



Diaper Dippers – Parent-Child Aquatics

Splash, splash! Join us in this fun parent–baby class! Learn how to be safe in the water with baby, play games, sing songs and begin to help your child learn to swim. This class will cover kicking, blowing bubbles, floating and other basic skills to introduce your child to swimming.

| Age | Date | Day | Time | Fee | Code # |
|-------|-----------|-----|----------------|------|-----------|
| 6m-3y | Jun 5-26 | W | 10-10:40 AM | \$40 | 243334 A1 |
| 6m-3y | Jun 5-26 | W | 10-50:11:30 AM | \$40 | 243334 A2 |
| 6m-3y | Jul 10-31 | W | 10-10:40 AM | \$40 | 243334 A3 |
| 6m-3y | Jul 10-31 | W | 10-50:11:30 AM | \$40 | 243334 A4 |

Location: Gouin Pool Min/Max: 2/12

Tot Swim

Have fun while learning to kick, float, bob and glide in the water. This is a great way for your child to learn to be safe and comfortable in the water.

| Age | Date | Day | Time | Fee | Code # |
|-----|-----------|-----|-------------|------|-----------|
| 3-5 | Jun 5-26 | W | 10-10:40 AM | \$40 | 243334 B1 |
| 3-5 | Jun 5-26 | W | 10:50-11 AM | \$40 | 243334 B2 |
| 3-5 | Jul 10-31 | W | 10-10:40 AM | \$40 | 243334 B3 |
| 3-5 | Jul 10-31 | W | 10:50-11 AM | \$40 | 243334 B4 |

Location: Gouin Pool Min/Max: 2/12

Adult Swimming Lessons

These classes are for beginners as well as those looking to improve their swimming technique. Everything from floating to freestyle will be covered in this class! In addition to the basics learn front crawl, breaststroke, and backstroke.

| Age | Date | Day | Time | Fee | Code # |
|-----|-----------|-----|-------------|------|-----------|
| 18+ | Jun 5-26 | W | 10-10:40 AM | \$40 | 243334 F |
| 18+ | Jul 10-31 | W | 10-10:40 AM | \$40 | 243334 F1 |

Location: Gouin Pool

Individual/Private Swim Lessons

Individual lessons provide one-on-one instruction for swimmers age 4 to adult at any level.

| Age | Date | Day | Time | Fee | Code # |
|-----|--------------|---------|-----------|-------|-----------|
| 4+ | Jun 10-20 | M Tu Th | 9-9.30 AM | \$120 | 243334 K |
| 4+ | Jun 10-2 | M Tu Th | 4-4:30 PM | \$120 | 243334 K1 |
| 4+ | Jul 1-15* | M Tu Th | 9-9.30 AM | \$120 | 243334 K3 |
| 4+ | Jul 1-15* | M Tu Th | 4-4:30 PM | \$120 | 243334 K4 |
| 4+ | Jul 22-Aug 1 | M Tu Th | 9-9.30 AM | \$120 | 243334 K5 |
| 4+ | Jul 22-Aug 1 | M Tu Th | 4-4:30 PM | \$120 | 243334 K6 |

* No class July 4th

Location: Gouin Pool

AquaZumba

Heat up the pool party! Jump into the Latin-inspired, easy to follow, calorie burning dance fitness party that makes working out a splash.

| Age | Date | Day | Time | Fee R/N | Code # |
|-----|--------------|-----|----------|---------|----------|
| 16+ | Jun 8-Jul 27 | Sa | 10-11 AM | \$60/70 | 243334 G |

Location: Gouin Pool

Min: 7

Aquacize

In this class, its pure isometric exercise which means your weight against the water. We use various water tools to assist in exercise. We will work our whole body doing a variety of interesting movements.

| Age | Date | Day | Time | Fee R/N | Code # |
|-----|--------------|-----|-------------|---------|----------|
| 16+ | Jun 8-Jul 27 | Sa | 11 AM-12 PM | \$60/70 | 243334 E |

Location: Gouin Pool

Min: 7

Sign up for both classes for a SPECIAL PRICE of \$100/120 Code: 243334 EG

Gouin Pool Aquatics

VPD Swim Academy

Sign up for Veterans Park District Swim Academy! All classes are taught by Ellis Certified Lifeguards and Swim Instructors. This 6-level program will teach your child to develop their swimming skills and strokes. Each level will review and enhance the skills your child has already learned and introduce them to new strokes and techniques.

Level 1 Water Exploration

Focuses on supported front and back floating, beginning arm movements, an introduction of safety skills, supported kicking on front and back, fully submerging face and more.

Level 2 Primary Skills

Introduces unsupported floating with kicks, rhythmic breathing, free-style, backstroke orientation, holding breath underwater and more.

Level 3 Stroke Readiness

Includes improving skill competency, deep-water work, including elementary backstroke, treading water, front and backstroke, front and back glide and more.

Level 4 Stroke Development

Provides a solid reinforcement of the foundation strokes. Breaststroke is introduced and sidestroke is reinforced. Intermediate survival skills and water safety are a focus for this level. Basic diving is introduced.

Level 5 Stroke Refinement

Includes a review of backstroke, breaststroke, and sidestroke. Butterfly and surface dives are introduced. More advanced survival skills and water safety are also included in this level.

Level 6 Stroke Proficiency

Flip turns and endurance training are the main objectives of this level. In addition, racing starts from the blocks will be introduced. This class is a good preparation for children interested in joining the swim team.

LEVELS 1-6

| Age | Date | Day | Time | Fee | Code # |
|-----|--------------|-----------|----------------|------|-----------|
| 6+ | Jun 10-21 | M Tu Th F | 9:40-10:20 AM | \$55 | 243334 H |
| 6+ | Jun 10-21 | M Tu Th F | 10:25-11:05 AM | \$55 | 243334 H1 |
| 6+ | Jun 10-21 | M Tu Th F | 4:35-5:15 PM | \$55 | 243334 H2 |
| 6+ | Jun 10-21 | M Tu Th F | 5:20-6 PM | \$55 | 243334 H3 |
| 6+ | Jul 1-15* | M Tu Th F | 9:40-10:20 AM | \$55 | 243334 I |
| 6+ | Jul 1-15* | M Tu Th F | 10:25-11:05 AM | \$55 | 243334 I1 |
| 6+ | Jul 1-15* | M Tu Th F | 4:35-5:15 PM | \$55 | 243334 I2 |
| 6+ | Jul 1-15* | M Tu Th F | 5:20-6 PM | \$55 | 243334 I3 |
| 6+ | Jul 22-Aug 2 | M Tu Th F | 9:40-10:20 AM | \$55 | 243334 J |
| 6+ | Jul 22-Aug 2 | M Tu Th F | 10:25-11:05 AM | \$55 | 243334 J1 |
| 6+ | Jul 22-Aug 2 | M Tu Th F | 4:35-5:15 PM | \$55 | 243334 J2 |
| 6+ | Jul 22-Aug 2 | M Tu Th F | 5:20-6 PM | \$55 | 243334 J3 |

* No class July 4th
Location: Gouin Pool

CAMP SWIM LESSONS

AGES: 6+

Attend the Veterans Park District Swim Academy during day camp! All swimmers will be tested the first day of lessons. Veterans Park District reserves the right to dismiss a child from participation if he/she exhibits an unwillingness to learn or displays a disregard for a lifeguard's safety instructions. Transportation to and from swim lessons is provided by Day Camp.

LEVELS 1-6 PROVIDED

SWIM LESSONS TIMES:
11:10-11:50 AM

LOCATION: Gouin Pool

DAYS:

Grant Park & Trumbull Park:
Mondays & Thursdays

Bulger Park & Leoni Sports Camp:
Tuesdays & Fridays

Session 1 • June 6-21 Fee: \$35

Bulger Park # 344806 L1
Grant Park # 344806 L2
Trumbull Park # 344806 L3
Leoni Sports Camp # 344804 L4

Session 2 • June 24-July 12 Fee: \$42

Bulger Park # 344806 L5
Grant Park # 344806 L6
Trumbull Park # 344806 L7
Leoni Sports Camp # 344804 L8

Session 3 • July 15-Jul 30 Fee: \$35

Bulger Park # 344806 L9
Grant Park # 344806 L10
Trumbull Park # 344806 L11
Leoni Sports Camp # 344804 L12

