

Berwyn
BARRACUDAS

Swimming & Water Polo Club



The Berwyn Barracudas Swimming and Water Polo Club was created to give an opportunity to the youth of Berwyn to learn and prepare for further interest in the Aquatics whether that be Athletics or safety.

Cost: \$85.00

Day Camp: Free with Registration. Notify the Camp Director if your child is interested.

Location: Berwyn Recreation Center (Pavek Pool)
6501 W. 31st Street Berwyn, IL 60402

Practices: Monday through Thursday from 11:00am – 11:50am
Monday June 12th 2017 – Thursday August 17th 2017

Equipment: Swimmers must wear a proper swim suit, a pair of goggles, towel, sunblock, & positive attitude. A swim cap is optional.

Prerequisites: Passed Level 6 and/or be able to swim 150yards continuously.

Included: Advanced Training in all swim strokes; Freestyle, Backstroke, Butterfly, Breaststroke. Diving starts & flip turns. Water Polo fundamentals; catches, passes, games, treading, maneuvers, etc. Includes American Red Cross Junior Lifeguarding Training.

Aquatics Department:

(708) 788–2010 ext: 6536



Berwyn Recreation

AMERICAN RED CROSS

Safety Classes

CPR AED and First Aid

Certification: \$150.00

Re-Certification: \$50.00

May 29th – June 1st

10:00am – 1:00pm

June 5th – June 8th

10:00am – 1:00pm

Lifeguarding CPR AED First Aid

Certification: \$175.00

Re-Certification: \$75.00

May 29th – June 1st

10:00am – 5:00pm

June 5th – June 8th

10:00am – 5:00pm



Prerequisites are required to sign up for the course

Swim 300yards nonstop (no backstroke)

Tread water for 2 minutes nonstop, legs only.

Complete a timed event within 1min 40seconds.

Hold 10lbs brick above water.

