

34 swim programs

Jr. Swim Instructors

This class is for children who have passed through all (or most) of our Learn to Swim program and might have an interest in someday teaching swim lessons. The Junior Swim Instructors Program begins with the basics of teaching and then pairs students with a swim teacher for two class periods.

Location: Northside Family Aquatic Center **Limit:** 8

Age	Dates	Day	Time	R/NR Fee	Class #
12-14	7/26-8/6	M-F	9-9:30A	\$38/\$57	312304-01
12-14	7/26-8/6	M-F	9:40-10:10A	\$38/\$57	312304-02
12-14	7/26-8/6	M-F	10:20-10:50A	\$38/\$57	312304-03



Jr. Lifeguards

On the first day of the session, the child's abilities are assessed with lap swimming and treading water. Course teaches skills that our professional lifeguards use. Skills include, but are not limited to, lifesaving rescues and first aid. Prerequisite: This class should

be taken after passing the swimmer's course. T-shirt included!

Location: Northside Family Aquatic Center **Limit:** 10

Age	Dates	Day	Time	R/NR Fee	Class #
10-15	6/28-7/9	M-F	9-9:30A	\$45/\$67	312305-01
10-15	6/28-7/9	M-F	9:40-10:10A	\$45/\$67	312305-02
10-15	6/28-7/9	M-F	10:20-10:50A	\$45/\$67	312305-03

Jr. Lifeguard & Water Park Course

Learn the skills and techniques used by our very own Wheaton Park District lifeguards in this ultimate water safety program. You'll develop life-saving skills, learn about team work, and develop leadership used by professional lifeguards. It's lots of fun and an educational way to expose your child to a future job as a lifeguard. T-shirt included!

Location: Rice Pool & Water Park **Limit:** 25

Age	Dates	Day	Time	R/NR Fee	Class #
10-15	6/28-7/9	M-F	9-10A	\$55/\$82	312306-01
10-15	7/12-7/23	M-F	9-10A	\$55/\$82	312306-02

Springboard Diving – Beginning

This beginning diving program includes the three-step approach, front and back dives and more, depending on each individual's skill level. Each diver must be able to swim one length of the pool comfortably to participate in this program. If the diver does not pass the swim test, a refund is issued. Children may only register for one session to allow as many divers as possible to participate. Parents may check with registration staff at the Community Center after May 1 to enroll their child in one additional session as space allows.

Location: Rice Pool & Water Park **Limit:** 10

Age	Dates	Day	Time	R/NR Fee	Class #
8-14	6/14-6/25	M-F	8:30-9:15A	\$48/\$70	312307-01
8-14	6/14-6/25	M-F	9:20-10:05A	\$48/\$70	312307-02
8-14	6/28-7/9	M-F	8:30-9:15A	\$48/\$70	312307-03
8-14	6/28-7/9	M-F	9:20-10:05A	\$48/\$70	312307-04
8-14	7/12-7/23	M-F	8:30-9:15A	\$48/\$70	312307-05
8-14	7/12-7/23	M-F	9:20-10:05A	\$48/\$70	312307-06
8-14	7/12-7/23	M-F	10:15-11A	\$48/\$70	312307-07
8-14	7/26-8/6	M-F	8:30-9:15A	\$48/\$70	312307-08
8-14	7/26-8/6	M-F	9:20-10:05A	\$48/\$70	312307-09

Springboard Diving – Advanced

The advanced diving program includes front and back flips, twisting dives and more, depending on each individual's skill level. Each diver must be able to swim one length of the pool comfortably to participate in this program. Note: If the diver does not pass the swim test, a refund is issued. Children may only register for one session to allow as many divers as possible to participate. Parents may check with registration staff at the Community Center after May 1 to enroll their child in one additional session as space allows.

Location: Rice Pool & Water Park **Limit:** 10

Age	Dates	Day	Time	R/NR Fee	Class #
8-14	6/14-6/25	M-F	10:15-11A	\$48/\$70	312308-01
8-14	6/28-7/9	M-F	10:15-11A	\$48/\$70	312308-02
8-14	7/26-8/6	M-F	10:15-11A	\$48/\$70	312308-03



simplify your life...register online at
www.wheatonparkdistrict.com

Middle School Swim Lessons

Join your peers in learning basic swimming and survival skills. It's sure to be a splash!

Location: Rice Pool & Water Park **Limit:** 10

Age	Dates	Day	Time	R/NR Fee	Class #
11-14	6/14-6/25	M-F	8-8:45A	\$38/\$57	312310-01
11-14	6/28-7/9	M-F	8-8:45A	\$38/\$57	312310-02
11-14	7/12-7/23	M-F	8-8:45A	\$38/\$57	312310-03

Saturday Swim Lessons (ages 6 & over)

Join your peers in learning basic swimming and survival skills. It's sure to be a splash!

Location: Rice Pool & Water Park **Limit:** 25

Age	Dates	Day	Time	R/NR Fee	Class #
6 & over	6/12-8/7	Sa	9:30-10:05A	\$38/\$57	312311-01
6 & over	6/12-8/7	Sa	10:10-10:45A	\$38/\$57	312311-02

Masters Swim Program

Adults...participate in a leisure swimming experience! Swimmers may swim at their own pace but are encouraged to participate in sets and drills while a team leader motivates the group to swim together to build speed and endurance. Swimmers challenge themselves by learning and practicing a variety of strokes, working together to build teamwork and friendships, and motivating each other throughout the experience.

Location: Rice Pool & Water Park **Limit:** 25

Age	Dates	Day	Time	R/NR Fee	Class #
18 & over	6/14-8/4	M,W	8-9P	\$45/\$68	312101-01

Adult Swim Instruction

Brush up on your skills or beginners can learn the basics of swimming. Class is designed to develop confidence and stroke mechanics. An instructor works with participants in an after hours class.

Location: Rice Pool & Water Park **Limit:** 10

Age	Dates	Day	Time	R/NR Fee	Class #
18 & over	6/14-7/14	M,W	8-9P	\$45/\$68	312102-01

Early Morning Swim

Feel refreshed and invigorated with an early morning swim. Participants may swim at their own pace and leisure. Acertified lifeguard is on duty for supervision and safety.

Location: Rice Pool & Water Park **Limit:** 20

Age	Dates	Day	Time	R/NR Fee	Class #
All ages	6/14-7/9	M,W,F	7-7:45A	\$22/\$30	312401-01
All ages	6/15-7/8	Tu,Th	7-7:45A	\$16/\$21	312401-02
All ages	7/12-8/6	M,W,F	7-7:45A	\$22/\$30	312401-03
All ages	7/13-8/5	Tu,Th	7-7:45A	\$16/\$21	312401-04

Parent/Tot Swim

Looking for a cool, refreshing way to begin your Saturday morning during those hot summer days? Bring your toddler (ages six months to two years) for a swim at Rice Pool & Water Park. All children must be accompanied by an adult 18 years or older; one adult per child please.

Location: Rice Pool & Water Park **Limit:** 25

Age	Dates	Day	Time	R/NR Fee	Class #
6 mos-2	6/12-8/7	Sa	10:45-11:15A	\$38/\$57	312501-01

Saturday Swim Lessons (ages 3-5)

Swimming lessons are not made up, nor are refunds provided due to missed lessons for inclement weather or absence. There are no class cancellations. The instructor reserves the right to place the participant in the class best suited to his or her abilities. Child must be the appropriate age by the first class.

Location: Rice Pool & Water Park **Limit:** 25

Age	Dates	Day	Time	R/NR Fee	Class #
3-5	6/12-8/7	Sa	9:30-10:05A	\$38/\$57	312203-01
3-5	6/12-8/7	Sa	10:10-10:45A	\$38/\$57	312203-02

Private Swim Lessons

Enjoy individualized swim lessons designed to develop confidence, and improve stroke mechanics and safety techniques. Half-hour lessons are available during open swim. The instructor is chosen depending on each participant's needs. To set up your private lessons, call Northside Family Aquatic Center at 630.653.3345 or Rice Pool & Water Park at 630.653.8884 after June 3. **Staff cannot guarantee instructors will be available at times requested.**

Age	Fee
3 & over	\$20/person/half-hour

Swim classes do not meet on July 4.