

Glass Court Swim & Fitness Club

Fitness for a Lifetime

SWIM LESSON SCHEDULE

MONDAY CLASSES

6:30 pm 3-5 Advanced Beginner
7:00 pm Beginner 1
7:30 pm Beginner 2

TUESDAY CLASSES

12:30 pm Parent Tot
1:00 pm 3-5 Beginner
1:30 pm 3-5 Advanced Beginner
2:00 pm 3-5 Beginner

WEDNESDAY CLASSES

12:30 pm 3-5 Beginner
1:00 pm 3-5 Advanced Beginner
1:30 pm 3-5 Intermediate

5:15 pm Junior Swim Club
6:00 pm White Swim
Club/Swimmer ***
7:00 pm Blue Swim Club ***

THURSDAY CLASSES

4:00 pm Beginner 1
4:30 pm Beginner 2
5:00 pm 3-5 Beginner
5:30 pm 3-5 Advanced Beginner

FRIDAY CLASSES (runs to April 20)

4:00 pm Beginner 2
4:30 pm Advanced Beginner/
Intermediate **
5:15 pm Junior Swim Club **
6:00 pm White Swim
Club/Swimmer ***
7:00 pm Blue Swim Club ***

SATURDAY CLASSES (runs to April 21)

9:30 am 3-5 Intermediate
10:00 am 3-5 Beginner
10:30 am 3-5 Advanced Beginner
11:00 am Beginner 1
11:30 am Beginner 2
12:00 pm Advanced Beginner/
Intermediate **

Spring Session to begin April 23, 2012.

Date subject to change.

Summer Session to start mid-June.

Monday, February 20 to Saturday, April 14, 2012

No classes March 26 – March 31, 2012 or April 6 – April 8, 2012.

April 6-8 Classes will be run on April 20 and April 21, 2012.

Classes are taught in our climate-heated, indoor pool. Class size is limited. Classes and times are subject to change. In all classes, attention will be given to increasing comfort level, skill performance and overall endurance. Locker room facilities are available (proper swim attire is mandatory), bring lock and towel.

Registration WINTER 2

Members: Wednesday, February 8 at 10:30 am

Non-Member: Wednesday, February 15 at 6:30 pm

No early sign ups. Sign up must be done in person by a parent or legal guardian for anyone under 18 years of age. A waiver and club rules/policies needs to be read and signed at time of registration. No sign ups over the phone. All lessons must be paid in full at the time of registration. Please read refund policies below, before paying for any classes. Participants are responsible for determining whether or not they will be able to attend class. Club/pool usage is for club members only.

ASK US ABOUT OUR LEARN TO SWIM ADULT CLASSES.

Group Swim Lesson Pricing for 7 Weeks

30 minute classes

Member \$38.50

Non-Member \$51.00

45 minute classes**

Non-Member \$57.00

Non-Member \$75.00

60 minute classes

Non-Member \$76.00

Non-Member \$100.00

Private Swim Lesson Pricing

Please fill out a "Private Lesson Request Form". All packages must be paid in advance before the day of first class. Our Swim Director will contact you within 5 business days to coordinate instructor availability. All lessons must be redeemed within one year of purchase. 24 Hour Cancellation Policy: Individuals must provide 24 hour notice of cancellation for any scheduled private lesson. Should the individual not provide a notification of cancellation, the cost of the missed private lesson will be incurred. No exceptions.

30-MINUTE PRIVATE

Member:

1 lesson \$24

3 lessons \$67

6 lessons \$124

30-MINUTE PRIVATE

Non-Member:

1 lesson \$30

3 lesson \$85

6 lesson \$160

30-MINUTE Semi PRIVATE (2 participants)

Members:

1 lesson \$30

3 lessons \$85

6 lesson \$160

30-MINUTE Semi PRIVATE (2 participants)

Non-Members:

1 lesson \$45

3 lesson \$125

6 lesson \$250

Parents must observe their swimmer from the lounge, ONLY. All lessons must be paid in full at the time of registration. Once payment is made and a participant is enrolled in a class, no refunds will be given unless Glass Court Swim and Fitness cancels the class. A credit may be obtained if a child misses 3 or more classes in any one session due to a serious illness. A doctor's note is required.

Parent Tot: For children, 6 months to 36 months, assisted by a parent or adult guardian, introduces tots to water in a safe environment. Learn basic swim techniques while singing fun songs. Waterproof swim pants are available in pro shop. Bathing Suits must be worn over the swim diaper and rubber/plastic (non-leaking) pants.

3-5 Year Old Beginner: Water comfort and introduction to front and back floating, front and back kicking, stroke mechanics of beginner stroke and water safety skills. Breath control in the water is emphasized. Floatation devices are used.

3-5 Year Old Advanced Beginner: Continued work on skills introduced in 3-5 Beginner. Students will use less of the floatation devices. More emphasis placed on endurance and face in the water work.

3-5 Year Old Intermediate: **To enter this class, students must be able to swim the width of the pool, using the front crawl with face in the water and elementary backstroke.** Emphasis placed on front crawl with rotary breathing, back crawl, elementary backstroke and endurance. Students, who successfully complete this class, may move to Beginner II at age 6 and older.

Beginner I (6 or older), Adult Beginner I (18 Years Old and older):

Basic front and back floating skills, kicking, water adjustment (face-in) and introduction to beginner stroke and elementary backstroke.

Beginner II (6 or older), Adult Beginner II (15 Years Old and older): **To enter this class, students must be able to swim the width of the pool, using the front crawl with face in the water and elementary backstroke.** Emphasis will be placed on front crawl with rotary breathing, elementary backstroke and back crawl. Students will also practice deep-water treading and safety skills.

Advanced Beginner (6 or older): Student must be able to rotary breath for a full length of the pool. Students will work on front crawl, back crawl, treading water, and introduction to sidestroke, breaststroke, and safety skills.

Intermediate: Continued work on front crawl, back crawl, breaststroke, and sidestroke. Butterfly is introduced. Endurance swimming and other advanced skills are heavily emphasized along with advanced safety.

Swimmer: This class is especially designed for the lap or competitive swimmer who wants to improve stroke technique, speed and endurance along with turn effectiveness.

Junior Swim Club: Designed for swimmers who can swim freestyle, backstroke and breaststroke independently. **Students must be able to rotary breath for a full length of the pool.** Stroke technique in freestyle, backstroke and breaststroke, learn proper stream lines and backstroke starts, build swimmer endurance, and introduce the butterfly. Coaching/teaching is from poolside.

White Swim Club: Drills will include improving stroke technique in freestyle, backstroke, breaststroke and butterfly. Emphasis is placed on building endurance and speed through form. Streamlines and backstroke starts and introduction to flip turns. Coaching/teaching is from poolside.

Blue Swim Club: These swimmers are swimming all 4 competitive strokes, have strong endurance and have a clear understanding of stroke drills, interval training and competitive swimming rules. Swimmer will continue focusing on the technique of all competitive strokes and turns. Must be able complete a nonstop 200 IM (50 yards of each stroke; fly, back, breast, free). Coaching/teaching is from poolside.

Refund and Make-Up Policy:

Glass Court has a no-refund policy. Glass Court does not offer make-up lessons for missed classes. Participants are responsible for determining whether or not they will be able to attend classes prior to registration.

Locker Rooms: Children over the age of 4 may not change in the opposite-sex locker room. Parents need to accompany their children during locker room use. Students may use the bathrooms on the main floor opposite the front desk. Parents may then escort their children to the pool.

Access to Club for Non-Members: Non-members are not eligible to use the Glass Court facilities, including the pool, during lessons. A parent/guardian must escort their child into the facility and be present at all times during the swim lesson. Participants in the classes, escorted by parent/guardian, will be allowed to change into their swimwear in the locker rooms. Once participants are in their swimming suits and ready to participate in classes, parents/guardians are required to sit in the lounge. All pool and facility rules are in effect during lessons. Failure to follow the rules may result in a termination of swim lessons without a refund.

Attire: All swimwear must abide by the current Dupage County Health Dept. Rules and Regulations. No street clothes or shoes are allowed in the pool area. All clothing must be of lightweight material suitable for swimwear, such as Lycra, Spandex or nylon.