

### Parent/Tot Swim Lessons

This program will acquaint your baby with the water through play toys, songs and water games to adjust to the water both physically and mentally. Parents will be in the water with the children to help them become comfortable. Makeup day due to inclement weather is Friday.

Code	Days	Time	Dates	Fee
112040A	M-TH	10:35 – 11:15 am	6/11 – 6/21	\$60R/\$75NR
112040B	M-TH	10:35 – 11:15 am	6/25 – 7/05*	\$55R/\$70NR
112040C	M-TH	10:35 – 11:15 am	7/09 – 7/19	\$60R/\$75NR
112040D	M-TH	10:35 – 11:15 am	7/23 – 8/02	\$60R/\$75NR

*\*No class 7/4*

Ages: 6 months to up to 3 years  
Max: 12

### Swim Lessons - 3 & 4 Year Olds

A little too advanced for Parent Tot Lessons? Not quite ready for Level 1? Our special transitional 3 & 4 year old ONLY lessons will be a perfect fit for you! Parents are encouraged to be in attendance but not necessarily in the water. This will prepare swimmers for Level 1 and beyond. Maximum for each class is 12. Makeup day due to inclement weather is Friday.

#### SESSION A: June 11 - June 21

Fee: \$60R/\$75NR per time

Code	Days	Time
112043A	M-TH	9:50 – 10:30 am
112044A	M-TH	10:35 – 11:15 am
112045A	M-TH	11:20 am – Noon

#### SESSION B: June 25 - July 5 (No class 7/4)

Fee: \$55R/\$70NR per time

Code	Days	Time
112043B	M-TH	9:50 – 10:30 am
112044B	M-TH	10:35 – 11:15 am
112045B	M-TH	11:20 am - Noon

#### SESSION C: July 9 - July 19

Fee: \$60R/\$75NR per time

Code	Days	Time
112043C	M-TH	9:50 – 10:30 am
112044C	M-TH	10:35 – 11:15 am
112045C	M-TH	11:20 am – Noon

#### SESSION D: July 23 - Aug. 2

Fee: \$60R/\$75NR per time

Code	Days	Time
112043D	M-TH	9:50 – 10:30 am
112044D	M-TH	10:35 – 11:15 am
112045D	M-TH	11:20 am – Noon



Photo by Christine Dannhausen-Brun.

### Swim Lessons - 4 Years and Up

Our Swim Lessons Program is designed with six levels of swimming ability, in swimming techniques and water safety. Each level is designed to channeling the students with new swimming skills. A certificate is issued upon successful completion of each skill level.

Swim Lessons are held Monday through Thursday in two-week sessions. All lessons are held at the Hinsdale Community Pool. The student must be able to demonstrate each skill to move to the next level. Each child is tested to determine the level they start at. Makeup day due to inclement weather is Friday.

Register your child for the time slot only that you want. The levels will be assigned on the first day of lessons. Indicate the last level that your child passed if you know it on the registration form.

#### SESSION A: June 11 - June 21

Fee: \$60R/\$75NR

Code	Time	Maximum
112021A	9:50 – 10:30 am	45
112022A	10:35 – 11:15 am	50
112023A	11:20 am – Noon	35

#### SESSION B: June 25 - July 5 (No class 7/4)

Fee: \$55R/\$70NR

Code	Time	Maximum
112021B	9:50 – 10:30 am	45
112022B	10:35 – 11:15 am	50
112023B	11:20 am - Noon	35

#### SESSION C: July 9 - July 19

Fee: \$60R/\$75NR

Code	Time	Maximum
112021C	9:50 – 10:30 am	45
112022C	10:35 – 11:15 am	50
112023C	11:20 am – Noon	35

#### SESSION D: July 23 – Aug. 2

Fee: \$60R/\$75NR

Code	Time	Maximum
112021D	9:50 – 10:30 am	20
112022D	10:35 – 11:15 am	20
112023D	11:20 am – Noon	20



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Instagram:  
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### Private/Semi-Private Swim Lessons

Private lessons are held during general open swim hours and not during the regular swim lesson program. Semi-privates are 2 children per instructor. Instructor will split the lessons among children or teach a blended lesson based on the skill level. Lesson packages can be split among family members. Buy more and save! Private lessons will be available for instruction from June 11 – August 11.

Parents must give 24 hours' notice when cancelling a private lesson or they will be charged for a lesson. Time will be deducted from the lesson if a participant arrives late.

Pool members must purchase private lesson passes at the Parks and Recreation Office. They are not sold at the pool. **Private Lesson passes are good for the 2018 season only. A pool membership is required for the lesson or the daily fee must be paid.**

Upon purchasing your private lesson passes, the Swim Lesson Coordinator will contact you to set up your lessons. Please allow up to one week for the Coordinator to find an instructor. The instructor will then notify you to set up your first lesson.

*Lesson books are non-refundable and good only for the current season.*

Code	Fee	# of ½ hour lessons
102064-00	\$145	5
102064-01	\$250	10
102064-02	\$360	15
102064-03	\$35	1



Photo by Jennifer Chan. -Summer Photo Contest Submission.

### Junior Life Guard Program

Want to learn about lifeguarding? This is your unique chance! Our Junior Guard program is set up for youth who aren't quite old enough to become lifeguards yet, but still want to learn the skills and the experiences. Rescue Breathing, CPR, AED, Water Rescue, and Surveillance Skills will be covered. You will even shadow one of our lifeguard staff! All participants will receive a Junior Guard t-shirt. Come prepared to swim. (No real certification is issued).

Code	Days	Time	Dates
102066A	M - F	9:00 – 11:30 am	8/06 – 8/10

Ages: 8 - 14 years  
 Fee: \$75R/\$100NR  
 Location: Hinsdale Community Pool  
 Min/Max: 10/25

### Water Polo Camp

The exciting sport of Water Polo is coming to Hinsdale this summer! Learn the fundamentals and understanding of water polo in this fun, recreational camp. Participants will learn basic skills like ball control, game play, passing, set-up, and shooting. This camp is for swimmers who are comfortable in the water and looking to learn new skills. In order to participate, you must be able to tread water for at least 1½ minutes and swim 50m without touching the bottom of the pool. For questions please contact us at 630-789-7090. *Water polo caps provided at camp if desired.*

Code	Days	Time	Dates
122054A	TU & TH*	11:00 - 11:45 am	7/24 – 8/09

\*Fridays are makeup days for inclement weather

Ages: 8 – 14 years  
 Fee: \$65R/\$80NR  
 Min/Max: 6/20



Fluid Running has revolutionized fitness by bringing running to the deep water which eliminates the impact of land running while providing great cardiovascular and muscular benefits. The class is set to upbeat music lead by certified instructors to get you through a full body workout that gets the heart rate up and burn calories. Sign up by 4 week session or buy 5 or 10 Class Drop-In Cards. Cards can be picked up or purchased at Village Hall.



Code	Days	Time	Dates	Fee
122055A	M & W	6:00 - 7:00 am	6/11 – 7/11*	\$136
122055B	M & W	6:00 – 7:00 am	7/16 – 8/08	\$136
122055C	M & W	6:00 – 7:00 am	5 class drop in card	\$100
122055D	M & W	6:00 – 7:00 am	10 class drop in card	\$200

\*No classes the week of 7/4

Ages: 18 years and up  
 Location: Hinsdale Pool Dive Well  
 Min/Max: 6/20

### Beginner Dive Lessons

The beginning lessons are for divers with limited to no dive experience. The goal of the beginning lessons are to give new divers a foundation for their approach, hurdle, back press, and to gain dives in as many of the dive categories as possible (back, front, reverse, inward, and twisters). Beginner lessons will focus only on 1 meter. These lessons will be engaging and fun for all ages and should be a great place for divers to gain fundamentals in diving.

Code	Day	Time	Dates	Fees
102060A	M - TH**	9:00 - 9:40 am	6/11 - 6/21	\$70R/\$85NR
102060B	M - TH**	9:00 - 9:40 am	6/25 - 7/05*	\$62R/\$75NR
102060C	M - TH**	9:00 - 9:40 am	7/09 - 7/19	\$70R/\$85NR
102060D	M - TH**	9:00 - 9:40 am	7/23 - 8/02	\$70R/\$85NR

**\*No class 7/4**

**\*\*Friday is a makeup day for inclement weather**

Ages: 6 - 17 years (must be comfortable swimming in deep water)  
Min/Max: 2/8

### Intermediate/Advanced Dive Lessons

The advanced lessons are for divers who already have a foundation for diving. It will be expected of divers in these lessons to already be familiar with the following dives: back, front, reverse, inward, and twisters. Divers in the advanced lessons will have the option to work on 3 meter if desired, but not required.

Code	Day	Time	Dates	Fees
102062A	M - TH**	9:50 - 10:30 am	6/11 - 6/21	\$70R/\$85NR
102062B	M - TH**	9:50 - 10:30 am	6/25 - 7/05*	\$62R/\$75NR
102062C	M - TH**	9:50 - 10:30 am	7/09 - 7/19	\$70R/\$85NR
102062D	M - TH**	9:50 - 10:30 am	7/23 - 8/02	\$70R/\$85NR

**\*No class 7/4**

**\*\*Friday is a makeup day for inclement weather**

Ages: 6 - 17 years (must be comfortable swimming in deep water)  
Min/Max: 2/8

### Dive Clinics

These clinics are for anyone new to the sport of diving and want to give it a try before committing to a full two weeks of lessons. You may expect to learn: a full 3 step approach and hurdle, tuck/pike/straight jumps into water, front fall ins/dives, back fall ins/dives and front jump half twist.

Code	Day	Time	Dates
102061A	M**	10:40 am - 12:00 pm	6/11
102061B	M**	10:40 am - 12:00 pm	6/18
102061C	M**	10:40 am - 12:00 pm	6/25

**\*\*Friday of each week is a makeup day for inclement weather**

Ages: 6 - 17 years (must be comfortable swimming in deep water)  
Fee: \$20R/\$25NR  
Min/Max: 4/10

### Private/Semi-Private Dive Lessons



Private dive lessons are held during open swim hours and not during the regular swim lesson program. Semi-private lessons are two children, during which the lesson will be split among children or taught in a blended format based on each child's skill level. Lesson packages can be split among family members. Buy more and save! Private dive lesson will be available for instruction from June 11 - August 11.

Parents must give 24 hours notice when cancelling a private lesson or they will be charged for a lesson. Time will be deducted from the lesson if a participant arrives late. Private lessons must be purchased at the Parks & Recreation Office. They are not sold at the pool. Private lesson passes are good for the 2018 season only. A pool membership is required for the lesson or the daily fee must be paid at entry.

Upon purchasing your private lesson passes, the Dive Coach will contact you to set up your lesson.

Code	Fee	# of 1/2 hour lessons
102064-05	\$35	1
102064-06	\$145	5

### Meet our new Dive Coach, Tyler Yates!

Tyler Yates is a collegiate diver at Wheaton College. He will be going into his senior year as an interpersonal communication major and has been competing for Wheaton College since his sophomore year. Tyler is currently ranked 3rd in the CCIW conference and will be competing on 1 and 3 meter springboard. Tyler has worked with children in camps, life guarding, and swim lessons.

