

SWIM LESSONS

SPRING 2010

(April 13 thru May 29)

Swim lessons teach swimmers basic swimming skills, personal safety, games and stroke development. Skills are taught according to the swimmers ability from beginning to advance. All children will be tested the first day of class and grouped according to their swimming ability. All swimmers must register for their current age group.



CRESTWOOD RECREATION CENTER

5331 W. 135th Street
Crestwood, IL 60445
708-371-4810

www.CrestwoodFitness.com

Each child that enrolls in swim lessons will be given 3 free swim passes to use during family swim.

Parent/Child Water Bonding*

Spring Session 2 Ages: 6 months to 3 years

Both parent and child must be in the water.

Day:	Date:	Time:	Code:
Tuesday	April 13—May 25	4:00 - 4:30 PM	231001-A
Tuesday	April 13—May 25	5:15 - 5:45 PM	231001-B
Thursday	April 15—May 27	6:45 - 7:15 PM	231001-C
Saturday	April 17—May 29	10:15 - 10:45 AM	231001-D
Saturday	April 17—May 29	12:00 - 12:30 PM	231001-E

Fee: \$40.00-Resident \$45.00-Non-Resident (7 weeks)

*Illinois State Health Code requires all children who are not potty trained to wear tight fitting rubber or plastic pants over their swim diaper and under their swimsuit

Questions, ask Melissa, Aquatic Supervisor or call 708-371-4810

Preschool Swim School

Spring Session 2 Ages: 3 years to 5 years

Day:	Dates:	Time:	Code:
Tuesday	April 13—May 25	4:00 - 4:30 PM	231100-A
Tuesday	April 13—May 25	5:15 - 5:45 PM	231100-B
Tuesday	April 13—May 25	6:30 - 7:00 PM	231100-C
Thursday	April 15—May 27	5:30 - 6:00 PM	231100-D
Thursday	April 15—May 27	6:45 - 7:15 PM	231100-E
Saturday	April 17—May 29	10:15 - 10:45 AM	231100-F
Saturday	April 17—May 29	11:30 - 12:00 PM	231100-G
Saturday	April 17—May 29	12:00 - 12:30 PM	231100-H

Fee: \$46.00-Resident \$51.00-Non-Resident (7 weeks)

Swim lesson classes fill quickly and space is limited—

Register early to avoid being put on a waiting list.

- All swimmers must register for their current age group.
- Swimmers may register for more than 1 day of classes.
- There are no refunds or make-up lessons for missed classes. This is to ensure the quality and consistency for all participants.
- **All swimmers will need to bring a swimsuit and a towel to every class.**
- More information is available at www.CrestwoodFitness.com.

Youth and Adult Lessons on Reverse Side

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Youth Progressive Swim School

Spring Session 2 Ages: Kindergarten to 14 years

Day:	Dates:	Time:	Code:
Tuesday	April 13—May 25	4:30 - 5:15 PM	231300-A
Tuesday	April 13—May 25	5:45 - 6:30 PM	231300-B
Thursday	April 15—May 27	4:45 - 5:30 PM	231300-C
Thursday	April 15—May 27	6:00 - 6:45 PM	231300-D
Saturday	April 17—May 29	9:30 - 10:15 AM	231300-E
Saturday	April 17—May 29	10:45 - 11:30 AM	231300-F

Fee: \$55.00-Resident \$60.00-Non-Resident (7 weeks)

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Adult Swim Lessons

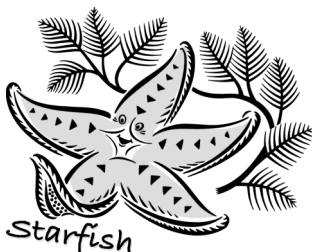
Spring Session 2 Ages: 15 years and older

Day:	Dates:	Time:	Code:
Tuesday	April 13—May 25	6:00 - 6:30 PM	231300-M
Tuesday	April 13—May 25	6:30 - 7:00 PM	231300-N

Fee: \$55.00-Resident \$60.00-Non-Resident (7 weeks) - includes 3 free passes

Questions, ask Melissa, Aquatic Supervisor or call 708-371-4810

**MORE
SWIM
INFO
ON
REVERSE
SIDE**



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- More information is available at www.CrestwoodFitness.com.

Parent/Child and Preschool Lessons on Reverse Side