

### 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.

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.

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 offer a wait list, but 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.

No class 9/28 & 11/30.

### Swim Level 1 (Age: 5 & up)

Participants of this class will learn emerging stroke skills with support. They will strengthen arm and leg movements on their front and back, and learn to combine them with support. They will perform front and back floats and glides with support. Participants will learn to enter and exit the water independently, swim with a lifejacket and retrieve a submerged object in shallow water. 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

Code	Days	Date	Time	Res/NR
203011-01	Sa	9/07-10/26	10:30A-11:20P	\$64/\$72
203011-02	Sa	9/07-10/26	11:30A-12:20P	\$64/\$72
203011-03	Sa	9/07-10/26	12:30-1:20P	\$64/\$72
203011-04	Sa	9/07-10/26	1:30-2:20P	\$64/\$72
203011-05	Sa	11/02-12/21	10:30A-11:20P	\$64/\$72
203011-06	Sa	11/02-12/21	11:30A-12:20P	\$64/\$72
203011-07	Sa	11/02-12/21	12:30-1:20P	\$64/\$72
203011-08	Sa	11/02-12/21	1:30-2:20P	\$64/\$72

### Swim 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

Code	Days	Date	Time	Res/NR
203012-01	Sa	9/07-10/26	10:30-11:20A	\$64/\$72
203012-02	Sa	9/07-10/26	11:30A-12:20P	\$64/\$72
203012-03	Sa	9/07-10/26	12:30-1:20P	\$64/\$72
203012-04	Sa	9/07-10/26	1:30-2:20P	\$64/\$72
203012-05	Sa	11/02-12/21	10:30-11:20A	\$64/\$72
203012-06	Sa	11/02-12/21	11:30A-12:20P	\$64/\$72
203012-07	Sa	11/02-12/21	12:30-1:20P	\$64/\$72
203012-08	Sa	11/02-12/21	1:30-2:20P	\$64/\$72

### Swim Level 3 (Age: 5 & up)

Participants must be able to submerge entire head to enroll. Participants will begin to perfect their front and back crawl, and will learn correct rotary breathing for front crawl. They will begin to explore other strokes, such as elementary backstroke, breaststroke, and sidestroke. They will develop deep water skills such as treading and survival floating. Diving will be introduced in this level from a sitting and kneeling position.(mc) 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

Code	Days	Date	Time	Res/NR
203013-01	Sa	9/07-10/26	10:30-11:20A	\$64/\$72
203013-02	Sa	9/07-10/26	11:30A-12:20P	\$64/\$72
203013-03	Sa	9/07-10/26	12:30-1:20P	\$64/\$72
203013-04	Sa	11/02-12/14	10:30-11:20A	\$64/\$72
203013-05	Sa	11/02-12/21	11:30A-12:20P	\$64/\$72
203013-06	Sa	11/02-12/21	12:30-1:20P	\$64/\$72

### Swim Level 4 (Age: 5 & up)

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

Code	Days	Date	Time	Res/NR
203014-01	Sa	9/07-10/26	10:30A-11:20P	\$64/\$72
203014-02	Sa	9/07-10/26	11:30A-12:20P	\$64/\$72
203014-03	Sa	9/07-10/26	12:30-1:20P	\$64/\$72
203014-04	Sa	11/02-12/21	10:30-11:20A	\$64/\$72
203014-05	Sa	11/02-12/21	11:30A-12:20P	\$64/\$72
203014-06	Sa	11/02-12/21	12:30-1:20P	\$64/\$72

**Swim Level 5** (Age: 5 & up)

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 back-stroke 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

Code	Days	Date	Time	Res/NR
203015-01	Sa	9/07-10/26	10:30-11:20A	\$64/\$72
203015-02	Sa	9/07-10/26	11:30A-12:20P	\$64/\$72
203015-03	Sa	11/02-12/21	10:30-11:20A	\$64/\$72
203015-04	Sa	11/02-12/21	11:30A-12:20P	\$64/\$72

**Swim Level 6 Swimming and Skill Proficiency** (Age: 8 & up)

Participants of this class will refine strokes to swim with more ease, efficiency, power and smoothness over greater distances. Level 6 also introduces other aquatic activities and offers three options: Personal Water Safety, Fundamentals of Diving and Fitness Swimmer. These options focus on preparing participants for more advanced aquatics activities, such as competitive swimming and diving.

Location: Richards High School

Code	Days	Date	Time	Res/NR
203038-01	Sa	9/07-10/26	1:30-2:30P	\$64/\$72
203038-02	Sa	11/02-12/21	1:30-2:30P	\$64/\$72

**Tiny Tots** (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. (mc)

Location: Richards High School

Code	Days	Date	Time	Res/NR
203016-01	Sa	9/07-10/26	12:30-1:20P	\$56/\$64
203016-02	Sa	9/07-10/26	1:30-2:20P	\$56/\$64
203016-03	Sa	11/02-12/21	12:30-1:20P	\$56/\$64
203016-04	Sa	11/02-12/21	1:30-2:20P	\$56/\$64

**Splish Splash** (Age: 6mos-4yrs)

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

Code	Days	Date	Time	Res/NR
203017-01	Sa	9/07-10/26	10:30-11:15A	\$56/\$64
203017-02	Sa	9/07-10/26	11:30A-12:15P	\$56/\$64
203017-03	Sa	11/02-12/21	10:30-11:15A	\$56/\$64
203017-04	Sa	11/02-12/21	11:30A-12:15P	\$56/\$64

**OPEN SWIM AT OAK LAWN HIGH SCHOOL**

Sundays Beginning September 8th

12:00-3:00pm

For more information, visit [www.olparks.com](http://www.olparks.com).

**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. (mc)

Location: Richards High School

Instructor: Margie Wierus

Code	Days	Date	Time	Res/NR
203111-01	Sa	9/07-10/26	9:30-10:30A	\$63/\$69
203111-02	Sa	11/02-12/21	9:30-10:30A	\$63/\$69

**Lap Swim** (Age: 16 & up)

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

Location: Richards High School

Code	Days	Date	Time	Res/NR
203018-01	Sa	9/07-10/26	9:30-10:30A	\$28/\$35
203018-02	Sa	11/02-12/21	9:30-10:30A	\$28/\$35

**Diving Lessons** (Age: 8&up)

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. (mc)

Location: Richards High School

Code	Days	Date	Time	Res/NR
203019-01	Sa	9/07-10/26	1:30-2:30P	\$64/\$72
203019-02	Sa	11/02-12/21	1:30-2:30P	\$64/\$72

**Adult Swim 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! (mc)

Location: Richards High School

**Level I** - 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.

Code	Days	Date	Time	Res/NR
203112-01	Sa	9/07-10/26	1:30-2:30P	\$64/\$72
203112-02	Sa	11/02-12/21	1:30-2:30P	\$64/\$72

**Level II** - for participants who are comfortable in the water and are looking to practice and perfect stroke techniques.

Code	Days	Date	Time	Res/NR
203112-03	Sa	9/07-10/26	1:30-2:30P	\$64/\$72
203112-04	Sa	11/02-12/21	1:30-2:30P	\$64/\$72