

Glass Court Swim and Fitness ---- Fall Swim Programs

Registration is open to Members beginning August 10th. Non-Member registration is August 23

\$48 M \$80 NM	Monday	Preschool Intermediate 3	Age: 3-5	9/11, 9/18, 9/25, 10/2, 10/9, 10/16, 10/23, 10/30,	6:30-7:00 pm
\$48 M \$80 NM	Monday	Youth Beginner 1	Age: 6-12	9/11, 9/18, 9/25, 10/2, 10/9, 10/16, 10/23, 10/30,	7:00-7:30 pm
\$48 M \$80 NM	Monday	Youth Beginner 2	Age: 8-14	9/11, 9/18, 9/25, 10/2, 10/9, 10/16, 10/23, 10/30,	7:30-8:00 pm

\$72 M \$120 NM	Tuesday	Youth Advanced Beginner 3	Age: 8-14	9/5, 9/12, 9/19, 9/26, 10/3, 10/10, 10/17, 10/24,	7:00-7:45 pm
\$72 M \$120 NM	Tuesday	Youth Intermediate 4 & Youth Swimmer 5	Age: 8-14	9/5, 9/12, 9/19, 9/26, 10/3, 10/10, 10/17, 10/24, 1	7:45-8:30 pm

\$48 M \$80 NM	Wednesday	Preschool Beginner 1	Ages 3-5	9/6, 9/13, 9/20, 9/27, 10/4, 10/11, 10/18, 10/25	12:15-12:45 pm
\$48 M \$80 NM	Wednesday	Preschool Advanced Beginner 2	Ages 3-5	9/6, 9/13, 9/20, 9/27, 10/4, 10/11, 10/18, 10/25	12:45-1:15 pm
\$48 M \$80 NM	Wednesday	Preschool Intermediate 3	Ages 3-5	9/6, 9/13, 9/20, 9/27, 10/4, 10/11, 10/18, 10/25	1:15-1:45 pm
\$96 M \$160 NM	Wednesday	Stroke Clinic 1 (must pass beg 2&3) Stroke Clinic 2	Ages 10 +	9/6, 9/13, 9/20, 9/27, 10/4, 10/11, 10/18, 10/25	6:00-7:00 pm 7:00- 8:00 pm

\$48 M \$80 NM	Thursday	Youth Beginner 2	Ages 8-14	9/7, 9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26	4:00-4:30 pm
\$48 M \$80 NM	Thursday	Youth Beginner 1	Age: 6-12	9/7, 9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26	4:30-5:00 pm
\$48 M \$80 NM	Thursday	Preschool Beginner 1	Age: 3-5	9/7, 9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26	5:00-5:30 pm
\$48 M \$80 NM	Thursday	Preschool Advanced Beginner 2	Age: 3-5	9/7, 9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26	5:30-6:00 pm

\$48 M \$80 NM	Saturday	Parent & Tot	Age: 6-36 months	9/9, 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28	9:30-10:00 am
\$48 M \$80 NM	Saturday	Preschool Beginner 1	Age: 3-5	9/9, 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28	10:00-10:30 am
\$48 M \$80 NM	Saturday	Preschool Advanced Beginner 2	Age: 3-5	9/9, 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28	10:30-11:00 am
\$48 M \$80 NM	Saturday	Youth Beginner 1	Age: 6-12	9/9, 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28	11:00-11:30pm
\$48 M \$80 NM	Saturday	Youth Beginner 2	Age: 8-14	9/9, 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28	11:30-12:00 pm

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Prior to participation, registration and waiver must be completed in person. No refunds or transfers. All spectators and parents must watch from viewing area in the lounge. Locker rooms and bathrooms are provided for bathing suit removal. These swim lesson rules that are stated are for participant and the public safety. Safe, close-fitting and clean swim attire is required and mandated by the DuPage County Health Department. Non-members are not eligible to use the Glass Court facilities (this includes the spa, pools and saunas) before, during or after swim lesson. We ask parents to please enforce the importance of proper behavior in class; children cannot follow the behavior guidelines will be dismissed from the class without a refund. No shoes, food, or gum are allowed on either pool deck. Remove outdoor shoes prior to entering pool deck. Lower hallway may be cold, please dress accordingly. Failure to follow club rules and regulations will result in a termination of swim lessons and a dismissal from the facility without a refund. Children are not allowed to sit, hang or swing on lap lines at any time. The lanes are for continuous lap swimmers only. No cameras or video recording devices are permitted during group lessons. Schedule, Classes & Pricing subject to change. **Group Lessons and Private Lesson Descriptions (as of 5/2017):**

<p>Parent Tot Ages 6 months-36 months. Parent Or Caregiver Must Accompany Each Child In The Water. Familiarize Tots With Water And Teach Water Readiness Skills. Every Child Age 3 And Under And Those Not Completely Potty Trained Must Wear A Snug Fitting Non-disposable Swim Diaper Or Rubber Pants Over Their Disposable Swim Diapers.</p>		
<p>Preschool Beginner 1 At this level, work becoming comfortable in the water, getting face and head wet, blowing bubbles, and floating front/back. +Must Be At 38 Inches Tall. +Ages 3 to 5 years old. +Floatation Devices Used +Safety Rules Discussed</p>	<p>Preschool Advanced Beginner 2 <u>Prerequisite: Youth Beginner 1</u> At this level can kick on front/back with or without flotation device for at least 3 yards independently. Independent kicking and glides across pool. +Ages 3 to 5 years old. +Must be able to submerge head +Floatation Devices May Be Used +Safety Rules Discussed</p>	<p>Preschool Intermediate 3 At this level can kick on front/back <u>without flotation device</u> for at least 5 yards independently. Children can swim across the pool 15 feet without assistance by the end of this level. +Ages 3 to 5 years old. +Jumps Independently In Deep +Safety Rules Discussed +Swim 15 Yards w/o Assistance</p>
<p>Youth Beginner 1 At this level will vary from little or no swimming experience to swimming 5 feet to able to swim up to 20 yards without assistance performing the progressive beginner stroke. Children can swim across the pool 40 yards without assistance by the end of this level. +Ages 6-12 years old +Rhythmic bubble blowing +Swimming forward, turning, +back/front floats and glides. +Safety Rules Discussed +Elementary backstroke Flutter</p>	<p>Youth Beginner 2 <u>Prerequisite: Youth Beginner 1 or Preschool Intermediate 3</u> More advanced children will be able to swim up to 60 yards and will perform the beginner stroke with rotary breathing. Children will swim across the pool 40 yards without assistance <u>with rotary breathing</u> by the end of this level. +Ages 8-14 years old (6-7 w/approval) +Fully Submerge Head +Unsupported Floats & Glides +Rhythmic Breathing +Elementary backstroke +Safety Rules Discussed</p>	<p>Youth Advanced Beginner 3 <u>Prerequisite: Youth Beginner 2</u> Emphasis is placed on longer endurance, deep water treading, and proper alignment backstroke, sidestroke, elementary backstroke and breaststroke. +Ages 8-14 +Safety techniques. +Breathing To Side (Rotary) +Front/Back Crawl With Flutter Kick +Backstroke, 25 Yards +Safety Rules and Techniques</p>
<p>Youth Intermediate 4 <u>Prerequisite: Youth Adv, Beginner 3</u> Requires proper front crawl, in addition to being Focuses on the mechanics of front crawl and beginning butterfly, including the backstroke, breaststroke, flip turns and alignment. Safety techniques. +Ages 8-14 years old +Skill evaluation with a 200 yd swim at start of session. +Must be able to swim multiple lengths without stopping. +Safety Rules and Techniques</p>	<p>Youth Swimmer 5 <u>Prerequisite: Youth Intermediate 4</u> Will swim 500 yards of freestyle and backstroke confidently and be familiar with all four competitive strokes and alternate skills. +Ages 10-17 years old +Skill evaluation with a 300 yd swim at start of session. +Back Float For 5 Minutes +Breaststroke, 15 Yards +Butterfly, 15 Yards +Sidestroke, 25 Yards +Safety Rules and Techniques</p>	<p>Stroke Clinic & Swim Clubs Will swim multiple yards of freestyle and backstroke continuously and confidently and be familiar with all four competitive strokes and alternate skills. +Ages 10 or older +Front Flip And Open Turns +Sidestroke, 50 Yards +Technique And Pace Clock +Increased Distance/Speed +Basic Stretching Exercises +Safety And Drill Sets</p>

PRIVATE SWIM LESSONS ARE ALSO AVAILABLE: All private lessons are non-refundable. Any privates cancelled in less than 24 hours will be charged as a lesson. Semi private swim instruction is shared by two individuals that are of similar skill, height, and age and maturity level. Times are scheduled based pool availability and class usage. Private Lesson Packages are based on 30 minute increments. Sign up at front desk, if interested.

Individual	1 Lesson > \$27M \$40 NM	3 Lessons > \$78 M \$99 NM	5 Lessons > \$118 M \$165 NM
Semi	1 Lesson > \$35M \$45 NM	3 Lessons > \$99 M \$130 NM	5 Lessons > \$160 M \$210 NM