

# SWIM PROGRAMS

## AQUA BABIES

**AGES:** 6 mos to 2 Years  
with Parent  
**MIN/MAX:** 10/25

This class is designed to acclimate your baby to the water at an early age and stimulate an interest for water learning. One parent must accompany the child in the water and the child must wear a swim diaper in the pool.

## PRE-SCHOOL SWIM

**AGES:** 3 to 5 Years  
**MIN/MAX:** 4/5 per instructor,  
Max 25 per class

This class is designed for the pre-school child, who will learn to have fun in the water, along with learning basic swim skills. Children need to be toilet trained.

## BEGINNER YOUTH INSTRUCTION

**AGES:** 6 to 13 Years  
**MIN/MAX:** 4/6 per instructor,  
Max 25 per class

This class is designed for the older child with little or no swim experience to learn basic swim skills and have fun in a non-competitive atmosphere. Please note: Parents may observe children on deck the first and last days of class only!

## ADVANCED JUNIOR INSTRUCTION

**AGES:** 6 to 9 Years  
**MIN/MAX:** 4/6 per instructor,  
Max 25 per class

With the recommendation of the instructor, this class is for the younger child to advance their individual skills while remaining with children their own age. Must be able to swim the length of the pool.

## ADVANCED YOUTH INSTRUCTION

**AGES:** 10 to 14 Years  
**MIN/MAX:** 4/6 per instructor,  
Max 25 per class

With the recommendation of the instructor, this class is designed for the older child to advance their individual skills with children their own age. A competition between participants will be held at the end of the session. Must be able to swim the length of the pool.

## SWIM TEAM CHALLENGE

### Junior & Advanced Levels

**AGES:** 7 to 16 Years  
**MIN/MAX:** 10/25

Now is the time to put it all together. After completing all age appropriate level training, and with the instructor's approval, the child can learn the basics of competitive swimming. Minimum instruction will be given at this level. Children will be put into groups according to age and swim skills.

## ADULT SWIM INSTRUCTION

**AGES:** 15 to Adult  
**MIN/MAX:** 4/6 per instructor,  
Max 25 per class

This class is for adults wishing to learn to swim or to improve their techniques.



## PRIVATE OR SEMI-PRIVATE SWIM LESSONS

Those that are shy about being with a full class or just want the privacy of learning how to swim at your own pace, the South Holland Parks and Recreation Department provides both private and semi-private swim lessons. Our instructors can schedule children or adults by appointment only. Each session consists of four (4) classes of 45 minutes each. Semi-Private lessons are limited to two (2) family members, who will share instruction time. Any one interested in these swim lessons can call the SHPR office at 331-2940. Our instructors will set up an appointment with you. Please notify the Community Center ASAP if you need to change your scheduled time. No make up or refunds for missed classes without a 24 hour notice. A lesson will be cancelled if a participant is 15 minutes late or more. This class will not be made up and no refund will be given. **NO REFUNDS FOR MISSED CLASSES. LIMITED NUMBER OF LESSONS AVAILABLE. PLEASE TALK TO LINLEY FOR A SCHEDULE.**

### FEES:

Private:

\$80 SH Resident\*  
\$85 Non-Resident\*

Semi-Private:

\$60 SH Resident\*  
\$65 Non-Resident\*

\*Fees per student

