



Woods Pool 711 Tomlin Drive Burr Ridge

Friday, June 4 – Sunday, August 22

Monday through Thursday 1:00 – 8:00pm
 Friday, Saturday & Sunday 12:00 – 7:00pm
Woods Pool Manager Bev West
Asst. Manager Mike Prelaske

Membership Information

Membership Type	Resident Fee BR, WB, PD, CS	Non-Resident Fee
Individual	\$150	\$160
Family (3 or more)	\$350	\$360

Rent the Pool

Contact the Park District for information and an application. Rental fee includes a pool manager, two lifeguards and exclusive use of the pool.

Days	Time	Fee
Mon – Thu	8:00 – 10:00pm	\$145
Fri – Sun	7:00 – 10:00pm	\$220

(Fees same as 2009)

Daily Passes – \$8

Ages 1 & under are free.

Sunset Special – \$4

After 5:00pm

10-Pass Punch Cards – \$80

Convenience Card

Swim Lessons

American Red Cross Certified

Registration Begins

May 3 for Residents

May 10 for Non-Residents

Swim Coordinator Mary Norge-Drent

Adult Aquacize Ages 18 & up

No swimming ability necessary.

June 14 – August 5 (Mon – Thur)

7:50am – 8:30am

Code SWAA Fee 10 Pass Punch Card \$55 (\$60)

In-District: BR, WB, CS, PD

One-on-One Private Lessons

Monday – Saturday Classes

June 14 – August 7

7:50am – 8:30am

Code SWCP Fees \$150 (\$160) for 4 lessons

In-District: BR, WB, CS, PD

Parent & Child Aquatics

In-District: BR, WB, CS, PD

Fees \$75 (\$80)

Min/Max 6/20

(Fee same as 2009)

Level A: 6 months – 2½ yrs

Monday & Wednesday

10:30–11:00am

Date Jun 14 – Jul 7

Code SWPC-1

Date Jul 12 – Aug 4

Code SWPC-2

Saturday

10:30–11:00am

Date Jun 12 – Jul 31

Code SWPC-3

Level B: 2½ – 4 yrs

Tuesday & Thursday

10:30–11:00am

Date Jun 15 – Jul 8

Code SWPC-4

Date Jul 13 – Aug 5

Code SWPC-5

Saturday

11:10–11:40am

Date Jun 12 – Jul 31

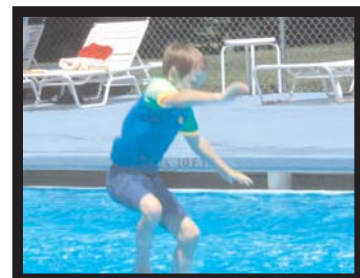
Code SWPC-6

Age/Levels	Course Description
6 mos. – 4 years Parent/Child Aquatics	Parent is in the water with child. Designed to promote water fun and swimming readiness.
3.5 – 5 years Pre-Beginners Levels Pre-Beg. Level 1 Pre-Beg. Level 2 Pre-Beg. Level 3	Children are in the water with instructor (Instructor/Student ratio is 4:1). Learn-to-swim readiness is emphasized. (Limited to 8 per class.) Specially designed for child who is afraid of the water and/or won't put face in water. Intended for child who will get head wet and displays some confidence. Adapted for child who will submerge face in water - high confidence.
6 – 12 years (Levels 1 – 6 + Diving)	
Level 1 Intro to Water Skills	Purpose: Helps students feel comfortable in the water. Skills Taught: Enter and exit water safely, back and front float, submerge under water eyes open and retrieve object, blow bubbles, beginner arm stroke on front and back.
Level 2 Fundamental Aquatic Skills	Purpose: Gives students success with fundamental skills. Skills Taught: Glide on front and back, float on front and back, rollover front to back, back to front, jump into pool from side, open eyes underwater & retrieve object, rhythmic breathing, swim on front and back using combine stroke.
Level 3 Stroke Development	Purpose: Help students develop confidence in their strokes and improve other aquatic skills and provide additional guided practice. Skills Taught: Jump into deep water, perform rotary breathing, perform butterfly kick and body motion, change from vertical to horizontal position on front and back, dive from sitting and kneeling position, survival float, HELP and huddle position, submerge fully and retrieve objects, swim front crawl, swim back crawl, bob with head fully submerged.
Level 4 Stroke Improvement	Purpose: To improve form and back crawl and learn elementary backstroke, breast stroke and sidestroke. Skills Taught: Dive from compact or stride position, swim breaststroke, tread water, swim underwater, elementary backstroke, throwing assist feet-first surface dive, sidestroke, coordinate butterfly, open turns on front and back.
Level 5 Stroke Refinement	Purpose: Provides further coordination and refinement of the strokes. Skills Taught: Front crawl, elementary backstroke, back crawl, sidestroke, breaststroke, butterfly, front flip turn, and shallow dive, tread water with two different kicks, backstroke flip turn, survival swimming, rescue breathing, tuck and pike dives.
Level 6 Fitness Swimmer	Purpose: Refines all six strokes so students swim with ease, efficiency, power and smoothness. Skills Taught: Swim 500 yard continuously using the following strokes: 100 yards front crawl, 100 yards back crawl, 50 yards breaststroke, 50 yards elementary backstroke, 50 yards sidestroke, 50 yards butterfly, and 100 yards your choice of stroke Perform the Cooper 12-minute swim test and compare with pre-assessment results.
Diving	Purpose: Introduces and practice fundamental springboard diving. Skills Taught: front jump from the edge of diving board, pike, back dive, front approach with hurdle. MUST HAVE COMPLETED LEVEL 2.

Please Note

- It is very important to enroll your children in the appropriate skill level.
- Children will be moved to more appropriate levels as deemed necessary.
- A parent cannot be in the pool with their child during swim lessons from Pre-Beginner through Level 6 and Diving.
- All decisions rendered by the Learn to Swim coordinator will be final

Class Sizes are Limited to 8 – 10 students per instructor.



Session Schedule

Fees Per Session: \$75 (\$80) BR, WB, CS, PD

Days: Monday – Thursday, Rain day makeup: Friday Min/Max: 4/10

Session 1	
June 14 – June 24	
8:40am – 9:20am	
Level	Code
Pre-Beg 1	SWLPB1-1
Pre-Beg 2	SWLPB2-1
Pre-Beg 3	SWLPB3-1
Level 1	SWL1-1
Level 2	SWL2-1
Level 3	SWL3-1
Level 4	SWL4-1
Level 5	SWL5-1
Level 6	SWL6-1
9:30am – 10:10am	
Level	Code
Pre-Beg 1	SWLPB1-2
Pre-Beg 2	SWLPB2-2
Pre-Beg 3	SWLPB3-2
Level 1	SWL1-2
Level 2	SWL2-2
Level 3	SWL3-2
Level 4	SWL4-2
Level 5	SWL5-2
Level 6	SWL6-2
Diving	SWD-1
10:20am – 11:00am	
Level	Code
Pre-Beg 1	SWLPB1-3
Pre-Beg 2	SWLPB2-3
Pre-Beg 3	SWLPB3-3
Level 1	SWL1-3
Level 2	SWL2-3
Level 3	SWL3-3
Level 4	SWL4-3
Level 5	SWL5-3
Level 6	SWL6-3

Session 2	
June 28– July 8	
8:40am – 9:20am	
Level	Code
Pre-Beg 1	SWLPB1-4
Pre-Beg 2	SWLPB2-4
Pre-Beg 3	SWLPB3-4
Level 1	SWL1-4
Level 2	SWL2-4
Level 3	SWL3-4
Level 4	SWL4-4
Level 5	SWL5-4
Level 6	SWL6-4
9:30am – 10:10am	
Level	Code
Pre-Beg 1	SWLPB1-5
Pre-Beg 2	SWLPB2-5
Pre-Beg 3	SWLPB3-5
Level 1	SWL1-5
Level 2	SWL2-5
Level 3	SWL3-5
Level 4	SWL4-5
Level 5	SWL5-5
Level 6	SWL6-5
10:20am – 11:00am	
Level	Code
Pre-Beg 1	SWLPB1-6
Pre-Beg 2	SWLPB2-6
Pre-Beg 3	SWLPB3-6
Level 1	SWL1-6
Level 2	SWL2-6
Level 3	SWL3-6
Level 4	SWL4-6
Level 5	SWL5-6
Level 6	SWL6-6
Diving	SWD-2

Session 3	
July 12 – July 22	
8:40am – 9:20am	
Level	Code
Pre-Beg 1	SWLPB1-7
Pre-Beg 2	SWLPB2-7
Pre-Beg 3	SWLPB3-7
Level 1	SWL1-7
Level 2	SWL2-7
Level 3	SWL3-7
Level 4	SWL4-7
Level 5	SWL5-7
Level 6	SWL6-7
9:30am – 10:10am	
Level	Code
Pre-Beg 1	SWLPB1-8
Pre-Beg 2	SWLPB2-8
Pre-Beg 3	SWLPB3-8
Level 1	SWL1-8
Level 2	SWL2-8
Level 3	SWL3-8
Level 4	SWL4-8
Level 5	SWL5-8
Level 6	SWL6-8
Diving	SWD-3
10:20am – 11:00am	
Level	Code
Pre-Beg 1	SWLPB1-9
Pre-Beg 2	SWLPB2-9
Pre-Beg 3	SWLPB3-9
Level 1	SWL1-9
Level 2	SWL2-9
Level 3	SWL3-9
Level 4	SWL4-9
Level 5	SWL5-9
Level 6	SWL6-9

Session 4	
July 25 – August 5	
8:40am – 9:20am	
Level	Code
Pre-Beg 1	SWLPB1-10
Pre-Beg 2	SWLPB2-10
Pre-Beg 3	SWLPB3-10
Level 1	SWL1-10
Level 2	SWL2-10
Level 3	SWL3-10
Level 4	SWL4-10
Level 5	SWL5-10
Level 6	SWL6-10
9:30am – 10:10am	
Level	Code
Pre-Beg 1	SWLPB1-11
Pre-Beg 2	SWLPB2-11
Pre-Beg 3	SWLPB3-11
Level 1	SWL1-11
Level 2	SWL2-11
Level 3	SWL3-11
Level 4	SWL4-11
Level 5	SWL5-11
Level 6	SWL6-11
10:20am – 11:00am	
Level	Code
Pre-Beg 1	SWLPB1-12
Pre-Beg 2	SWLPB2-12
Pre-Beg 3	SWLPB3-12
Level 1	SWL1-12
Level 2	SWL2-12
Level 3	SWL3-12
Level 4	SWL4-12
Level 5	SWL5-12
Level 6	SWL6-12
Diving	SWD-4

Saturday Swim Lessons BR, WB, CS, PD

Fees Per Session: \$75 (\$80)

Min/Max: 4/10

June 12 – July 31

9:00-9:40am	
Level	Code
Pre-Beg 1	SWLPB1-13
Pre-Beg 2	SWLPB2-13
Pre-Beg 3	SWLPB3-13
10:40-11:20am	
Diving	SWD-5

9:00-9:40am	
Level	Code
Level 3	SWL3-13
Level 4	SWL4-13
Level 5	SWL5-13

9:50-10:30am	
Level	Code
Pre-Beg 1	SWLPB1-14
Pre-Beg 2	SWLPB2-14
Pre-Beg 3	SWLPB3-14

9:50-10:30am	
Level	Code
Level 1	SWL1-13
Level 2	SWL2-13
Level 6	SWL6-13