



POLICIES OF ZION PARK DISTRICT SWIM LESSON PROGRAMS:

1. If your child misses a class due to illness, vacation, etc., your child **will not** receive a make-up lesson.
2. Swim lessons have a class enrollment minimum and this may require us to adjust the schedule. We will notify parents if this is necessary.
3. Register your child early to reserve a spot in class. We strive to keep a low student ratio in our classes and when you register early, this enables us to plan accordingly.
4. Our swimming instructors enjoy teaching children, but all of us have different teaching styles. Please keep this in mind when observing lessons. We ask that if parents have questions or concerns please address them after the class. Parents we ask that you observe class from the pool deck away from the edge of the pool.
5. If the weather looks threatening, please call 847-746-5500 after 8:00 am to check if lessons will be held. If earlier classes are canceled, all following classes will be cancelled to keep consistency, even if weather clears up. In case we cancel lessons due to weather conditions or mechanical difficulties, we will update the Zion Park District website ZionParkDistrict.com and Zion Park District Facebook page. We will announce when the make-up lesson will be offered at the next class.

ZION PARK DISTRICT FOLLOWS ELLIS & ASSOCIATES STANDARDS

Ellis & Associates is the leading lifeguard training consultant in the country. The pool staff continues to strive to give patrons the highest degree of safety at Port Shiloh Pool.

Thank you for letting us serve you!!

LEARN TO SWIM LEVEL DESCRIPTIONS

The American Red Cross has structured the Learn to Swim program to enable your child to obtain a smoother progression throughout the levels.

Level 1 – Orient participants to the water and begin building confidence. Introduction to basic level skills such as kicks and floats. Learn safety around water. **Prerequisite:** None

Level 2 – Begin to build on base level skills. Putting skills learned together. Learning beginning parts of strokes. Continue safety around water. **Prerequisite:** Float on back, independent swimmer

Level 3 – Learn competency in the water. Work on swimming without assistance. Introduction to new strokes and skills. **Prerequisite:** Ability to roll over and tread water

Level 4 – Learn all 6 strokes and begin building proficiency. Begin working on endurance. **Prerequisite:** Swim full length of pool

Level 5 – Refine all 6 strokes that were learned in level 4. New skills such as turns and surface dives are introduced. Continue building endurance for each stroke. **Prerequisite:** Stroke knowledge

Level 6 – Stroke technique to improve efficiency in the water. Setting up swim workouts. Focus on water safety skills such as self-rescue skills. **Prerequisite:** Successful demonstration of Level 5 skills

Jr Lifeguarding – Basic water rescue skills. Introduction to what it takes to be a lifeguard. Discussion on basic first aid and CPR. **Prerequisite:** Successful demonstration of Level 4 skills or higher. Ages 11-15

Preschool – Introduction to the water. Focus on comfort around the aquatic environment. Basic skill learning through games. Begin learning independence on skills. **Prerequisite:** None – Ages 3-5

Parent Child – Introduction to the water and swim skills. Parents learn proper holds and skills to help work with their child. Learn safety around water. **Prerequisite:** None – Ages 3 months-3 years

PORT SHILOH POOL CLASSES

IPAP (INFANTS, PRESCHOOLERS, AND PARENTS)

In this program, **parents** will be in the pool to assist the swimming instructor with their infant or toddler.

IPAP

Saturday Classes

Dates	Time	Ages
6/14-7/26	10:40-11:10 am	2-3 Yrs
6/14-7/26	10:00-10:30 am	3-23 Mo

Registration Deadline: June 12

Location: Port Shiloh Pool

Fees: Resident \$85 Non-Resident \$95 (6 classes)

No Class: 7/5



PRESCHOOL CLASSES: AGES 3-5

This program is suited for children who are independent enough to participate in a class without a parent.

Saturday Classes

Dates	Time
6/14-7/26	10:50-11:20 am
6/14-7/26	11:30 am-12:00 pm

Registration Deadline: June 12

Location: Port Shiloh Pool

Fees: Resident \$85 Non-Resident \$95 (6 classes)

No Class: 7/5

Tues/Thur Evening Classes

Dates	Time
6/10-6/26	6:30-7:00 pm
7/8-7/24	6:30-7:00 pm

Registration Deadline: Session 1 - June 8 Session 2 - July 6

Location: Port Shiloh Pool

Fees: Mini Session \$85 Non-Resident \$95 (6 classes)

MINI SESSION

Session 1

Mon, Wed & Fri · Class begins on Wed, June 11

Dates	Time
6/11-6/23	10:10-10:40 am
6/11-6/23	10:50-11:20 am
6/11-6/23	11:30 am-12:00 pm

Session 2

Mon, Wed & Fri · Class begins on Mon, June 30

Dates	Time
6/30-7/14	10:10-10:40 am
6/30-7/14	10:50-11:20 am
6/30-7/14	11:30 am-12:00 pm

No Class: 7/4

Session 3

Mon, Wed & Fri · Class begins on Fri, July 18

Dates	Time
7/18-7/30	10:10-10:40 am
7/18-7/30	10:50-11:20 am
7/18-7/30	11:30 am-12:00 pm

Registration Deadline: Session 1 - June 8

Session 2 - June 28 (No class July 4) Session 3 - July 15

Location: Port Shiloh Pool

Fees: Resident \$85 Non-Resident \$95 (6 classes)

847-746-5500

ZionParkDistrict.com

PORT SHILOH POOL CLASSES

LEARN TO SWIM: LEVELS 1-6 AGES 6-16

SATURDAY SESSION

Dates	Time	Levels
6/14-7/26	9:30-10:10 am	1, 2, 3, 4, 5
6/14-7/26	10:20-11:00 am	1, 2, 3, 4, 6
6/14-7/26	11:10-11:50 am	1, 2, 3, 4

Registration Deadline: June 12

Location: Port Shiloh Pool

Fees: Resident \$92 Non-Resident \$107 (6 classes)

No Class: 7/5

TUES/THUR EVENING CLASSES

Dates	Time	Levels
6/10-6/26	6:30-7:10 pm	1, 2, 3, 4, 5, 6
7/8-7/24	6:30-7:10 pm	1, 2, 3, 4, 5

Registration Deadline: Session 1 - June 8 Session 2 - July 6

Location: Port Shiloh Pool

Fees: Resident \$92 Non-Resident \$107 (6 classes)

MINI SESSION

SESSION 1

Mon, Wed & Fri – Classes begin on Wed, June 11

Dates	Time	Levels
6/11-6/23	9:30-10:10 am	1, 2, 3, 4, 5, 6
6/11-6/23	10:20-11:00 am	1, 2, 3, 4, 5, 6
6/11-6/23	11:10-11:50 am	1, 2, 3, 4

SESSION 2

Mon, Wed & Fri – Classes begin on Mon, June 30

Dates	Time	Levels
6/30-7/14	9:30-10:10 am	1, 2, 3, 4, 5, 6
6/30-7/14	10:20-11:00 am	1, 2, 3, 4, 5, 6
6/30-7/14	11:10-11:50 am	1, 2, 3, 4

No Class: 7/4

SESSION 3

Mon, Wed & Fri – Classes begin on Fri, July 18

Dates	Time	Levels
7/18-7/30	9:30-10:10 am	1, 2, 3, 4, 5, 6
7/18-7/30	10:20-11:00 am	1, 2, 3, 4, 5, 6
7/18-7/30	11:10-11:50 am	1, 2, 3, 4

Registration Deadline: Session 1 - June 8

Session 2 - June 28 (No class July 4)

Session 3 - July 15

Location: Port Shiloh Pool

Fees: Resident \$92 Non-Resident \$107 (6 classes)

JR. LIFEGUARDING

This class is for graduates of Level 6 to learn basic first aid and the fundamentals of lifeguarding. This introductory class is a fun way for students interested in aquatics to learn about what it means to be a lifeguard. **Mini Session - Mon, Wed, & Fri**

Dates	Time	Ages
6/30-7/14*	11:40 am-12:20 pm	11-15
7/18-7/30	11:40 am-12:20 pm	11-15

Registration Deadline: Session 1 - June 28 Session 2 - July 15

Location: Port Shiloh Pool

Fees: Resident \$92 Non-Resident \$107 (6 classes)

***No Class:** 7/4

PRIVATE SWIMMING LESSONS

Port Shiloh is offering the opportunity to register for private swim lessons (one on one with our instructors). Classes are a half hour each. Private lessons are for all ages and skill levels.

Location: Port Shiloh Pool

Fees: \$158 (6 classes)

For more information or to register, please contact Aquatics Director Ashley Garner at agarner@zionparkdistrict.org.

TUES/THUR EVENING

Dates	Time
6/10-6/26	6:30-7:00 pm
6/10-6/26	7:20-7:50 pm
7/8-7/24	6:30-7:00 pm
7/8-7/24	7:20-7:50 pm

Registration Deadline: Session 1 - June 8 Session 2 - July 6

SATURDAY MORNING

Dates	Time
6/14-7/26	9:30-10:00 am
6/14-7/26	10:10-10:40 am

Registration Deadline: June 12

No Class: 7/5

ADULT SWIMMING LESSONS

We will accommodate any level, beginner to the advanced swimmer.

Dates	Day	Time	Ages
6/10-6/26	Tues, Thurs	7:20-8:00 pm	17 & Up
6/14-7/26*	Sat	11:10-11:50 am	17 & Up
7/8-7/24	Tues, Thurs	7:20-8:00 pm	17 & Up

***No Class:** 7/5

Registration Deadline:

Session 1 and Session 2 - June 8 Session 3 - July 6

Location: Port Shiloh Pool

Fees: Resident \$92 Non-Resident \$107 (6 classes)