

# Glass Court Swim and Fitness 2019 Summer Swim Lesson Programs

Classes will run June 3- August 11. No classes July 1-6. Families will be required to fill out a registration, information sheet and a waiver. Proof of age may be required. Please apply in person.

## SUMMER REGISTRATION

GCSF Members can register starting **May 7, 2019**

SPRING 2019 swim participants and any PARENT TOT can register starting **May 14<sup>th</sup>**

Non-Members can register starting **May 21<sup>st</sup>**.

## 8 Week Prices

30 Min Price: Member \$48.00 | Non-Member \$80.00

45 Min Price: Member \$72.00 | Non-Member \$ 120.00

60 Min Price: Member \$96.00 Non-member \$160.00

## 8 DAY FAST TRACKS

**Monday- Thursday AM Classes**

Session 1: June 3<sup>rd</sup>-6<sup>th</sup> & 10<sup>th</sup>-13<sup>th</sup>

Session 2: June 17<sup>th</sup>-21<sup>st</sup> & 24<sup>th</sup>-27<sup>th</sup>

10:15 -10:45 am Preschool 3-5 years Beginner

10:45 – 11:15 am Preschool 3-5 years ADV Beginner

11:15 – 11:45 am Youth Beginner 1

11:45 – 12:15 pm Youth Beginner 2

## MON/WED AM: 8 classes

Dates: **JULY 8,10,15,17,22,24,29,31**

Cost: \$48 Member/ \$80 non-member

9:00 – 9:30 am Preschool 3-5 years Intermediate

9:30 – 10:00 am Preschool 3-5 years Beginner

10:00 – 10:30 am Preschool 3-5 years ADV Beginner

10:30 – 11:00 am Youth Beginner 1

11:00 – 11:30 am Youth Beginner 2

11:30 – 12:00 pm Youth Beginner 3

## TUES/THURS PM: 7 classes

Dates: **JUNE 13, 18, 20, 25, 27, July 9, 11**

Cost: \$42 Member/\$70 non-member

5:00 pm – 5:30pm Preschool 3-5 years Beginner

5:30pm - 6:00pm Preschool 3-5 years Adv Beginner

7:00pm - 7:30 pm Youth Beginner 1

7:30pm – 8:00 pm Youth Beginner 2

8:00pm – 8:30pm Youth ADV Beginner 3

## MONDAY PM – 8 weeks

Dates: **JUNE 3,10,17,24, July 8,15,22,29**

Costs: \$48Member/\$80 non-member

6:30 -- 7:00 pm Preschool 3- 5 Beginner

7:00 -- 7:30 pm Preschool 3- 5 Adv Beginner

7:30 -- 8:00 pm Youth Beginner One

8:00 - 8:30 pm Youth Beginner Two

## WEDNESDAY PM – 5 weeks

Dates: **June 5,12,19,26 & July 10**

Costs: \$30 member/\$50 non-member Half Hour Classes

5:30 -- 6:00 pm Preschool 3-5 years Beginner

6:00 -- 6:30 pm Preschool 3-5 years Adv Beg

6:30 - 7:00 pm Preschool 3-5 years Intermediate

7:00 – 7:45 pm \*\* Youth Beginner 3 \$45/M \$75/NON

7:45 – 8:45 pm \*\* Summer Swim Clinic 3 \$45/M \$75/NON

## SATURDAY AM – 8 weeks

Dates: **June 8,15,22,29, July 13, 20, 27 August 3,**

Costs: \$48 member/\$80 non-member

9:30 – 10:00 am Parent Tot (5 week class) M\$30 Non \$50

10:00 – 10:30 am Preschool 3-5 years Beginner

10:30 – 11:00 am Preschool 3-5 years ADV Beginner

11:00 – 11:30 am Youth Beginner 1

11:30 – 12:00 pm Youth Beginner 2

**PRIVATE LESSONS:** All private lessons are non-refundable and are good from 1 year from purchase. Any privates canceled in less than 24 hours will be charged as a lesson. Semis are shared by two individuals of the same skill level, height, age and maturity level. Please inquire in person.

\$ 40 (GCSF Members \$27) for 1-30 min. lesson

\$ 99 (GCSF Members \$78) for 3-30 min. lesson

\$ 165 (GCSF Members \$118) for 5-30 min. lesson

### **SEMI PRIVATE LESSON FEES:**

\$ 45 (GCSF Members \$40) for 1-30 min. lesson

\$ 130 (GCSF Members \$99) for 3-30 min. lesson

\$ 210 (GCSF Members \$165) for 5-30 min. lesson

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 continued participation in our swim programs and thank you for your business. For swim questions: [Pam@glasscourt.com](mailto:Pam@glasscourt.com). Glass Court Swim and Fitness is located at 830 E Roosevelt Road, Lombard. [www.glasscourt.com](http://www.glasscourt.com)

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## GROUP DESCRIPTIONS:

Parent Tot: For ages 6 months to 35 months. 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 with songs in a safe environment.

Preschool 3-5 Year Old Beginner: Swimmers must master the back float, back glide, front float with face in water and front glide. Safety discussed. Flotation devices are used.

Preschool 3-5 Year Old Advanced Beginner: Swimming on Front and Back, Changing Directions, Deep Water Work and Safety discussed. Flotation devices are used.

Preschool 3-5 Year Old Intermediate: Child must be able to swim the width of the pool, using "beginner" stroke with face in the water without flotation devices. Front crawl with rotary breathing, back crawl, elementary backstroke and endurance will be emphasized. No flotation devices used,

Youth Beginner One (6 or older): Breath Control, Swimming on Front, Back, Changing Directions, and Safety. Elementary backstroke will be taught. Swimmers must master swimming the pool width while using a "face in the water" beginner stroke and elementary backstroke to move to Youth Beginner Two.

Youth Beginner Two: Underwater Swimming, Front Crawl Rotary Breathing (2 lengths) and Sidestroke. Back Crawl and Elementary Back Stroke, Changing Directions, Treading, Personal Safety and a Combined Skill Test to master the level.

Youth Advanced Beginner (Beginner Three) Endurance swimming with rotary breathing, front crawl and back crawl. Introduction to Breaststroke, Butterfly and Sidestroke strokes. Treading Combined Skill Swim Test.

Youth Intermediate: Endurance, drills and competitive strokes refined. Must be able to swim several lengths.

Youth Swimmer: Endurance, drills and competitive strokes refined. Must be able to swim several lengths.

Swim Clinic: Caps, goggles and one-piece suits required. Freestyle with rotary breathing, backstroke and endurance drills will be refined and corrected. Must be able to safely swim 2 lengths of pool.

Swim Club: Endurance, skills, speed drills and competitive strokes mastered. Must be able to swim several lengths. Swim team atmosphere.

Adult Swim Lessons are available through private lessons only.

## ATTENTION:

All of our swim lessons are non-refundable. 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.

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. Parents may view from the lounge area only. No shoes, food, or gum are allowed on either pool deck. Non-members are not eligible to use the Glass Court facilities (this includes the spa, pools and saunas) before, during or after swim lesson.

Failure to follow club rules and regulations will result in a termination of swim lessons and a dismissal from the facility without a refund. 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. Remove outdoor shoes prior to entering pool deck. Lower hallway may be cold, please dress accordingly. Entry through the lounge is seasonal.

We do not permit changing of swim attire or under garments on pool deck. To change children, aged 5 years and above, of the opposite sex, please use the restrooms adjacent to the front desk workout area.

No standing or loitering on the track, pool deck or surrounding track areas.

Children are not allowed to enter the pool area until their scheduled class time. When children and parents enter early they disturb the class prior to theirs and for safety reasons they should remain outside until their scheduled class time.

Children in swim lessons are not allowed to enter the pool when there is a water aerobics class going on. Children are not allowed to sit, hang or swing on lap lines at any time. The lanes are for continuous lap swimmers only. Swim classes are taught in the indoor pool.

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