak Lawn address.
- If these criteria are not met, non-resident rates will apply.
- Memberships are non-refundable.

### Early Bird Resident Membership Rates:

For residents of Oak Lawn & Hometown Only!

Resident Early Bird Discount Valid March 1 – April 1 only.

Individual (age 3-59) \$99

Senior (age 60+) \$79

\*Household Base Fee (2 People) \$149

Additional Household Individual Member (age 3 & up): \$19 Each

Additional Household Infant Member (age 2 & under): \$15 Each

Additional Caregiver Member (age 16 & up): \$39 Each

### April 2 - May 25 Membership Rates:

	Res	Non-Res
Individual (age 3-59)	\$105	\$169
Senior (age 60+)	\$85	\$139
*Household Base Fee (2 people)	\$155	\$239
-Additional Household Individual Member (age 3 & up):	\$25 Each	
-Additional Household Infant Member (age 2 & under):	\$19 Each	
-Additional Caregiver Member (age 16 & up):	\$45 Each	

### May 26 - End of Season Membership Rates:

Individual (age 3-59)	\$115	\$179
Senior (age 60+)	\$95	\$149
*Household Base Fee (2 people)	\$165	\$249
-Additional Household Individual Member (age 3 & up):	\$35 Each	
-Additional Household Infant Member (age 2 & under):	\$19 Each	
-Additional Caregiver Member (age 16 & up):	\$45 Each	

### To qualify for a Household Membership:

- An adult (18 & up) must be the primary member on the membership.
- Fee shown is for 2 household members.
- Every member to be added to this account/membership must show proof that they reside at the same household as the primary member listed.
- A valid driver's license or state ID is required as proof for members 16 & up.
- The most current report card with parent signature and/or birth certificate is required for ages 15 & under.
- All information and proof for each member on the membership must be included on the form and shown at the time of registration. No additions will be accepted.
- Additional non-household (not living at same address) members can be added as the "Caregiver" additional member, designed for babysitters/nanny-like individuals for households with young children (12 & under). A maximum of 2 "Caregiver" members are allowed per household membership.
- For any questions, contact Mary Crout Aquatics Director at 708/857-2420 or mrcrout@olparks.com.

## 2012 Specials!

### Member Appreciation Nights!

Those with current membership cards will be admitted on the following dates for jump-in' fun and a swimmin' good time with music provided by CMT Productions.

Tuesday, June 12	Centennial Pool	8:00-9:45 pm
Tuesday, August 7	Centennial Pool	8:00-9:45 pm

Free "Friends and Family" coupons for Oak Lawn and Hometown Residents that purchase memberships!

### Purchase your membership by June 1st and receive the following:

For Individual memberships and 2 & 3 person Family Memberships:

- Receive 2 "Friends and Family" Open Swim coupons \*

For Family memberships of 4 or more:

- Receive 4 "Friends and Family" Open Swim coupons \*

\*valid for General Open swim only

**Check out the Pool Bulletin Boards for additional 2012 Specials!**

### American Red Cross Lifeguard Training Course

This class is intended to train young adults in surveillance skills to help you recognize and prevent injuries; Rescue skills – in the water and on land; First aid training and professional rescuer CPR – to help you prepare for any emergency; and additional lifeguards responsibilities like interacting with the public and addressing uncooperative patrons. PDNA (mc)

- Participants must pass this "300" pre-qualifying swim in order to take the class. If a participant does not pass, a 90% refund will be given.
- Priority registration is given to participants who have applied for summer employment at OLPD pools.
- Participants must be 15 years or old to register for this course.

(Please note: The Oak Lawn Park District does not hire anyone under the age 16)

**Successful completion of this class does not guarantee employment with the Oak Lawn Park District Aquatics Department**

Instructor: Maura Gavin, LGI

Code: #2137

Fee: \$300.00 (Includes workbooks & facemasks)

Location: Richards High School Pool

Day/Date: Saturdays, May 5 & 12\*

Time: 7am – 2pm

Location: Administration Building Conference Room

Day/Date: Sunday, May 6\*

Day/Date: Monday, May 14\*

Time: 9 am-4 pm

\*must attend all four days



# Aquatics - Indoor

## Learn To Swim Instruction

• The Oak Lawn Park District's Learn-To-Swim Program is designed to teach swimming skills to toddlers, children and adults in a positive, happy and safe environment. With an emphasis on fun, we offer lessons that emphasize logical skill progression, water-safety awareness, and endurance. Participants are assessed on their individual ability and will be promoted to the next level when they have completed the necessary skill requirements.

• The descriptions on the next several pages will help you find the course best for you. Please use the age ranges and skill pre-requisites as suggested guidelines to enroll in the most appropriate course.

• Also, please remember that people learn at-their-own-pace. Mastering swimming skills takes time, practice and patience! It is not unusual for students to repeat a level several times in order to master the skill required for a completion certification and advancement to the next level.

• Safety is an important component at every level and all of our aquatics courses include education in personal safety in and around the water.

• Absenteeism: If the park district needs to cancel a program for whatever reason, the park district will schedule a make-up day and/or pro-rate a refund for that day. The park district will not schedule make-up days or offer a credit or refund when a participant is absent from the program for personal reasons.

• What level do I enroll in? Please refer to the course descriptions. If you feel your skills are between levels, please enroll in the lower level. Do not enroll in a higher level if your desired class is filled, as there may not be availability to place the child in the appropriate class if they are determined to be not ready for the higher level.

• What happens if the class I want is filled (has no openings)? We recommend registering early to prevent this from occurring. We do not offer a wait list, since we find very few if any cancellations/refunds for swim lessons.

• What do I need to bring the first day of class? Besides a swimsuit and towel, goggles are allowed if a participant prefers them.

• Refunds – See page 5 for complete details on the Oak Lawn Park District refund policy. Medical refunds will be granted when appropriate medical documentation is submitted with the refund request.

## Splash Splash (Parent & Child) (age 6 months-4 years)

Parent & child participate together in the water as our instructors demonstrate swimming techniques that you will use to safely assist your child in adjusting to the water and understanding pool-safety rules with an emphasis on fun and games! A great way to transition a child into youth swim lessons is by having their first swim lessons be accompanied by a parent in the water. Note: Children 3 years & under (or those not toilet trained) must wear a tight-fitting swim diaper or tight-fitting pants under their swimsuits. (mc)

Location: Richards High School

Class#	Day	Dates	Time	Res/NR
#8375	Sat	1/7-2/25	10:30-11:20	\$55/\$65
#8379	Sat	1/7-2/25	11:30-12:20	\$55/\$65
#8366	Sat	1/7-2/25	12:30-1:20	\$55/\$65
#2879	Sat	3/10-4/28	10:30-11:20	\$55/\$65
#2880	Sat	3/10-4/28	11:30-12:20	\$55/\$65
#2881	Sat	3/10-4/28	12:30-1:20	\$55/\$65

## Youth Level 1 (age 5 & up)

Goal: Participants will become comfortable in the water. Skills to be mastered: Enter & exit water using ladder, steps and/or side; bobbing 5 times; opening eyes underwater and retrieving submerged object 2 times; front float & back float for 3 seconds; recover from a front float & back float to a standing position; roll from front float to back float; roll from a back float to front float; flutter kick on front 5 yards with board; alternating arm circles on front 5 yards; front crawl 5 yards; flutter kick on back 5 yards; alternating arm circles on back 5 yards; back crawl 5 yards. All classes are 50 minutes in length with the last 5 minutes being review and/or diving board time. (mc)

Location: Richards High School

Class#	Day	Dates	Time	Res/NR
#8371	Sat	1/7-2/25	10:30-11:20	\$55/\$65
#8351	Sat	1/7-2/25	11:30-12:20	\$55/\$65
#8352	Sat	1/7-2/25	12:30-1:20	\$55/\$65
#2865	Sat	3/10-4/28	10:30-11:20	\$55/\$65
#2866	Sat	3/10-4/28	11:30-12:20	\$55/\$65
#2867	Sat	3/10-4/28	12:30-1:20	\$55/\$65

## Youth Level 2 (age 5 & up)

Prerequisite and Goal: Participants who have passed Youth Level 1 will gain success by mastering fundamental skills. Participants will learn: Enter water by jumping from side; exit using ladder, steps or side; fully submerging and holding breath for 5 seconds; bobbing 10 times; opening eyes underwater and retrieve submerged objects 2 times; front, back and tuck float for 5 seconds; recover from a back float or glide to a standing position; roll from front to back; roll from back to front; front glide 5 yards; change direction while swimming (front and back); front crawl 5 yards; back glide 5 yards; finning arm action on back 10 yards; back crawl 5 yards; treading water (chest deep) for 15 seconds. All classes are 50 minutes in length with the last 5 minutes being review and/or diving board time. (mc)

Location: Richards High School

Class#	Day	Dates	Time	Res/NR
#8372	Sat	1/7-2/25	10:30-11:20	\$55/\$65
#8355	Sat	1/7-2/25	11:30-12:20	\$55/\$65
#8356	Sat	1/7-2/25	12:30-1:20	\$55/\$65
#2869	Sat	3/10-4/28	10:30-11:20	\$55/\$65
#2870	Sat	3/10-4/28	11:30-12:20	\$55/\$65
#2871	Sat	3/10-4/28	12:30-1:20	\$55/\$65

## Youth Level 3

Prerequisite and Goal: Participants who have passed Youth Level 2 will build on those skills through additional guided practice, develop confidence in their strokes and improve other aquatic skills. Participants will learn: Enter water by jumping from the side into deep water; sitting dive from the side in deep water; kneeling dive from the side in deep water; back float 30 seconds; survival float 30 seconds in deep water; tread water 30 seconds; front crawl with rotary breathing 15 yards; back crawl 15 yards; elementary backstroke 10 yards; front glide with flutter kick 5 yards; front glide with dolphin kick 5 yards; change from a vertical to horizontal position on front; change from a vertical to horizontal position on back; back glide with flutter kick 5 yards. All classes are 50 minutes in length with the last 5 minutes being review and/or diving board time. (mc)

Location: Richards High School

Class#	Day	Dates	Time	Res/NR
#8373	Sat	1/7-2/25	10:30-11:20	\$55/\$65
#8359	Sat	1/7-2/25	11:30-12:20	\$55/\$65
#8360	Sat	1/7-2/25	12:30-1:20	\$55/\$65
#2873	Sat	3/10-4/28	10:30-11:20	\$55/\$65
#2874	Sat	3/10-4/28	11:30-12:20	\$55/\$65
#2875	Sat	3/10-4/28	12:30-1:20	\$55/\$65

# Aquatics - Indoor

## Youth Level 4

Prerequisite and Goal: Participants who have successfully passed Youth Level 3 will practice and perfect various stroke techniques. Participants will learn: Dive entry into deep water from side in stride position; swim under water 15 yards; feet first entry dive in at least 10 feet of water; front crawl with rotary breathing; front crawl open turn; backstroke 25 yards; backstroke open turn; butterfly 25 yards; breaststroke 15 yards; tread water 2 minutes using 2 different kicks; elementary backstroke 25 yards; sidestroke 15 yards. All classes are 50 minutes in length with the last 5 minutes being review and/or diving board time. Levels may be combined dependent upon enrollment. (mc)

Location: Richards High School

Class#	Day	Dates	Time	Res/NR
#8362	Sat	1/7-2/25	10:30-11:20	\$55/\$65
#8363	Sat	1/7-2/25	11:30-12:20	\$55/\$65
#8343	Sat	1/7-2/25	12:30-1:20	\$55/\$65
#2868	Sat	3/10-4/28	10:30-11:20	\$55/\$65
#2872	Sat	3/10-4/28	11:30-12:20	\$55/\$65
#2876	Sat	3/10-4/28	12:30-1:20	\$55/\$65

## Youth Advance Level 5

Prerequisite and goal: Participant must have successfully passed Youth Level 4 and will now continue to improve coordination of all stroke techniques in addition to basic dives and turns. Participants will learn: shallow-angle dive from the side (in deep water); shallow angle-dive, glide 2 body lengths and begin any front stroke; tuck and pike surface dive, submerging completely; front flip and backstroke flip turn while swimming; tread water for 5 minutes; front crawl 50 yards; breaststroke 25 yards; butterfly 25 yards; elementary backstroke 50 yards; back crawl 25 yards; standard scull 30 seconds; sidestroke 25 yards. All classes are 50 minutes in length with the last 5 minutes being review and/or diving board time. Levels may be combined dependent upon enrollment. (mc)

Location: Richards High School

Class#	Day	Dates	Time	Res/NR
#8383	Sat	1/7-2/25	10:30-11:20	\$55/\$65
#8384	Sat	1/7-2/25	11:30-12:20	\$55/\$65
#2877	Sat	3/10-4/28	10:30-11:20	\$55/\$65
#2878	Sat	3/10-4/28	11:30-12:20	\$55/\$65



## Diving Lessons

These lessons are an introduction to diving and are recommended for those participants who are enrolled in Advanced Level classes and are looking for skills beyond the Advanced Level. Classes are conducted in the deep end of the pool. Participants must have passed Level 3 and must be able to swim the length of the pool. PDNA (mc)

Location: Richards High School

Class#	Day	Dates	Time	Res/NR
#8391	Sat	1/7-2/25	1:30-2:30	\$55/\$65
#2886	Sat	3/10-4/28	1:30-2:30	\$55/\$65

## Adult Lessons (age 14 & up)

It's never too late to enjoy the water, learn to swim or to improve your strokes. These classes will help those who lack comfort and technique. Discover how rewarding swimming can be! PDNA (mc)

Location: Richards High School

## Adult Level 1

This very beginner class will help adults become comfortable in the water by learning proper entry into the water, proper exit from the water, bobbing, and basic floats, kicks, and arm circles.

Class#	Day	Dates	Time	Res/NR
#8387	Sat	1/7-2/25	1:30-2:30	\$55/\$65
#2882	Sat	3/10-4/28	1:30-2:30	\$55/\$65

## Adult Level 2

For participants who are comfortable in the water and are looking to practice and perfect stroke techniques.

Class#	Day	Dates	Time	Res/NR
#8395	Sat	1/7-2/25	1:30-2:30	\$55/\$65
#2885	Sat	3/10-4/28	1:30-2:30	\$55/\$65

## Water Aerobics (age 16 & up)

Try this invigorating total body workout to improve flexibility while firming and toning the body! This class will provide a work-out for all levels of participation. Instructor will assist you in adapting movements to your level of ability. Participants should consult with their physician for any potential problems. PDNA (mc)

Instructor: Marjorie Wierus

Class Minimum: 8

Location: Richards High School

Class#	Day	Dates	Time	Res/NR
#8389	Sat	1/7-2/25	9:30-10:30	\$55/\$65
#8390	Sat	3/10-4/28	9:30-10:30	\$55/\$65

## Lap Swim

A great cardiovascular workout for those who wish to swim laps for walk in the water. Life-guard is on duty. Pool is shared with other activities. (mc)

Location: Richards High School

Class#	Day	Dates	Time	Res/NR
#8388	Sat	1/7-2/25	9:30-10:30	\$39/\$49
#2884	Sat	3/10-4/28	9:30-10:30	\$39/\$49