



**Berwyn Recreation Department
2016 Summer Aquatic Programs**

6501 W. 31st Street, Berwyn, Illinois 60402
(708) 788-2010 Aquatics Ext. 6536
CRuiz@ci.berwyn.il.us | www.BerwynRecreation.com



Registration Begins MONDAY MAY 2ND

A \$10.00 late fee added: Session 1 beginning June 14th Session 2 beginning July 12th.
Spots are limited to 8 swimmers for levels 1-2-3-4. Registration ends when spots are filled.

1 to 4 Instructor to Swimmer Ratio to Ensure Safety & Promote Learning.
Instructors & Coaches are certified in Lifeguarding, CPR, AED, & First Aid.

Make up Lessons due to inclement weather or unforeseen circumstances not in our control will be decided based upon scheduling & staff availability. But it's NOT guaranteed.

Sessions are 3 weeks long with classes on Tuesdays, Wednesdays, & Thursdays.

*Parent & Child Preschool classes are on Mondays/Wednesdays OR Tuesdays/Thursdays.

Please arrive on time to classes. Gates open 15 min prior to first class of the day.

LTS Summer June Session

June: 14, 15, 16 | 21, 22, 23 | 28, 29, 30

LTS Summer July Session

July: 12, 13, 14 | 19, 20, 21 | 26, 27, 28

| Classes | Times | Prices |
|-----------------------|-------------------|-------------------------------|
| *Parent & Child Pre-K | 09:00am – 09:25am | Resident \$35 / Non-Res. \$45 |
| Levels 1-2-3-4 | 09:30am – 10:00am | Resident \$50 / Non-Res. \$60 |
| Levels 1-2-3-4-5-6 | 10:05am – 10:35am | Resident \$50 / Non-Res. \$60 |
| Levels 1-2-3-4-5-6 | 10:40am – 11:10am | Resident \$50 / Non-Res. \$60 |
| Levels 1-2-3-4-5-6 | 11:15am – 11:45am | Resident \$50 / Non-Res. \$60 |

| Camp Barracuda (Swimming - Water Polo - Jr. Lifeguarding) | |
|--|--|
| Monday – Thursday 9am – 10am | Season: June 13th – August TBA |
| Registration Price: \$95.00 | Day Camp Discount: \$60.00 |



Aquatics Director – Carlos Ruiz



Berwyn Recreation Department

2016 Summer Aquatic Programs

Aquatics Coordinator – Juan Guerrero

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Parent & Child Aquatics (Preschool)

**Be 6 months to 5 years old with parent or guardian present, and be under 3ft tall.*

Parents or guardians enter water with child to get comfortable in water. Singing songs, playing games, and water exploration.

Level 1 – Introduction to Water Skills

**Be able to stand in 3ft of water*

Introduction to swimming explore water and are introduced to arm/leg movement, bobbing, bubbles, slide, & pool drop.

Level 2 – Fundamental Aquatic Skills

**Be able to stand 3ft of water/kick w/o assistance*

Continued learning of level 1 skills. Arms, legs, bobbing, bubbles, jumps, games, glide, activities, floating, slide, & pool drops.

Level 3 – Stroke Development

**Be able to stand in 4ft of water/swim 15-30 yards*

Introduction to underwater swimming and deep water exploration. Diving introduced and development of swim strokes.

Level 4 – Stroke Improvement

**Be able to stand in 5ft of water/swim 30-60 yards*

Continued learning of level 3 skills. Deep water exploration and diving. And advanced improvement of all swim strokes.

Level 5/6 – Skill Refinement & Proficiency

**Be able to stand in 5ft of water/swim 75+ yards*

Preparation for swim Barracudas club. Swimming, treading, and basic water rescues. Advanced training in Freestyle, Breaststroke, Butterfly, Backstroke, underwater and more.

Camp Barracuda

**Pass level 6 &/OR swim 150+ yards*

Members will practice and train in all competitive swim strokes, meet starts and finishes, flip turns, diving, and more. As well as Water Polo fundamentals and techniques. Building teamwork, leadership, and safety.

Members will receive certification in American Red Cross Jr. Lifeguarding. Further interest in Aquatic Athletics & rescue skills. Competitive Swim Meets & Water Polo Games TBA. Camp t-shirt included.

Lifeguarding/CPR/AED/First Aid

Age 15+, swim 300 yards continuously, reach bottom of 10ft, & swim with 10lbs brick

Lifeguarding Rescue skills with First Aid & CPR/AED Training. Basic CPR/AED & First Aid Certification available.

Knowledge and development of leadership swimming skills, team work, and safety. American Red Cross certification upon completion. Blended in pool and classroom.



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