

Park Ridge Park District Swim Lessons

Water Babies

Ages 6 months-3 with Adult

Instructors facilitate activities and songs to promote water exploration with you and your child. A parent must accompany each child and be actively involved in the instruction. Children that are not toilet-trained must wear a tight-fitting plastic swim diaper.

| Activity | Day | Date | Time | R/NR |
|------------|-----|--------------|-----------------|------------|
| 2210103-01 | Tu | Mar 5-May 7 | 5:00pm-5:30pm | \$74/\$117 |
| 2210103-02 | Tu | Mar 5-May 7 | 5:30pm-6:00pm | \$74/\$117 |
| 2210103-03 | W | Mar 6-May 8 | 9:30am-10:00am | \$74/\$117 |
| 2210103-04 | W | Mar 6-May 8 | 10:00am-10:30am | \$74/\$117 |
| 2210103-05 | Th | Mar 7-May 9 | 5:50pm-6:20pm | \$74/\$117 |
| 2210103-06 | Sa | Mar 9-May 11 | 9:00am-9:30am | \$74/\$117 |
| 2210103-07 | Sa | Mar 9-May 11 | 11:00am-11:30am | \$74/\$117 |



Mighty Minnows (Level 1 & 2)

Ages 3-5 without Adult

Minnows focus on development of motor skills in the water, including blowing bubbles, kicking on front and back, supported floats, and alternating arm scoops.

| Activity | Day | Date | Time | R/NR |
|------------|-----|--------------|-----------------|------------|
| 2210102-01 | M | Mar 4-May 6 | 4:00pm-4:30pm | \$74/\$117 |
| 2210102-02 | M | Mar 4-May 6 | 4:35pm-5:05pm | \$74/\$117 |
| 2210102-03 | W | Mar 6-May 8 | 4:00pm-4:30pm | \$74/\$117 |
| 2210102-04 | W | Mar 6-May 8 | 4:35pm-5:05pm | \$74/\$117 |
| 2210102-05 | Th | Mar 7-May 9 | 5:15pm-5:45pm | \$74/\$117 |
| 2210102-06 | Sa | Mar 9-May 11 | 9:40am-10:10am | \$74/\$117 |
| 2210102-07 | Sa | Mar 9-May 11 | 10:15am-10:45am | \$74/\$117 |
| 2210102-08 | Sa | Mar 9-May 11 | 11:45am-12:15pm | \$74/\$117 |

Learn to Swim (Level 1-6)

Ages 5-16

Children learn a range of skills, from kicking and arm scoops in level one to flip turns and perfecting all four competitive swim strokes in level six. Progressive skill learning challenges your child from level to level. Participants previously enrolled are placed in the appropriate class. New students are tested then placed in a level on the first day.

| Activity | Day | Date | Time | R/NR |
|------------|-----|--------------|-----------------|------------|
| 2210101-01 | M | Mar 4-May 6 | 5:15pm-6:00pm | \$74/\$117 |
| 2210101-02 | Tu | Mar 5-May 7 | 6:00pm-6:45pm | \$74/\$117 |
| 2210101-03 | W | Mar 6-May 8 | 5:15pm-6:00pm | \$74/\$117 |
| 2210101-04 | Th | Mar 7-May 9 | 6:00pm-6:45pm | \$74/\$117 |
| 2210101-05 | Sa | Mar 9-May 11 | 10:00am-10:45am | \$74/\$117 |
| 2210101-06 | Sa | Mar 9-May 11 | 11:00am-11:45am | \$74/\$117 |
| 2210101-07 | Sa | Mar 9-May 11 | Noon-12:45pm | \$74/\$117 |

Small Group Swim Lessons

Ages 5-16

This program is a blend of private swim lessons and group lessons and is based on the Park Ridge Park District's Learn to Swim Program. Participant-to-instructor ratio for this class is 2:1.

| Activity | Day | Date | Time | R/NR |
|------------|-----|-------------|---------------|-------------|
| 2210106-01 | Tu | Mar 5-May 7 | 6:45pm-7:30pm | \$194/\$290 |

Non-Competitive Swim Team

Ages 6-18

We offer a non-competitive swim team for swimmers who are interested in developing their swimming skills while introducing them to the competitive swimming atmosphere. As a prerequisite, participants must be able to swim one length of the pool using a front crawl, backstroke, and breaststroke efficiently without stopping.

| Activity | Day | Date | Time | R/NR |
|------------|-----|-------------|---------------|------------|
| 2210105-01 | M/W | Mar 4-May 8 | 4:00pm-5:00pm | \$80/\$123 |

Not ready to commit to a full session?

Register for a FREE TRIAL!

| Activity | Day | Date | Time | R/NR |
|------------|-----|--------|-----------------|------|
| 2210109-01 | M | Mar 25 | 10:40am-11:10am | FREE |
| 2210109-02 | Tu | Mar 26 | 10:40am-11:10am | FREE |
| 2210109-03 | W | Mar 27 | 10:40am-11:10am | FREE |

Pre-registration is required.

Register Today! Visit prparks.org for full program descriptions and online registration.

