

# Winter/Spring SWIM LESSONS

**Registration:**

Wed., January 15<sup>th</sup>  
5-7pm @ the pool  
(enter off 131<sup>st</sup> Street)

**CARL SANDBURG HIGH SCHOOL**  
**Winter/Spring 2020 SWIM PROGRAMS**  
Guard Sponsor 708-671-3154 (Carrie Jarosik)  
Pool Phone 708-671-3857

Lessons in a heated, indoor pool.

**Group Lessons:**

**For ages:** 5-13

Children are placed into small groups according to ability. Students will advance at their own rate of learning. Children stay at a particular station until they can pass the skills test for that particular station.

**Choose from 2 class times:**

11:00am-11:45am

12:00pm-12:45pm

**Class Dates:**

1/25, 2/8, 2/15, 2/29, 4/11, 4/18, 5/9, 5/16

**Cost:** \$50 Residents \$60 Non-Residents

**Private Lessons:**

**For ages:** Infants-Adults

Student will work 1:1 with an instructor and move through the skill levels at one's own pace.

**You build your schedule!**

Choose from any of the available dates: 1/25, 2/8, 2/15, 2/29, 4/11, 4/18, 5/9, 5/16

Pick as few or as many as you would like!

**Choose from 2 class times:**

1:05-1:35pm

1:40-2:10pm

**Cost:** \$15 per ½ hour

**Aquarobics/Lap Swimming:**

**For ages:** 18 and older

Take an hour break from the stresses of everyday life. Come and enjoy your exercise in the water. Choose from Aquarobics or lap swimming.

**Dates:** Every Wednesday evening beginning **September 4<sup>th</sup>**

**Time:** 7:30-8:30pm

**Cost:** \$25 for 10 passes or \$3 at the door



We follow the Standards established by the American Red Cross

**OBSERVATION AREA:** Parents and guests may watch the lessons from the pool balcony.

Sorry, make-ups are not available for missed classes. Carl Sandburg enforces a strict **NO REFUND POLICY**.

**NOTE: THIS ACTIVITY IS NOT SPONSORED BY ORLAND SCHOOL DISTRICT 135 & PALOS SCHOOL DISTRICT 118, OR ANY SCHOOLS OR GROUPS OFFICIALLY ASSOCIATED WITH THESE DISTRICTS.**

Sorry, No REFUNDS