




# Oak Lawn Park District Aquatics

To find out if the Pool is open, call the Pool Hotline at 708-398-6313 • www.olparks.com

**Early Season Hours at Central Pool (weather permitting)**

• **May 28, 29 & 30 - 12:00-5:00 pm** • **May 31-June 3 - 4:00-8:00 pm**

|  | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday  | Sunday  |   |
|--|---|---|---|---|---|---|---|---|
| <b>Central Pool</b><br>94th & Kenton<br>708.857.8051<br><br><b>May 28-June 3</b><br>Revised hours-see above<br><br><b>June 4 - August 14</b><br>Adjusted end of season hours will begin 8/15-9/5<br><br>• Outdoor pool<br>• T-shaped pool with a stair or ladder entry<br>• diving board in deep area<br>• slide<br>• baby pool with slide<br>• concession stand<br>• lift available | 7-8:50 am<br>Early Bird Lap Swim<br>-see page 19                      | 7-8:50 am<br>Early Bird Lap Swim<br>-see page 19  | 7-8:50 am<br>Early Bird Lap Swim<br>-see page 19                      | 7-8:50 am<br>Early Bird Lap Swim<br>-see page 19                      | 7-8:50 am<br>Early Bird Lap Swim<br>-see page 19                                      | 7-8:50 am<br>Early Bird Lap Swim<br>-see page 19                      | 9:45-11:45 am<br>Private Lessons/<br>Private Pool Rentals<br>See pages 16 & 17        |   |
|  | 9-9:30 am<br>Private Lessons<br>-see pages 17                         | 9-9:30 am<br>Private Lessons<br>-see pages 17   | 9-9:30 am<br>Private Lessons<br>-see pages 17                         | 9-9:30 am<br>Private Lessons<br>-see pages 17                         | 9-9:30 am<br>Private Lessons<br>-see pages 17   |   |   | 9-11:50 am Lessons<br>-see pages 17-19                                      |
|  | 9-11:50 am Lessons<br>-see pages 17-19                                | 9-11:50 am Lessons<br>-see pages 17-19  | 9-11:50 am Lessons<br>-see pages 17-19                                | 9-11:50 am Lessons<br>-see pages 17-19                                | 9-11:50 am<br>Training  |   |   |   |
|  | <b>11:30-12</b><br><i>Members Only</i><br>Noon - 4:50 pm<br>Open Swim | <b>11:30-12</b><br><i>Members Only</i><br>Noon - 4:50 pm<br>Open Swim   | <b>11:30-12</b><br><i>Members Only</i><br>Noon - 4:50 pm<br>Open Swim | <b>11:30-12</b><br><i>Members Only</i><br>Noon - 4:50 pm<br>Open Swim | <b>11:30-12</b><br><i>Members Only</i><br>Noon - 4:50 pm<br>Open Swim                 | <b>11:30-12</b><br><i>Members Only</i><br>Noon - 4:50 pm<br>Open Swim | Noon - 4:50 pm<br>Open Swim   | <b>11:30-12</b><br><i>Members Only</i><br>Noon - 4:50 pm<br>Open Swim       |
|  | 5:30-6:20 pm Lessons<br>-see pages 17-19                              | 5:30-6:20 pm<br>Lessons/Private lessons<br>-see pages 17-19   | 5:30-6:20 pm Lessons<br>-see pages 17-19                              | 5:30-6:20 pm<br>Lessons/Private lessons<br>-see pages 17-19           |   | <b>Maintenance/<br/>Cleaning</b>                                      |    | 6:00-9:00 pm<br>Private Pool Rentals<br>See page 16                         |
| 6:30-8:30 pm Special<br>Recreation Programs-<br>see pages 60-61  | 6:30-8:50 pm<br>Open Swim   | 6:30-8:30 pm Special<br>Recreation Programs-<br>see pages 60-61   | 6:30-8:50 pm<br>Open Swim   | 6:30-8:50 pm<br>Open Swim   | 6:30-8:50 pm<br>Open Swim   | 6:30-8:50 pm<br>Open Swim   |   |   |
| <b>Centennial Pool</b><br>94th & Nashville<br>708.599.4941<br><br><b>June 11 - August 14</b><br><br>• L-shaped pool with a stair entry<br>• diving board in deep area<br>• drop slide into deep area (must be 48" to ride)<br>• flume slide (must be 48" to ride)<br>• baby pool<br>• concession stand   | <b>MAINTENANCE &amp; CLEANING</b>                                     |   |   |   |  | 9-10 am<br>Water Aerobics<br>-see page 19                             | 9:45-11:45 am<br>Private Pool Rentals<br>See page 16                                  |   |
|  | 10-11am<br>Senior Swim<br>-see page 16                                | 10-11am<br>Low Intensity<br>Water Aerobics<br>-see page 19  | 10-11am<br>Senior Swim<br>-see page 16                                | 10-11am<br>Low Intensity<br>Water Aerobics<br>-see page 19            | AM Training/<br>Day camps   | 10-10:50am<br>Lessons<br>-see pages 17-19                             |   |   |
|  | 11:00 am - 4:50 pm<br>Open Swim                                       | 11:00 am - 4:50 pm<br>Open Swim   | 11:00 am - 4:50 pm<br>Open Swim                                       | 11:00 am - 4:50 pm<br>Open Swim                                       | 11:00 am - 4:50 pm<br>Open Swim   | 11:00 am - 4:50 pm<br>Open Swim                                       | 11:00 am - 4:50 pm<br>Open Swim   | <b>11:30-12</b><br><i>Members Only</i><br>Noon - 4:50 pm<br>Open Swim       |
|  | 5:00-6:30 pm<br>Water Aerobics<br>-see page 19                        | 5:30-6:20pm &<br>6:30-7:20 pm Lessons<br>-see pages 17-19   | 5:30-6:30 pm<br>Water Aerobics<br>-see page 19                        | 5:30-6:20pm &<br>6:30-7:20 pm Lessons<br>-see pages 17-19             |   | <b>Maintenance/<br/>Cleaning</b>                                      |  | <b>Maintenance/<br/>Cleaning</b>  |
|  | 6:30-8:50 pm<br>Open Swim   | 7:30-9:30 pm<br>Member Appreciation<br>Nights- 6/21, 7/19, 8/9<br><br>7:30-9:30 pm<br>Special Events/Private<br>Rentals | 6:30-8:50 pm<br>Open Swim   | 7:30-9:30 pm<br>Private Pool Rentals<br>See page 16                   | 6:00-9:00 pm<br>Private Pool Rentals<br>See page 16                                   | 6:00-9:00 pm<br>Private Pool Rentals<br>See page 16                   | 6:00-9:00 pm<br>Private Pool Rentals<br>See page 16                                   | <b>5:30-6:30 pm</b><br><i>Members Only</i><br><br>6:30-8:50 pm<br>Open Swim |

|                               |                                     | <b>Individual (3 - 59)</b> | <b>Infant (2 &amp; under)</b> | <b>Senior (60 +)</b> |
|-------------------------------|-------------------------------------|----------------------------|-------------------------------|----------------------|
| <b>Daytime Open Swim fees</b> | Resident                            | \$6                        | \$3                           | \$5                  |
|                               | Oak Lawn & Hometown<br>Non-Resident | \$10                       | \$4                           | \$9                  |
| <b>Evening Open Swim fees</b> | Resident                            | \$4                        | \$1                           | \$3                  |
|                               | Oak Lawn & Hometown<br>Non-Resident | \$8                        | \$2                           | \$7                  |

# Aquatics - Outdoor

## Important Things to Know Before Going to the Pool

### Closing Information

Any of the 2 pools can close or their operating hours can be adjusted at the discretion of the park district for any of the safety reasons listed below:

- If the air temperature is below 70F as reported by the Weather Channel for Midway Airport.
- If lightning is sighted or there is threatening weather.
- If the water is not chemically balanced.
- If there is a mechanical failure.
- If there is a lack of sufficient lifeguards (This may occur at the beginning and end of the season due to staff's school schedules.)
- Pool has less than 10 swimmers for 1 hour; it may close within the next hour.

### Age Guidelines

- An adult must accompany any child 10 AND UNDER at all times at the pools.
- All kids 10 & under will need an adult present with them in order to be granted admission into the pool; in addition, the adult must remain at the pool for the duration of the child's stay to provide supervision.
- Any young child left at the pool unattended by an adult (someone 16 years or older) will be turned over to the police.

### Proper Identification

- A valid ID is required to be shown every time you enter the pool
- Those who have purchased memberships must provide their Membership Card for all pool members to be scanned before entrance into the pool is allowed.
- If you do not have your Membership Card, you will have to pay a daily fee to enter. Daily Fees paid at the door will not be credited to future or existing memberships
- Oak Lawn & Hometown residents who wish to receive the resident rate at the door must provide a current Driver's License or utility bill and photo ID in order to receive the resident rates.
- If you are purchasing a daily admission and do not have an ID to prove residency, you will be charged the non-resident rates.

### Safety Rules

- Patrons must be at least 48" tall to ride the Flume and/or Drop slides at Centennial pool.
- Flotation devices (kick boards, noodles) are allowed only at the discretion of the manager.
- Water wings, inner tubes, etc. are not allowed. We recommend the bathing suits with the floatation device inside the suit vertically.
- It is recommended that all children under 48" tall wear a Coast Guard approved life jacket in and around the pool.
- Patrons must use pool equipment (diving boards, slides, etc.) and personal floatation devices properly. If abused or the floatation device obstructs the lifeguard's view, the manager has the right to forbid the use of the device or equipment.
- For everyone's safety, the Aquatic staff & rules must be obeyed. If a patron—regardless of their age, is not following the rules, not obeying staff instructions, and/or becoming verbally or physically abusive, that patron will be disciplined accordingly. Discipline varies from having a "time out"; to being temporarily removed from the facilities; to revoked memberships/admission to the pools.
- Masks (covers nose), fins, snorkels, diving disks and rings may be used only during Early Bird and Lap Swim.
- During all Open Swims, there will be Guard Breaks/Adult Swims. The baby pool is closed during guard breaks. No child should be left unattended during the breaks while an adult swims.

### Food and Beverage

- The concession stand is scheduled to be open during all Afternoon Open Swim times.
- Glass containers are not allowed at the Aquatics facility.
- Alcohol is prohibited at all Oak Lawn Park District facilities and on all Oak Lawn Park District properties. Anyone found to be in possession of alcohol in any Aquatics Facility will be asked to leave the facility immediately without refund.
- Food items brought into the pool must be kept in designated concession area.
- Management reserves the right to check and hold all coolers and containers if the regulations are not adhered to.
- Please assist the Oak Lawn Park District by recycling aluminum and plastic containers in the appropriate recycling bins.

### Appropriate Swim Attire

- Cut-offs, jean shorts, leotards, spandex athletic wear may not be worn for swimming.
- All swim attire must have a lining.
- No underwear is to be worn under male shorts or female suits.
- Swim attire must not interfere with the lifeguards' ability to perform necessary life-saving and/or safety tasks for a patron.
- Not following the policy of "Appropriate Swim Attire" may result in being asked to leave the pool without refund.

### General Information

- Lockers are available. For the majority of them, you must supply your own lock. The park district is not responsible for missing articles.
- A "Lost and Found" is located in the Guard Room at each pool.

## Private Pool Rentals

Both of our pools are available to rent for almost any occasion! **PDNA** (sw)

- Priority Pool rental registration will be held from 6-8 pm on Tuesday, May 4th only at the Ice Arena, 9320 S. Kenton.
- After May 4th, pool rental registration will be taken by appointment only by calling Shari Wolfe at 708/857-5173 x 2200 or [aquatics@olparks.com](mailto:aquatics@olparks.com)

### General Information:

- All rentals are on a first-come, first-served basis.
- Parties must be registered at least 2 weeks in advance from the desired date.
- A minimum of 2 hours is required for all rentals.
- If on your scheduled rental date, weather conditions are unfavorable, the pool manager will determine if the pool rental needs to be rescheduled and will contact you.
- If you find yourself in the position to cancel your rental, a 90% refund will be given to those who cancelled 3 weeks or more prior to the rental date. A 50% refund will be given to those who cancel within three weeks of the rental date. No refund will be given for rentals cancelled 48 hours or less prior to the date.
- Lifeguards and a manager will be on duty during the duration of the rental to ensure the safety of all patrons.
- Renter or other responsible adult must be present for the entire length of the rental.
- Patrons may bring their own food and beverages; however, glass containers and alcoholic beverages are strictly prohibited.
- Renters are responsible for cleaning up the party area during the time allotted for the rental.
- Payment in full is required upon registration.
- Absolutely no reservations will be accepted prior to May 4th

### Centennial Pool

94th St. & Nashville Ave. • 708/599-4941

#### Days/Times Available:

(Select dates available)

Tuesdays & Thursdays • 7:30-9:30 pm

Fridays & Saturdays • 6:00 –9:00 pm

### Central Pool

94th St. & Kenton Ave. • 708/857-8051

#### Days/Times Available:

(Select dates available)

Sundays • 9:45-11:45 am

Sundays • 6:00 –9:00 pm

**Fees for either pool: \$155 per Hour – Residents**

**\$215 per Hour - Non-Residents**

## Community Water Safety Day

**Day/Date:** Saturday June 25

**Time:** 9 am - 1 pm

**Location:** Central Pool (9400 S Kenton Ave)

The community is invited to attend this free event presented by the Coast Guard. Get information regarding lake and river swimming safety, boating safety, and proper use of life jackets. Event will be held at the Ice Arena in the case of rain.



# Aquatics - Outdoor

## Pool Membership Information

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** (sw)

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

Memberships can be purchased beginning Monday, April 25 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 (Oak Lawn & Hometown residents only).

• 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 April 25-May 21 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*

### Regular Season Membership Rates:

|                                | <u>Res</u> | <u>Non-Res</u> |
|--------------------------------|------------|----------------|
| 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*

### 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/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 Shari Wolfe, Aquatics Office Director at 708/857-5173 x 2200 or [aquatics@olparks.com](mailto:aquatics@olparks.com).

## 2011 MEMBER 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 our jammin' DJ.

*Tuesday, June 21 • Centennial Pool • 7:30 - 9:30 pm*

*Tuesday, July 19 • Centennial Pool • 7:30 - 9:30 pm*

*Tuesday, August 3 • Centennial Pool • 7:30 - 9:30 pm*

**Free "Friends and Family" coupons included with all membership purchases!**

• **For Individual memberships and 2 & 3 person Family Memberships:**

Receive 4 "Friends & Family" Open Swim coupons – valid for General Open swim only

• **For Family memberships of 4 or more:**

Receive 8 "Friends & Family" Open Swim coupons – valid for General Open swim only

**New for Seniors!** Enjoy a little time in the pool just for yourselves. Senior Swim will be available to those with memberships (or day time fee can be paid at the door) on Monday & Wednesday mornings from 10-11 am at Centennial Pool. Enjoy a free cup of coffee too!

**New!** for the 2011 season

• Show your pool ID card at the Ice Arena to receive \$2 off Open Skate admission.

• As an added bonus this year receive \$1 off mini golf at Stony Creek when pool ID is presented.

*Check out the Pool Bulletin Boards for additional 2011 Specials!*

## Visit Oak Lawn Park District Aquatics on Facebook!

### Daily Fees /"At the Door" Fees

• A current Driver's License or Utility Bill and photo ID are required for Oak Lawn and Hometown Residents to received the Resident Daily Fee rate.

• Daily fees cannot be applied to membership purchases.

• Cash only is accepted for paid entry to the pool. Credit cards and checks are NOT accepted.

| <u>Day Time Open Swim</u> | <u>Individual</u> | <u>Infant</u> | <u>Senior</u> |
|---------------------------|-------------------|---------------|---------------|
|                           | (3 – 59)          | (2 & under)   | (60 – up)     |
| <b>Resident</b>           | \$6               | \$3           | \$5           |
| <b>Non-Resident</b>       | \$10              | \$4           | \$9           |
| <u>Evening Open Swim</u>  | <u>Individual</u> | <u>Infant</u> | <u>Senior</u> |
|                           | (3 – 59)          | (2 & under)   | (60 – up)     |
| <b>Resident</b>           | \$4               | \$1           | \$3           |
| <b>Non-Resident</b>       | \$8               | \$2           | \$7           |

# Aquatics - Outdoor

## Learn To Swim Instruction

- The Oak Lawn Park District's Learn-To-Swim Program is based upon the American Red Cross program 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 prerequisites 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.
- Programs & The Weather: Tiny Tot and Level 1 through Advanced lessons will be held irregardless of weather or air temperature. Please note that scheduled into the swim lessons are safety lessons that will be given on less than favorable weather days. Splish-Splash classes may be rescheduled due to unfavorable weather.
- 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 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.
- Can I bring my other children with me (who are not in lessons) to the pool during swim lessons? Yes, but for safety reasons, we require all parents/guardians and children to remain on the concession deck during the lesson. No one is allowed in the big or baby pool during lessons unless they are enrolled in a class. Remember—we do offer Splish Splash classes for parent and child and Tiny Tots ages 3-5!
- Refunds — See page 9 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. Refunds are not issued for water temperature or personal absences.

## Splish 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. **Each child must be accompanied by an adult.** (eg) \*No class Monday 7/4

**The last 10 minutes of this class will be parent/child playtime.**

**Location:** Central Pool at 9400 S Kenton

| Class# | Day  | Dates       | Time          | Res/NR    |
|--------|------|-------------|---------------|-----------|
| #2006  | M-Th | 6/13 - 6/23 | 9:30-10:10am  | \$39/\$49 |
| #2008  | M-Th | 6/13 - 6/23 | 10:30-11:10am | \$39/\$49 |
| #2021  | M,W  | 6/13-7/6*   | 5:30-6:10pm   | \$34/\$44 |
| #2044  | Sat  | 6/18-8/6    | 9-9:40am      | \$39/\$49 |
| #2042  | Sat  | 6/18-8/6    | 10-10:40am    | \$39/\$49 |
| #2043  | Sat  | 6/18-8/6    | 11-11:40am    | \$39/\$49 |
| #2102  | M-Th | 6/27- 7/7*  | 9:30-10:10am  | \$34/\$44 |
| #2103  | M-Th | 6/27- 7/7*  | 10:30-11:10am | \$34/\$44 |
| #2069  | M-Th | 7/11 - 7/21 | 9:30-10:10am  | \$39/\$49 |
| #2070  | M-Th | 7/11 - 7/21 | 10:30-11:10am | \$39/\$49 |
| #2090  | M,W  | 7/11 - 8/3  | 5:30-6:10pm   | \$39/\$49 |
| #2123  | M-Th | 7/25 - 8/4  | 9:30-10:10am  | \$39/\$49 |
| #2124  | M-Th | 7/25 - 8/4  | 10:30-11:10am | \$39/\$49 |

## Tiny Tot (age 3-5)

Children learn fun songs and games in this semi-instructional class as they adjust to the water, build their confidence in the water and they are introduced to very basic swimming skills. This is a great alternative or bridge if you have already taken Splish Splash (Parent & Child) classes. (eg) \*No class Monday 7/4

**The last 10 minutes of this class will be parent/child playtime.**

**Location:** Central Pool at 9400 S Kenton

| Class# | Day  | Dates       | Time          | Res/NR    |
|--------|------|-------------|---------------|-----------|
| #2018  | M-Th | 6/13 - 6/23 | 9:30-10:10am  | \$45/\$55 |
| #2034  | M-Th | 6/13 - 6/23 | 10:30-11:10am | \$45/\$55 |
| #2016  | M,W  | 6/13-7/6*   | 5:30-6:10pm   | \$40/\$50 |
| #2057  | Sat  | 6/18-8/6    | 9-9:40am      | \$45/\$55 |
| #2059  | Sat  | 6/18-8/6    | 10-10:40am    | \$45/\$55 |
| #2080  | Sat  | 6/18-8/6    | 11-11:40am    | \$45/\$55 |
| #2114  | M-Th | 6/27- 7/7*  | 9:30-10:10am  | \$40/\$50 |
| #2038  | M-Th | 6/27- 7/7*  | 10:30-11:10am | \$40/\$50 |
| #2079  | M-Th | 7/11 - 7/21 | 9:30-10:10am  | \$45/\$55 |
| #2141  | M-Th | 7/11 - 7/21 | 10:30-11:10am | \$45/\$55 |
| #2017  | M,W  | 7/11 - 8/3  | 5:30-6:10pm   | \$45/\$55 |
| #2058  | M-Th | 7/25 - 8/4  | 9:30-10:10am  | \$45/\$55 |
| #2140  | M-Th | 7/25 - 8/4  | 10:30-11:10am | \$45/\$55 |

## Private Lessons (age 4 & up)

Want to get personal one-on-one instruction? Need additional guidance on a certain skill? Is your child not responding well to group lessons? Private lessons are a perfect way to help a child become comfortable in the water or to advance your swimming skills. Each class comes with two private half-hour lessons a week. Participants' skills will be tracked and tested the same as in group lessons. **PDNA** (eg)

**Location:** Central Pool at 9400 S Kenton

| Class# | Day    | Dates       | Time          | Res/NR          |
|--------|--------|-------------|---------------|-----------------|
| #2003  | M-Th   | 6/27-6/30   | 9 - 9:30am    | \$110/\$130     |
| #2095  | T, Th  | 6/28 & 6/30 | 5:45 - 6:15pm | \$55/\$65       |
| #2139  | T, Th  | 7/5 & 7/7   | 5:45 - 6:15pm | \$55/\$65       |
| #2063  | T,W,Th | 7/5-7/7     | 9 - 9:30am    | \$82.50/\$97.50 |
| #2098  | M-Th   | 7/11-7/14   | 9 - 9:30 am   | \$110/\$130     |
| #2087  | T, Th  | 7/12 & 7/14 | 5:45 - 6:15pm | \$55/\$65       |
| #2027  | M-Th   | 7/18-7/21   | 9 - 9:30 am   | \$110/\$130     |
| #2094  | T, Th  | 7/20 & 7/22 | 5:45 - 6:15pm | \$55/\$65       |
| #2002  | M-Th   | 7/25-7/28   | 9 - 9:30 am   | \$110/\$130     |
| #2136  | T, Th  | 7/26 & 7/28 | 5:45 - 6:15pm | \$55/\$65       |
| #2060  | M-Th   | 8/1-8/4     | 9 - 9:30 am   | \$110/\$130     |
| #2163  | T, Th  | 8/2 & 8/4   | 5:45 - 6:15pm | \$55/\$65       |



# Aquatics - Outdoor

## 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. (eg)

| Class#   | Day  | Dates      | Time        | Res/NR    |
|--|------|------------|-------------|-----------|
| <b>Location:</b> Centennial Pool at 9401 S Nashville |      |            |             |           |
| #2035  | Sat  | 6/18-8/6   | 10-10:50am  | \$55/\$65 |
| #2007  | T,Th | 6/14 - 7/7 | 5:30-6:20pm | \$55/\$65 |
| #2084  | T,Th | 7/12 - 8/5 | 5:30-6:20pm | \$55/\$65 |

**Location:** Central Pool at 9400 S Kenton

\*No class Monday 7/4

|       |      |             |               |           |
|-------|------|-------------|---------------|-----------|
| #2001 | M-Th | 6/13 - 6/23 | 9:30-10:20am  | \$55/\$65 |
| #2010 | M-Th | 6/13 - 6/23 | 10:30-11:20am | \$55/\$65 |
| #2022 | M,W  | 6/13 - 7/6* | 5:30-6:20pm   | \$49/\$59 |
| #2050 | Sat  | 6/18-8/6    | 9-9:50am      | \$55/\$65 |
| #2048 | Sat  | 6/18-8/6    | 10-10:50am    | \$55/\$65 |
| #2049 | Sat  | 6/18-8/6    | 11-11:50am    | \$55/\$65 |
| #2097 | M-Th | 6/27 - 7/7* | 9:30-10:20am  | \$49/\$59 |
| #2106 | M-Th | 6/27 - 7/7* | 10:30-11:20am | \$49/\$59 |
| #2064 | M-Th | 7/11 - 7/21 | 9:30-10:20am  | \$55/\$65 |
| #2073 | M-Th | 7/11 - 7/21 | 10:30-11:20am | \$55/\$65 |
| #2091 | M,W  | 7/11 - 8/3  | 5:30-6:20pm   | \$55/\$65 |
| #2118 | M-Th | 7/25 - 8/4  | 9:30-10:20am  | \$55/\$65 |
| #2127 | M-Th | 7/25 - 8/4  | 10:30-11:20am | \$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. (eg)

| Class#   | Day  | Dates      | Time        | Res/NR    |
|--|------|------------|-------------|-----------|
| <b>Location:</b> Centennial Pool at 9401 S Nashville |      |            |             |           |
| #2037  | Sat  | 6/18-8/6   | 10-10:50am  | \$55/\$65 |
| #2036  | T,Th | 6/14 - 7/7 | 5:30-6:20pm | \$55/\$65 |
| #2085  | T,Th | 7/12 - 8/5 | 5:30-6:20pm | \$55/\$65 |

**Location:** Central Pool at 9400 S Kenton

\*No class Monday 7/4

|       |      |             |               |           |
|-------|------|-------------|---------------|-----------|
| #2045 | M-Th | 6/13 - 6/23 | 9:30-10:20am  | \$55/\$65 |
| #2012 | M-Th | 6/13 - 6/23 | 10:30-11:20am | \$55/\$65 |
| #2023 | M,W  | 6/13 - 7/6* | 5:30-6:20pm   | \$49/\$59 |
| #2053 | Sat  | 6/18-8/6    | 9-9:50am      | \$55/\$65 |
| #2051 | Sat  | 6/18-8/6    | 10-10:50am    | \$55/\$65 |
| #2052 | Sat  | 6/18-8/6    | 11-11:50am    | \$55/\$65 |
| #2046 | M-Th | 6/27 - 7/7* | 9:30-10:20am  | \$49/\$59 |
| #2108 | M-Th | 6/27 - 7/7* | 10:30-11:20am | \$49/\$59 |
| #2047 | M-Th | 7/11 - 7/21 | 9:30-10:20am  | \$55/\$65 |
| #2075 | M-Th | 7/11 - 7/21 | 10:30-11:20am | \$55/\$65 |
| #2092 | M,W  | 7/11 - 8/3  | 5:30-6:20pm   | \$55/\$65 |
| #2071 | M-Th | 7/25 - 8/4  | 9:30-10:20am  | \$55/\$65 |
| #2129 | M-Th | 7/25 - 8/4  | 10:30-11:20am | \$55/\$65 |

## Youth Level 3 (age 6 & up)

**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. (eg)

| Class#   | Day  | Dates      | Time        | Res/NR    |
|--|------|------------|-------------|-----------|
| <b>Location:</b> Centennial Pool at 9401 S Nashville |      |            |             |           |
| #2039  | Sat  | 6/18-8/6   | 10-10:50am  | \$55/\$65 |
| #2031  | T,Th | 6/14 - 7/7 | 5:30-6:20pm | \$55/\$65 |
| #2086  | T,Th | 7/12 - 8/4 | 5:30-6:20pm | \$55/\$65 |

**Location:** Central Pool at 9400 S Kenton

\*No class Monday 7/4

|       |      |             |               |           |
|-------|------|-------------|---------------|-----------|
| #2056 | Sat  | 6/18-8/6    | 9-9:50am      | \$55/\$65 |
| #2054 | Sat  | 6/18-8/6    | 10-10:50am    | \$55/\$65 |
| #2055 | Sat  | 6/18-8/6    | 11-11:50am    | \$55/\$65 |
| #2072 | M-Th | 6/13 - 6/23 | 9:30-10:20am  | \$55/\$65 |
| #2014 | M-Th | 6/13 - 6/23 | 10:30-11:20am | \$55/\$65 |
| #2024 | M,W  | 6/13 - 7/6* | 5:30-6:20pm   | \$49/\$59 |
| #2081 | M-Th | 6/27 - 7/7* | 9:30-10:20am  | \$49/\$59 |
| #2110 | M-Th | 6/27 - 7/7* | 10:30-11:20am | \$49/\$59 |
| #2104 | M-Th | 7/11 - 7/21 | 9:30-10:20am  | \$55/\$65 |
| #2077 | M-Th | 7/11 - 7/21 | 10:30-11:20am | \$55/\$65 |
| #2093 | M,W  | 7/11 - 8/3  | 5:30-6:20pm   | \$55/\$65 |
| #2105 | M-Th | 7/25 - 8/4  | 9:30-10:20am  | \$55/\$65 |
| #2131 | M-Th | 7/25 - 8/4  | 10:30-11:20am | \$55/\$65 |

## 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. (eg)

| Class#   | Day  | Dates      | Time        | Res/NR    |
|--|------|------------|-------------|-----------|
| <b>Location:</b> Centennial Pool at 9401 S Nashville |      |            |             |           |
| #2033  | Sat  | 6/18-8/6   | 10-10:50am  | \$55/\$65 |
| #2028  | T,Th | 6/14 - 7/7 | 5:30-6:20pm | \$55/\$65 |
| #2083  | T,Th | 7/12 - 8/4 | 5:30-6:20pm | \$55/\$65 |

**Location:** Central Pool at 9400 S Kenton

\*No class Monday 7/4

|       |      |             |               |           |
|-------|------|-------------|---------------|-----------|
| #2040 | Sat  | 6/18-8/6    | 9-9:50am      | \$55/\$65 |
| #2041 | Sat  | 6/18-8/6    | 10-10:50am    | \$55/\$65 |
| #2112 | M-Th | 6/13 - 6/23 | 9:30-10:20am  | \$55/\$65 |
| #2004 | M-Th | 6/13 - 6/23 | 10:30-11:20am | \$55/\$65 |
| #2020 | M,W  | 6/13 - 7/6* | 5:30-6:20pm   | \$49/\$59 |
| #2113 | M-Th | 6/27 - 7/7* | 9:30-10:20am  | \$49/\$59 |
| #2100 | M-Th | 6/27 - 7/7* | 10:30-11:20am | \$49/\$59 |
| #2116 | M-Th | 7/11 - 7/21 | 9:30-10:20am  | \$55/\$65 |
| #2067 | M-Th | 7/11 - 7/21 | 10:30-11:20am | \$55/\$65 |
| #2089 | M,W  | 7/11 - 8/3  | 5:30-6:20pm   | \$55/\$65 |
| #2125 | M-Th | 7/25 - 8/4  | 9:30-10:20am  | \$55/\$65 |
| #2121 | M-Th | 7/25 - 8/4  | 10:30-11:20am | \$55/\$65 |

# Aquatics - Outdoor

## Youth Advanced 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. (eg) \*No class Monday 7/4

| Class#   | Day  | Dates      | Time        | Res/NR    |
|--|------|------------|-------------|-----------|
| <b>Location:</b> Centennial Pool at 9401 S Nashville |      |            |             |           |
| #2005  | Sat  | 6/18-8/6   | 10-10:50am  | \$55/\$65 |
| #2011  | T,Th | 6/14 - 7/7 | 5:30-6:20pm | \$55/\$65 |
| #2013  | T,Th | 7/12 - 8/4 | 5:30-6:20pm | \$55/\$65 |

**Location:** Central Pool at 9400 S Kenton

|       |      |             |               |           |
|-------|------|-------------|---------------|-----------|
| #2015 | Sat  | 6/18-8/6    | 9-9:50am      | \$55/\$65 |
| #2029 | Sat  | 6/18-8/6    | 10-10:50am    | \$55/\$65 |
| #2030 | M-Th | 6/13 - 6/23 | 9:30-10:20am  | \$55/\$65 |
| #2068 | M-Th | 6/13 - 6/23 | 10:30-11:20am | \$55/\$65 |
| #2074 | M,W  | 6/13 - 7/6* | 5:30-6:20pm   | \$49/\$59 |
| #2076 | M-Th | 6/27 - 7/7* | 9:30-10:20am  | \$49/\$59 |
| #2078 | M-Th | 6/27 - 7/7* | 10:30-11:20am | \$49/\$59 |
| #2101 | M-Th | 7/11 - 7/21 | 9:30-10:20am  | \$55/\$65 |
| #2107 | M-Th | 7/11 - 7/21 | 10:30-11:20am | \$55/\$65 |
| #2109 | M,W  | 7/11 - 8/3  | 5:30-6:20pm   | \$55/\$65 |
| #2111 | M-Th | 7/25 - 8/4  | 9:30-10:20am  | \$55/\$65 |
| #2122 | M-Th | 7/25 - 8/4  | 10:30-11:20am | \$55/\$65 |

## Water Safety/Water Fun (Level 6) (age 12 & up)

**Prerequisite and Goal:** Must be 12 at the start of the class. Participants must have comfortably and successfully passed Youth Advanced Level 5. Participant will continue to refine all strokes so participant will swim them with ease, efficiency, power and smoothness over greater distances. Participants will learn: personal water safety, group water safety, basic skills for teaching and assisting with water safety classes, pre-lifeguard readiness, and fitness swimmer skills. Participants will be trained in CPR and First Aid and may receive certification if test is passed. (eg)

**Location:** Central Pool at 9400 S Kenton

| Class# | Day  | Dates    | Time         | Res/NR      |
|--------|------|----------|--------------|-------------|
| #2134  | T/Th | 7/5-8/11 | 5:30-6:30 pm | \$100/\$120 |

## 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 lifeguard responsibilities like interacting with the public and addressing uncooperative patrons.

**PDNA** (mm)

- Participants must pass a "300" pre-qualifying swim in order to continue in 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 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:** \$200.00 (includes workbooks)

**Day/Date/Time/Location:**

Saturdays May 7 & 14 • 7 am – 2 pm • Richards High School  
Sundays May 8 & 15 • 9 am – 4 pm • Administration Conference Room

## Diving Lessons

These lessons are an introduction to diving and are recommended for those participants who are enrolled in Advanced Level classes or 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** (eg)

**Location:** Centennial Pool at 9401 S Nashville

| Class# | Day  | Dates    | Time        | Res/NR    |
|--------|------|----------|-------------|-----------|
| #2026  | T/Th | 6/14-7/7 | 6:30-7:20pm | \$55/\$65 |
| #2128  | T/Th | 7/12-8/4 | 6:30-7:20pm | \$55/\$65 |

## Adult Lessons (age 15 & 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** (eg)

**Location:** Centennial Pool at 9401 S Nashville

**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    |
|--------|------|----------|-------------|-----------|
| #2126  | T/Th | 6/14-7/7 | 6:30-7:20pm | \$55/\$65 |
| #2130  | T/Th | 7/12-8/4 | 6:30-7:20pm | \$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    |
|--------|------|----------|-------------|-----------|
| #2132  | T/Th | 6/14-7/7 | 6:30-7:20pm | \$55/\$65 |
| #2133  | T/Th | 7/12-8/4 | 6:30-7:20pm | \$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.

**PDNA** (eg) \*No class Monday 7/4

**Instructors:** Lisa Haynes/Marjorie Wierus

**Location:** Centennial Pool at 9401 S Nashville

**Min:** 8

| Class# | Day | Dates    | Time         |
|--------|-----|----------|--------------|
| #2061  | Mon | 6/13-8/8 | 5:30-6:30 pm |
| #2019  | Wed | 6/15-8/3 | 5:30-6:30 pm |
| #2032  | Sat | 6/18-8/6 | 9-10am       |

## Low Intensity Water Aerobics

| Class# | Day  | Dates     | Time    |
|--------|------|-----------|---------|
| #2065  | Tues | 6/14-8/9  | 10-11am |
| #2082  | Thur | 6/16-8/11 | 10-11am |

Fees: 1 Day: \$49/\$59(nr)

2 Days: \$95/\$105(nr)

3 Days: \$140/\$150(nr)

## Lap Swim & Aqua Jogging (age 15 & up)

Swimming laps and Aqua Jogging are great ways to stay healthy and fit! Pool management has the right to designate areas for lap swim and/or aqua jogging as needed. A punch card is required for entry to the pool. Each visit will be deducted from the punch card. Any remaining visits on the card are non-refundable nor can they be transferred to another program or Open Swim admission. **PDNA** (mc)

**Code#:** #2000

**Fee:** 5 Visit Punch card: \$19/\$25(nr)

10 Visit Punch card: \$35/\$47(nr)

**Location:** Central Pool-9400 S Kenton Ave

**Days:** Mondays-Saturdays

**Dates:** June 7 - August 14\*

**Time:** 7:00-8:50 am

\*The park district only guarantees the program until Aug. 14th. The program may continue past Saturday, August 14th, but is dependant upon staff availability.