

FALL LEARN TO SWIM PROGRAM Sachs Recreation Center

The Sachs Recreation Center has a four lane twenty yard pool. Swimmers can enjoy Group and Private swim lessons that follow the American Red Cross Instructional program.

When signing up, age is not as important as ability. Age does not imply an ability level. When deciding on a level, it is better to underestimate ability. Staff is better able to move a student up than down.

Participants are allowed one make-up class during the session; the make-up will be during another like-level class offered during that session.

To register in person for Learn-to-Swim classes, you may do so at Jewett Park Community Center or at the Sachs Recreation Center. You may also register by mail, online, or fax.

The Illinois Department of Public Health requires that all children who are not toilet trained must wear swim diapers and tight fitting rubber/vinyl pants under swim suits. This rule will be strictly enforced.

Learn to Swim Classes:

October 5th-December 12th (No lessons Nov. 23-28; the week of Thanksgiving.)

Parent/Tot (6mos-2yrs) - #164501

Instructor directs parents as they work with their child. The goal is to help the child and parent become comfortable in the water. Water adjustment exercises and games will be conducted; one child per parent.

<u>Sect</u>	<u>Day</u>	<u>Time</u>	<u>Res/NonRes</u>
01	Monday	9:45-10:15am	\$85/\$117
02	Tuesday	4:00-4:30pm	\$85/\$117
03	Saturday	9:00-9:30am	\$85/\$117
04	Saturday	9:35-10:05am	\$85/\$117

Level 1 - #164502 Weekly Lessons

This class is generally for children who are ready to start swimming instruction without a parent present. It is for children with little to no previous instruction or who are uncomfortable fully submerging their face and who can not front or back float with support.

<u>Sect</u>	<u>Day</u>	<u>Time</u>	<u>Res/NonRes</u>
01	Monday	11:05-11:35am	\$85/\$117
02	Monday	1:15-1:45pm	\$85/\$117
03	Monday	4:00-4:30pm	\$85/\$117
04	Tuesday	11:45am-2:15pm	\$85/\$117
05	Tuesday	4:45-5:15pm	\$85/\$117
06	Wednesday	10:45-11:15am	\$85/\$117
07	Wednesday	4:45-5:15pm	\$85/\$117
09	Thursday	1:00-1:30pm	\$85/\$117
10	Thursday	4:00-4:30pm	\$85/\$117
11	Thursday	4:45-5:15pm	\$85/\$117
12	Saturday	9:00-9:30am	\$85/\$117
13	Saturday	11:00-11:30am	\$85/\$117
14	Saturday	11:40am-12:10pm	\$85/\$117

Level 2 - #164503 Weekly Lessons

This level is appropriate for children who can fully submerge their head, retrieve underwater objects, and demonstrate supported front and back floating.

<u>Sect</u>	<u>Day</u>	<u>Time</u>	<u>Res/NonRes</u>
01	Monday	10:30-11:00am	\$85/\$117
02	Monday	1:35-2:05pm	\$85/\$117
03	Monday	4:00-4:30pm	\$85/\$117
04	Monday	4:45-5:15pm	\$85/\$117
05	Tuesday	11:05-11:35am	\$85/\$117
06	Tuesday	4:00-4:30pm	\$85/\$117
07	Wednesday	11:30am-12:00pm	\$85/\$117
08	Wednesday	4:00-4:30pm	\$85/\$117
09	Thursday	1:35-2:05pm	\$85/\$117
10	Thursday	4:00-4:30pm	\$85/\$117
11	Thursday	4:45-5:15pm	\$85/\$117
12	Saturday	9:00-9:30am	\$85/\$117
13	Saturday	9:35-10:05am	\$85/\$117
14	Saturday	10:15-10:45am	\$85/\$117
15	Saturday	11:00-11:30am	\$85/\$117
16	Saturday	11:00-11:30am	\$85/\$117
17	Saturday	11:40am-12:10pm	\$85/\$117

Level 3- #164504 Weekly Lessons

Best for children who demonstrate front and back streamlines, front and back crawl arms, can demonstrate some coordinated rotary breathing, and are comfortable in deep water.

<u>Sect</u>	<u>Day</u>	<u>Time</u>	<u>Res/NonRes</u>
01	Monday	11:45am-2:15pm	\$85/\$117
02	Monday	2:15-2:45pm	\$85/\$117
03	Monday	4:45-5:15pm	\$85/\$117
04	Tuesday	4:00-4:30pm	\$85/\$117
05	Tuesday	4:45-5:15pm	\$85/\$117
06	Wednesday	4:00-4:30pm	\$85/\$117
07	Thursday	2:15-2:45pm	\$85/\$117
08	Thursday	4:45-5:15pm	\$85/\$117
09	Saturday	9:35-10:05am	\$85/\$117
10	Saturday	10:15-10:45am	\$85/\$117

Level 4- #164505 Weekly Lessons

Children will have mastered rhythmic rotary breathing on front crawl, have a strong stable back crawl, possess a strong Fly and Breast Kick, and have a knowledge of the Fly and Breast strokes.

<u>Sect</u>	<u>Day</u>	<u>Time</u>	<u>Res/NonRes</u>
01	Tuesday	4:45-5:15pm	\$85/\$117
02	Wednesday	4:45-5:15pm	\$85/\$117
03	Thursday	4:00-4:30pm	\$85/\$117
04	Saturday	10:15-10:45am	\$85/\$117
05	Saturday	11:40am-12:10pm	\$85/\$117

Private Swimming Lessons

Private and Semi-Private swim lessons are offered at the SRC throughout the week. Lessons are available during weekend open swim (Sat. & Sun. 1-3pm) and when programs are not running. Lessons are scheduled with the instructor. Forms to request Private and Semi-Private lessons with pricing information are available at the Front Desk at the Sachs Recreation Center.

If you have further questions regarding swim lessons, please call Jeff at 847-572-2626.