

PRESCHOOL LEARN TO SWIM CLASSES (AGES 3 TO 6)

WINTER 1 / 8 WEEKS

Monday, November 30, 2009 through
Sunday, February 7, 2010
Registration begins Monday,
November 16, 2009

WINTER 2 / 8 WEEKS

Monday, February 8 through
Sunday, April 11, 2010
Registration begins Monday,
January 18, 2010

SPRING / 8 WEEKS

Monday, April 12 through
Sunday, June 6, 2010
Registration begins Monday,
March 15, 2010

Fee: \$140 Members / \$176 Non-Members

Starfish – Level 1a *Please read new class description*

Prerequisites: None. **Skills to be taught:** Submerging mouth, nose, and eyes, blow bubbles for 3 seconds, front glide, recover from a front glide to a vertical position, alternating & simultaneous leg action on front and alternating & simultaneous arm action on front. All skills are with support. (*minimum 2 / maximum 4*)

Monday 4:00 – 4:30 p.m.
Tuesday..... 12:30 – 1:00 p.m.
Tuesday..... 4:30 – 5:00 p.m.
Wednesday..... 4:00 – 4:30 p.m.
Thursday..... 4:30 – 5:00 p.m.
Saturday 10:30 – 11:00 a.m.

Seahorse – Level 1b *Please read new class description*

Prerequisites: Enter independently, using either the ladder, steps or side, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds then safely exit the water.

Skills to be taught: Back glide, back float, recover from a back float to a vertical position, roll from front to back and back to front, exploring treading, and alternating & simultaneous leg action on back and alternating & simultaneous arm action on back. All skills are with support. (*minimum 2/ maximum 5*)

Monday 4:00 – 4:30 p.m.
Tuesday..... 1:00 – 1:30 p.m.
Tuesday..... 4:30 – 5:00 p.m.
Wednesday..... 10:00 – 10:30 a.m.
Wednesday..... 4:00 – 4:30 p.m.
Thursday..... 4:00 – 4:30 p.m.
Saturday 11:30 – 12:00 a.m.

Tadpole – Level 2a *Please read new class description*

Prerequisites: While in shallow water, glide on front for at least 2 body lengths, then roll to back and float on back for 3 seconds then recover to a vertical position.

Skills to be taught: Bobbing at least 3 times, treading using arm and leg actions for at least 5 seconds, finning arm action on back, combined arm and leg action on front and back.

Please note: (*minimum 3/ maximum 5*)

Monday 10:00 – 10:30 p.m.
Tuesday..... 1:30 – 2:00 p.m.
Tuesday..... 4:00 – 4:30 p.m.
Wednesday..... 4:00 – 4:30 p.m.
Thursday..... 4:00 – 4:30 p.m.
Saturday 11:30 – 12 noon

(Preschool Learn To Swim Classes Continued on Next Page)

PRESCHOOL LEARN TO SWIM CLASSES (CONTINUED)

All swimming levels have been updated to meet the new American Red Cross Swimming Standards.

Goldfish - Level 3 *Please read new class description*

Prerequisites: Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 5 seconds, roll to front then continue swimming on front for 3 body lengths.

Skills to be taught: Front float, jellyfish float, tuck float, change direction of travel while swimming on front or back, treading water for 15 seconds, finning arm action on back, and combined arm and leg action on front and back for 5 body lengths. All skills are done independently. (*minimum 3 / maximum 5*)

Tuesday.....	2:00 – 2:30 p.m.
Tuesday.....	4:00 – 4:30 p.m.
Wednesday.....	4:30 – 5:00 p.m.
Thursday.....	4:30 – 5:00 p.m.
Friday.....	10:30 – 11:00 a.m.
Saturday.....	11:00 – 11:30 p.m.

Pufferfish - Level 3b *Please read new class description*

Prerequisites: Push off and swim using combined arm and leg action on front for 5 body lengths, roll to back, float for 15 seconds, roll to front then continue swimming for 5 body lengths.

Skills to be taught: Rotary breathing, the survival float, front crawl, elementary backstroke, scissor kick, treading water for 30 seconds, change from vertical to horizontal position on front and back, and push off wall in a streamlined position on front and back and begin to kick.

Monday.....	10:30 - 11:00 a.m.
Tuesday.....	4:00 - 4:30 p.m.
Thursday.....	4:00 - 4:30 p.m.
Saturday.....	11:00 - 11:30 a.m.

LEARN TO SWIM (AGES 5 YEARS AND UP)

WINTER 1 / 8 WEEKS

Monday, November 30, 2009 through
Sunday, February 7, 2010
Registration begins Monday,
November 16, 2009

WINTER 2 / 8 WEEKS

Monday, February 8 through
Sunday, April 11, 2010
Registration begins Monday,
January 18, 2010

SPRING / 8 WEEKS

Monday, April 12 through
Sunday, June 6, 2010
Registration begins Monday,
March 15, 2010

Fee: \$140 Members / \$176 Non-Members

All swimming levels have been updated to meet the new American Red Cross Swimming Standards.

Guppies - Level 1 *Please read new class description*

Prerequisites: None.

Skills to be taught: Submerging of face with eyes open to retrieve objects, front glide, back float, back glide, rolling over from front to back and back to front, and treading water. All skills are completed with support. (*minimum 3 / maximum 5*)

Monday.....	4:00 - 4:30 p.m.
Wednesday.....	4:00 - 4:30 p.m.
Thursday.....	5:00 - 5:30 p.m.
Saturday.....	2:30 - 3:00 p.m.

(Learn To Swim Classes Continued on Next Page)

LEARN TO SWIM CLASSES (CONTINUED)

Flounder - Level 2 *Please read new class description*

Prerequisites: While in shallow water, glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds, then recover to a vertical position.

Skills to be taught: Front float with face down, front glide, back float, back glide treading water, changing direction of travel while swimming on front or back, and combined arm and leg action on front and back for half the length of the pool. (*minimum 3 / maximum 5*)

Monday	4:30 - 5:00 p.m.
Tuesday.....	5:00 - 5:30 p.m.
Thursday.....	5:00 - 5:30 p.m.
Saturday.....	3:00 - 3:30 p.m.

Angelfish - Level 3 *Please read new class description*

Prerequisites: Push off and swim using combined arm and leg action on front for 5 body lengths, roll to back, float for 15 seconds, roll to front and continue swimming for 5 body lengths.

Skills to be taught: Rotary breathing, the survival float, front crawl, elementary backstroke, scissor kick, treading water for 30 seconds, change from vertical to horizontal position on front and back, and push off wall in a streamlined position and begin to kick. (*minimum 3 / maximum 8*)

Monday	4:30 - 5:00 p.m.
Tuesday.....	5:00 - 5:30 p.m.
Wednesday.....	4:30 - 5:00 p.m.
Saturday.....	3:30 - 4:00 p.m.

Shark - Level 4 *Please read new class description*

Prerequisites: Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.

Skills to be taught: Front crawl and back crawl one length of the pool with open turn, treading water for 2 minutes, head first entry from side in compact and stride positions, feet first surface dive, survival swimming, and a competent understanding of front crawl, breaststroke, butterfly, backstroke and elementary backstroke. (*minimum 3 / maximum 8*)

Monday	4:30 - 5:30 p.m.
Tuesday.....	5:30 - 6:00 p.m.
Wednesday.....	4:30 - 5:00 p.m.
Thursday.....	5:30 - 6:00 p.m.
Saturday.....	4:00 - 4:30 p.m.

(Learn To Swim Classes Continued on Next Page)

LEARN TO SWIM CLASSES (CONTINUED)

All swimming levels have been updated to meet the new American Red Cross Swimming Standards.

Dolphin - Level 5 *Please read class description*

Prerequisites: Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.

Skills to be taught: Tuck and pike, surface dives, flip turns, front and back strokes, front crawl, back crawl, butterfly, elementary backstroke, sidestroke and skulling. (*minimum 3/ maximum 8*).

Tuesday.....5:30 – 6:00 p.m.

Thursday.....5:30 – 6:00 p.m.

Swordfish - Level 6 *Please read class description*

Prerequisites: Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards. Swim breaststroke for 25 yards, change direction and position of travel as necessary and swim backstroke for 25 yards.

Skills to be taught: Front crawl, elementary backstroke, back crawl, breaststroke, butterfly, sidestroke, as well as the corresponding wall turns appropriate for each stroke. All students will work on endurance and distance training using all the of the strokes listed. They will also demonstrate high understanding of HELP position, huddle position, feet first surface dive, tuck surface dive, pike surface dive, back float, survival float and survival swimming. (*minimum 3/ maximum 8*).

Tuesday.....5:00 - 5:30 p.m.

Thursday.....5:00 - 5:30 p.m.

Winter/Spring 2010

MIDTOWN ATHLETIC CLUB®

Swim Registration Form

Bannockburn

WINTER 1 / 8 WEEKS

Monday, November 30, 2009 through
Sunday, February 7, 2010
Registration begins Monday,
November 16, 2009

WINTER 2 / 8 WEEKS

Monday, February 8 through
Sunday, April 11, 2010
Registration begins Monday,
January 18, 2010

SPRING / 8 WEEKS

Monday, April 12 through
Sunday, June 6, 2010
Registration begins Monday,
March 15, 2010

Circle the session you are registering for above.

First Choice:

Class: _____

Day: _____

Time: _____

Second Choice:

Class: _____

Day: _____

Time: _____

Assume first choice unless otherwise notified.

Name (Please Print) _____ Birth Date _____ Age _____

Parent Name (Please Print) _____

Home Phone _____ Other Phone _____

E-mail address _____

Total Program Fees: _____ Member Yes No

Full payment must accompany registration form.

10% discount on the second and third child in the same family (**available to members only**)

10% discount for a child enrolled in two of the same group swim classes during one session
(**available to members only**)

Charge my: Club Account VISA MASTERCARD DISCOVER AMEX

Account # _____ Exp. _____

Non-members are welcome to participate in one session of children swim program.

RELEASE AND HOLD HARMLESS WAIVER. I represent that my child is physically fit to perform swimming and other activities which s/he may undertake at the Midtown Athletic Club (the "Club") and that I am solely responsible for all health risks associated with such activities. I hereby, individually and on behalf of my child, fully and forever waive, release and discharge the Club and/or their owners, managers, shareholders, officers, directors, employees, agents and affiliates from any and all claims, damages, demands, rights or causes of action, present or future, known or unknown, anticipated or unanticipated, resulting from or arising out of my child's attendance at the Club. Further, I hereby, individually and/or on behalf of my child, release and discharge the Club from any and all liability for any loss of, or theft of, or damage to personal property.

Parent's Signature _____ Date _____

MIDTOWN
ATHLETIC CLUB®

www.midtownclubs.com

Midtown Athletic Club
2211 Waukegan Rd.
Bannockburn, IL 60015

For more information, contact Nanette Goltz at (847) 945-1818