

# Glass Court Swim & Fitness Club– Winter 2023

## GROUP SWIM LESSON REGISTRATION DATES:

Glass Court Swim & Fitness Member or Non-Member:

**Member: Tuesday, November 29th**

**Non-Member: Wednesday, December 7th**

## GROUP SWIM LESSON SCHEDULE AND FEES:

**Wednesday Schedule: Jan 4<sup>th</sup> – Feb 22<sup>nd</sup>**

**Thursday Schedule: Jan 5<sup>th</sup> – Jan 26<sup>th</sup>**

**Thursday Schedule: Feb 16<sup>th</sup> – Mar 23<sup>rd</sup>**

**Saturday Schedule: Jan 7<sup>th</sup> – Feb 25<sup>th</sup>**

4-30 minute classes **M: \$32.00** **NM: \$56.00**

6-30 minute classes **M: \$56.00** **NM: \$84.00**

8-30 minute classes: **M: \$64.00** **NM: \$112.00**

8-60 minute classes: **M: \$120.00** **NM: \$216.00**

8-90 minute classes: **M: \$149.00** **NM: \$247.00**

## 4,6,8 WEEK GROUP CLASSES (1 DAY PER WEEK):

**Wednesday Eve: 1/4, 1/11, 1/18, 1/25, 2/1, 2/8, 2/15, 2/22**

5:00 - 6:00 pm Youth Swim Clinic 1/Adv Beg

6:00 - 7:00 pm Youth Swim Clinic 2/Intermediate

7:00 - 8:30 pm Swim Club/Swimmer

**Thursday Eve: 1/5, 1/12, 1/19, 1/26**

**Thursday Eve: 2/16, 2/23, 3/2, 3/9, 3/16, 3/23**

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 AM: 1/7, 1/14, 1/21, 1/28, 2/4, 2/11, 2/18, 2/25**

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 LESSON PACKAGE 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 minute session: **M: \$33.00** **NM: \$44.00**

3 -- 30 minute sessions: **M: \$86.00** **NM: \$121.00**

5 -- 30 minute sessions: **M: \$132.00** **NM: \$192.00**

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

1 -- 30 minute semi: **M: \$44.00** **NM: \$149.00**

3 -- 30 minute semi: **M: \$109.00** **NM: \$143.00**

5 -- 30 minute semi: **M: \$181.00** **NM: \$231.00**

---

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 2023

Attention parents and swim program participants: Please remember to read our refund policy and swim lesson rules 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. We appreciate your participation in our swim programs and thank you for your cooperation.

## Swim Lesson Rules:

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. Children are not allowed to enter the pool area until their scheduled class time. When children enter early they disturb the class prior to theirs and for safety reasons they should remain outside until their schedule 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. For everyone's safety, please do not stand on the track at any time. Please do not enter the pool area with shoes. Lower hallway may be cold, please dress accordingly. Entry through the lounge is seasonal. 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. Clean proper swim attire required.

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 swimmers must wear proper swim attire. 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. Parents are not allowed to sit in the pool area, or outside by the track during their child's lesson. Parents may view from the lounge area only. Shoes and shirts are required in the lounge. No wet swimsuits allowed in the lounge.

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. If you do not understand the member and non-member rules, please see a manager for further information. 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 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. Schedule and pricing subject to change. We appreciate your participation in our swim programs and thank you for your cooperation.

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

### 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 in a safe environment.

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

### Preschool 3-5 Year Old Advanced Beginner:

Continued work on skills introduced in 3-5 Beginner: Less dependency on flotation aids. More emphasis placed on endurance and face in the water skills. Prerequisite: 3-5 Year Beginner class.

### 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. Prerequisite: 3-5 Year Old Advanced Beginner class.

### Youth Beginner One (6 or older):

Water Adjustment, Breath Control, Swimming on Front, Swimming on Back, Changing Directions, Deep Water Work and Personal Safety. Elementary backstroke will be taught. Less dependency on flotation aids. Participants must have mastered swimming the width of the pool while using a "face in the water" beginner stroke. Must also, master the elementary backstroke.

### Youth Beginner Two (6 or older):

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)

Deep Water, Breath Control and Underwater Swimming, Buoyancy on Front including Front Crawl Rotary Breathing (2lengths), Introduction to Breaststroke 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 in chest deep water, from pool side, swim the front crawl 2 lengths, tread and the swim back crawl or elementary backstroke for 2 lengths.

### Youth Intermediate:

Continued skills introduced in Youth Advanced Beginner (Beginner Three). Butterfly is introduced. Endurance swimming and other advanced skills are heavily emphasized along with advanced safety.

### Youth Swimmer:

This class is especially designed for the newly experienced swimmer who wants to improve stroke technique, speed and endurance effectiveness. Drills will include improving stroke technique in freestyle, backstroke, breaststroke and butterfly in pool.

Swim Clinic 1: Must swim 2 lengths of the pool while using a face in the water beginner stroke. We prefer that student has mastered our Youth Beginner Two prior to enrolling in Junior Swim Club. Caps, goggles and one-piece suits required. Freestyle with rotary breathing, backstroke and endurance drills will be taught. Participants are introduced to the competitive breaststroke and butterfly. Swim team environment with start and stop stroke drills that include streamlines and flip turns. We do not have blocks. No diving. Coaches are mainly on pool deck during class.

### Swim Clinic 2:

Kick, Swim and Drill Based Conditioning. White Swim Club group is generally a swimmer that has either mastered our Jr. Swim Club or have swim team experience. Coaches are mainly on pool deck during class. Must be able to complete a nonstop 200 IM (50 yards of each stroke; fly, back, breast, free). Caps, goggles and one-piece suits are required. Drills will include improving stroke technique in freestyle, backstroke, breaststroke and butterfly. Emphasis is placed on building endurance and speed through form. Flip turns, Open turns and pullouts with longer drills. We do not have dive blocks.

### Swim Club:

Coaches are mainly on pool deck during class. Proper alignment, Drills, technique and speed based with longer endurance. These swimmers 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. We do not have blocks. No diving. Caps, goggles and one-piece suits required.