



Berwyn Recreation Department

6501 W. 31st Street, Berwyn, Illinois 60402

(708) 788-2010 Aquatics Ext. 6536

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www.BerwynRecreation.com



Register Today!

5 Sessions Offered 2 week Classes Tuesday/Wednesday/Thursday
Spots limited to 8 swimmers per class, registration ends when spots are filled.
No class on Wednesday July 4th

1:4 Instructors to Swimmer Ratio to Ensure Safety & Promote Learning.
Swim Instructors and Coaches are certified and trained in Lifeguarding,
CPR, AED, First Aid and Water Safety through American Red Cross.

Make up Swim Lessons due to inclement weather or unforeseen circumstances not in our control will be decided based upon scheduling & staff availability.
But it's NOT a guarantee. NO REFUNDS OR CREDITS.

Session 1: *June* 12, 13, 14, 19, 20, 21 **Session 4:** *July* 24, 25, 26, 31 & *August* 1, 2
Session 2: *June* 26, 27, 28 *July* 3, 5
Session 3: *July* 10, 11, 12, 17, 18, 19 **Session 5:** *August* 7, 8, 9, 14, 15, 16

Classes	Times	Prices
Parent & Child Preschool	9:30am – 9:55am	Resident: \$35 Non-Resident: \$45
Levels 1-2-3-4-5	10:00am – 10:45am	Resident: \$50 Non-Resident: \$60
Levels 1-2-3-4-5	11:00am – 11:45am	Resident: \$50 Non-Resident: \$60

Barracudas Swimming & Water Polo Club	
Monday – Thursday	11:00am – 11:50pm
Registration Price: \$85.00	Season: June 11 th – August 17 th

American Red Cross Safety Classes	
Lifeguarding CPR AED First Aid Certification: \$175.00 Re-Certification: \$75.00	CPR AED First Aid Certification: \$100.00 Re-Certification: \$50.00

Aquatic Program Descriptions

Parent & Child <u>Prerequisites</u> Age 5 and under	Parent enters water with the child. Exploring the water and raising comfort level. Singing songs, playing games, using facility equipment/structures.
Level 1 – Introduction to Water Skills <u>Prerequisites</u> Must be able to stand in 3ft of water	Beginners swim lessons explore water and are introduced to arm/leg movement, bobbing, bubbles, slide, & pool drop
Level 2 – Fundamental Aquatic Skills <u>Prerequisites</u> Must be able to stand 3ft of water and kick without assistance.	Continued learning of level 1 skills. Arms, legs, bobbing, bubbles, jumps, games, glide, activities, floating, slide, & pool drops.
Level 3 – Stroke Development <u>Prerequisites</u> Must be able to stand in 4ft of water or Swim 15-30yards	Introduction to underwater swimming and deep water exploration. Diving introduced and development of swim strokes.
Level 4 – Stroke Improvement <u>Prerequisites</u> Must be able to stand in 5ft of water or Swim 30-60yards	Continued learning of level 3 skills. Deep water exploration and diving. And advanced improvement of all swim strokes.
Level 5 – Skill Refinement & Proficiency <u>Prerequisites</u> Must be able to swim 75+ yards	Preparation for swim team level swimming and basic water rescues. Advanced training in freestyle, breaststroke, backstroke, butterfly, diving flip turns, treading, and underwater swimming.
Barracudas Swimming And Water Polo Club <u>Prerequisites</u> Pass level 5 and/or swim 150+ yards	Practice and train in all competitive swim strokes, meet starts and finishes, flip turns, diving, as well as water polo fundamentals and techniques. Building upon teamwork, leadership, and safety. The team will receive certification in American Red Cross Jr. Lifeguarding and prepare them for further interest in Aquatic Athletics & rescue skills.
Lifeguarding/CPR/AED/First Aid <u>Prerequisites</u> Age 15+, swim 300 yards continuously, reach bottom of 10ft, & swim with 10lbs brick	An introduction to Lifeguarding Rescue skills with CPR, AED, & First Aid Training. Knowledge and development of swimming skills, leadership, team building, and safety. Pool and classroom learning. American Red Cross certification upon completion. Mentor with Pavek Pool Guards.

