

Glass Court Swim & Fitness Club – Winter 2018

GROUP REGISTRATION:

Glass Court Member

or current non-member participant:

Monday, January 7, 2019

Non-Member:

Monday, January 14, 2019

GROUP SCHEDULE AND FEES:

Winter Schedule: Feb 2nd – March 30th

8 -- 30 minute classes: **M: \$48.00 NM: \$80.00**
8 -- 45 minute classes: **M: \$72.00 NM: \$120.00**
8 -- 60 minute classes: **M: \$96.00 NM: \$160.00**
8 -- 90 minute classes: **M: \$144.00 NM: \$237.00**

8 WEEK GROUP CLASSES (1 DAY PER WEEK):

Monday Eve: 2/4, 2/11, 2/28, 2/25, 3/4, 3/11, 3/18, 3/25

6:30--7:00 pm Preschool 3-5 Years Beginner
7:00--7:30 pm Youth Beginner1
7:30--8:00 pm Youth Beginner2

Wednesday Eve: 2/6, 2/13, 2/20, 2/27, 3/6, 3/13, 3/20, 3/27

5:00--6:00 pm Youth Swim Clinic1/ Youth Adv. Beg
6:00--7:00 pm Youth Swim Clinic 2/Youth Intermediate
7:00--8:30 pm Swim Club/Swimmer

Thursday Eve: 2/7, 2/14, 2/21, 2/28, 3/7, 3/14, 3/21, 3/28

4:00--4:30 pm Preschool 3-5 Years Beginner
4:30--5:00 pm Preschool 3-5 Years Advanced Beginner
5:00--5:30 pm Youth Beginner 1
5:30--6:00 pm Youth Beginner 2

Saturday 2/9, 2/16, 2/23, 3/2, 3/9, 3/16, 3/23, 3/30

9:30--10:00 am Parent Tot
10:00--10:30 am Preschool 3-5 years Beginner
10:30--11:00 am Preschool 3-5 years Advanced Beginner
11:00--11:30 am Youth Beginner 1
11:30--12:00 pm Youth Beginner 2
12:00--12:30 pm Preschool 3-5 Years Intermediate

PRIVATE SWIM SESSIONS AND FEES:

Tailored to meet participant's needs, payment in full is required prior to the scheduling. All sessions are scheduled with a Glass Court Instructor. If you need to reschedule a lesson made, you must give at least 24 hours notice (Make-ups are not permitted for missed or forgotten lessons, a session fee will be charged.).

Individual Private Session(s) for One Person

1 -- 30 minutesession: **M: \$27.00 NM: \$40.00**
3 -- 30 minutesessions: **M: \$78.00 NM: \$99.00**
5 -- 30 minutesessions: **M: \$118.00 NM: \$165.00**

Semi-Private Session(s) for Two People of Similar Skills

1 -- 30 minutesemi: **M: \$40.00 NM: \$45.00**
3 -- 30 minutesemi: **M: \$99.00 NM: \$130.00**
5 -- 30 minutesemi: **M: \$165.00 NM: \$210.00**

These swim lesson rules that are stated are for the participant and the public safety. If obeyed, The Glass Court Swim and Fitness will provide a safe, efficient, beneficial class for all swim participants. These rules and policies are not intended to cover all situations regarding the use of the Glass Court Club.

In order to achieve the best possible Glass Court experience for all, we ask the **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. **Failure to follow club rules and regulations will result in a termination of swim lessons and a dismissal from the facility without a refund.**

Schedule and pricing subject to change.

We appreciate your participation in our swim programs and thank you for your cooperation.

Glass Court Swim & Fitness Club – Winter 2018

We appreciate your participation in our swim programs and thank you for your cooperation. Please read before paying for any swim lessons. No exceptions can be made for early registrations before the scheduled time for members and non-members. You will be required to sign the waiver before paying for any classes. We do not offer make-up lessons, credits or refunds for missed classes. You are responsible for determining whether or not the swim participant will be able to attend classes prior to registration. If you do not understand the sign-up instructions, please see a manager for further information. Schedule and pricing is subject to change.

-In order to achieve the best possible GCSF experience for all, we ask the parents to please enforce the importance of proper behavior in class. Children that cannot follow the behavior guidelines will be dismissed from the class without a refund. 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 over 4 years old may not go into the locker room of the opposite sex. If your child cannot go into the locker room alone, you may shower him/her at home and change them in the lobby restrooms.

-Please do not enter the pool area until your child's scheduled class times. For safety reasons, member/staff courtesy and instruction consistency, remain outside the pool zones, off the track, until your scheduled class time.

-For everyone's safety, please do not stand on the track at any time and watch lessons from the upstairs lounge only. For everyone's safety and space limitations, we cannot have parents/guardians on the pool deck. Please view classes from the lounge.

-Please do not enter the pool deck area with outdoor shoes. Lower hallway may be cold, please dress accordingly. Entry through the lounge is seasonal. Clean proper swim attire required. Swimmers must wear proper swim attire. The DuPage County Health Department mandates that for safety reasons, swim attire must be close fitting as not to hinder any rescue attempt or cause obstruction or entanglement to pool filters/drains.

-All babies must wear snug fitting rubber pants and/or swim diaper under a bathing suit to swim in our pools. We do not permit changing of swim attire or under garments outside of the rest rooms or locker rooms.

-Do not sit, hang or swing on lap lines at any time. The lanes are for continuous lap swimmers only.

These rules that are stated are for the participant and the public safety. If obeyed, The Glass Court Swim and Fitness will provide a safe, efficient, beneficial class for all swim participants. These rules and policies are not intended to cover all situations regarding the use of the Glass Court Club. Non-members of GCSF are not eligible to use the Glass Court facilities (this includes the spa, pools and saunas) before, during or after swim lesson. If you do not understand the member and non-member rules, please see a manager for further information.

GCSF Class Descriptions (Swim Classes are in our Indoor Pool)

Parent Tot (For ages 6 months to 35 months with a Parent/Guardian): Parent(s) must be with child in pool in proper swim attire. Tots must have swim diapers under bathing suit. Plastic pants recommended, but optional. Basic swim progression techniques are taught and sung in a safe environment.

Preschool 3-5 Year Old Beginner: Water Adjustment, Breath Control, Front and Back Floats, Changing Directions, Shallow Water Work and General Safety discussed. GCSF Floatation devices are used.

Preschool 3-5 Year Old Advanced Beginner:

Continued work on beginner skill sets, water endurance and consistency. Less dependency on floatation devices. Prerequisite: 3-5Y.O. Beginner

Preschool 3-5 Year Old Intermediate: Prerequisite is the passing of 3-5 Year Old Advanced Beginner (or appropriate level). Works width and lanes of the pool using "beginner" stroke with face in the water without GCSF floatation devices. Introduces basic front crawl with rotary breathing, back crawl, elementary backstroke, and deep-water endurance. General Safety discussions.

Youth Beginner One (6 or older): Prerequisite should include passing of Preschool Swim Classes (or appropriate levels). Works width and lanes of the pool using "beginner" stroke with face in the water without floatation devices. Introduces front crawl with rotary breathing, back crawl/modified backstroke, elementary backstroke with kick, and introduction to deep-water endurance. Safety and water safety discussions.

Youth Beginner Two (8 or older): Prerequisite includes passing of Youth Beginner 1. Deep Water, Breath Control and Underwater Swimming, Buoyancy on Front including Front Crawl Rotary Breathing (1 length) and Sidestroke. Buoyancy on Back including Back Crawl and Elementary Back Stroke, Changing Directions, Treading, Personal Safety and a Combined Skill Test: Which requires student to Swim length of the front crawl with rotary breathing then tread for 30 seconds and then swim length of back crawl or elementary backstroke.

Youth Advanced Beginner (Beginner Three): Prerequisite should include passing of Youth Beginner 1/2 (or appropriate levels). Mastering of Learn to Swim Strokes plus Sidestroke Focus, Personal Safety and a Combined Skill Test: which requires chest deep water swimming the 2 lengths of 3 beginner strokes and a min. of 2 minutes treading

Youth Intermediate (Level 4): Prerequisite is the passing of Youth Advanced Beginner (or appropriate level). Endurance swimming of learn to swim strokes/drills and other advanced skills are heavily emphasized along with advanced safety. Safety and a Combined Skill Test.

Youth Swimmer (Levels 4 +): Prerequisite recommends the passing of Youth Intermediate (or appropriate level). Improvement of stroke technique, speed and endurance effectiveness. Drills will include improving stroke technique in freestyle, backstroke, breaststroke and butterfly in pool.

Swim Clinic 1 (not a learn to swim class, proficiency required): Must be able to swim 25 yards of the pool proper freestyle with rhythmic breathing. Swimmers should be able to demonstrate knowledge of backstroke and breaststroke. Swimmers must also be able to practice for one hour and follow instructions given by the swim coach on the pool deck. Caps, goggles and one-piece suits required.

Swim Clinic 2 (not a learn to swim class, proficiency required):

Must be able to swim 50 yards of the pool with good technique of freestyle and backstroke. Swimmer have knowledge of all four competitive strokes and can demonstrate skills in each. Swimmers must also be able to swim for an hour practice and follow instructions given by a swim coach. Caps, goggles and one-piece suits required.

Swim Club (not a learn to swim class, proficiency required): Must be able to swim three competitive strokes for at least 100 yards with good technique. Swimmers must have knowledge of all four strokes, surface water dive, open turns and be able to swim for at least an hour and a half while following instructions given by the swim coach. Caps and goggles required.