

Yes! I am interested in Swim Lessons

Child's Name _____

Phone Number _____

Please circle the session you are interested in.
Lessons are Monday-Thursday
There are no lessons on Fridays.
(These are reserved for weather makeup days)

Session 1: June 11- 21

Session 2: June 25-July 5 (Lesson on Fri. 6/29 and
no lesson on Wed. 7/4)

Session 3: July 9-19

Session 4: July 23-Aug 2

Saturday Sessions: June 16 –July 28
(No lesson on 6/23)

Please circle the group and time.

Mornings

10:00 – 10:30	Tadpoles	Frogs	
10:45 – 11:15	Tadpoles	Frogs	Starfish
11:15 – 11:45	Tadpoles	Frogs	
	Starfish	Sharks	

Evenings

6:00 – 6:30	Tadpoles	Frogs	
6:40 – 7:10	Tadpoles	Frogs	
	Starfish	Sharks	

Saturdays

9:30-10:10	Tadpoles	Frogs	
	Starfish	Sharks	
10:20- 11:00	Tadpoles	Frogs	
	Starfish	Parents & Tots	

Join us for an Open House!

May 30 5:30-7:00 and

June 6 5:30-7:00

We will be giving free swim
evaluations on these nights!
Come find out what group your
child should be in and meet the
instructors.
You can even sign up for lessons.

Lesson Prices:

Park Forest Members: \$35

Non-members \$40

We also offer private lessons.
Ask for details.

For more information call:
Lindsey Degitz at 438-5141

Park Forest Swim Club
5433 Hewitt Lane
Phone: 485-4513 (after Memorial Day)

Park Forest Swim Club

Swim Lessons

**We offer swim lessons
that fit everyone's
needs!**

Children of all ages welcome

**Weekday lessons in mornings
and evenings**

Saturday lessons also available

At Park Forest we offer 4 group levels to fit all children's needs. Our groups are based on your child's ability level. Please choose the group that fits your child best.

Tadpoles

Children in this group may be afraid of the water. They will not willingly put face in water for any length of time.

Objectives:

- Child will learn to float with and without assistance.
- Child will learn how to blow bubbles while putting face in the water.
- Child will learn how to touch and retrieve items from the bottom of the pool.
- Child will learn how to kick with and without assistance.
- Child will learn how to go from the wall to the instructor with and without assistance.



Frogs

Children in this group are not afraid of the water. They are willing and able to put face in water or can go under water willingly.

Objectives:

- Child will learn how to touch and retrieve items from the bottom of the pool.
- Child will learn how to kick with and without assistance.
- Child will learn how to go from the wall to the instructor with and without assistance.
- Child will be introduced to freestyle and backstroke arms.
- Child will be introduced to freestyle breathing.
- Child will be able to swim alone for a significant distance.

Starfish

Children in this group are comfortable in the water. They can move arms and legs at same time, can float alone. They want to learn all 4 strokes.

Objectives:

- Child will learn freestyle and backstroke arms.
- Child will learn freestyle breathing.
- Child will be able to swim alone for a significant distance in all 4 strokes.
- Child will be introduced to whole stroke butterfly and breaststroke.
- Child will be introduced to diving.

Sharks

Children in this group are proficient in freestyle and backstroke and have basic knowledge of breaststroke and butterfly. Children would like help with stroke techniques.

Objectives:

- Child will learn proper timing for breaststroke and butterfly.
- Child will be coached on stroke adjustments to all 4 strokes.
- Child will learn starts and turns for all 4 strokes.
- Child will learn to swim at least 25 meters of each stroke.

Parents & Tots

Children in this group must be accompanied in the water by an adult. This group is open to children ages 6 months to 2 years.

Objectives;

- Child will learn to be comfortable in the water.
- Child will learn to put face in water.
- Child will learn how to float with assistance.
- Child will learn how to kick with assistance.
- Child will learn how to move arms with assistance.