



INDOOR SWIM PROGRAMS

Spring Session I

2920 W. 183rd St., Homewood • 708-799-1323
hfracquetandfitness.com

H-F RACQUET & FITNESS CLUB POOL RULES

- **State Code: No street shoes are allowed on pool deck.**
- Children ages 5 & older must be in the same sex locker rooms regardless of adult supervision.
- Children ages 4 & under may be accompanied by a parent in opposite sex locker room. Please use only the first aisle of lockers.
- A single parent with children of the opposite sex age 5 & older may access the pool through the employee lunchroom at the end of the tennis court hallway.
- Gum, candy, food and beverages are prohibited in the pool area and locker rooms.
- Infants must wear a swim diaper and swimsuit.
- Parent must accompany child into the Club and must remain on the pool deck or in the pool observation lobby (by vending machines).
- Use the locker rooms to change clothes before and after class. (Separate room available if necessary).
- Emergency exits are for emergencies only.
- New participants should arrive 5 minutes before class time.

AMERICAN RED CROSS SWIM LESSONS

The H-F Racquet & Fitness Club offers American Red Cross swim lessons in its indoor, 4-lap lap pool. Class size is limited.



Registration Deadline: One week prior to the start of each session.

Note: Fee increases \$20 when you register on class day.

How to Register: Submit registration form to the Welcome Center, or phone in with a credit card.

Refund Policy: A full refund (minus \$5 processing fee) will be issued if requested in writing prior to the start of the first class. Verbal cancellations will not be accepted. No refunds will be issued once class begins.

Session I:Feb. 29 - April 7 (Code: 158300)
	(No class March 28 & 31)
Group Lesson Fee:\$42/Members, \$63/Non-members
Day of class:\$62/Members, \$83/Non-members

Private and Semi-Private Lessons are also available for members only, ages 3 & older. Call 708-799-1323 for details.

WEDNESDAYS 5 P.M.

Code 158300-01Preschool
 Code 158301-01Level 1
 Code 158301-02Level 2
 Code 158301-03Level 3
 Code 158301-04Level 4/5

WEDNESDAYS 5:35 P.M.

Code 158300-02Preschool
 Code 158301-05Level 1
 Code 158301-06Level 2
 Code 158301-07Level 3
 Code 158300-03Parent & Tot

WEDNESDAYS 6:10 P.M.

Code 158300-04Adult Swim
 Code 158300-08Preschool
 Code 158301-08Level 4/5

SATURDAYS 9 A.M.

Code 158300-05Preschool
 Code 158301-11Level 1
 Code 158301-12Level 2
 Code 158301-13Level 3
 Code 158301-14Level 4/5

SATURDAYS 9:35 A.M.

Code 158300-06Preschool
 Code 158301-15Level 1
 Code 158301-16Level 2
 Code 158301-17Level 3
 Code 158300-07Parent & Tot

SATURDAYS 10:10 A.M.

Code 158300-09Preschool
 Code 158301-19Level 1
 Code 158300-19Adult

LEVEL DESCRIPTIONS

Parent & Tot* — Learn proper instruction methods for showing your infant or toddler basic water adaptation techniques in a fun environment. Adult must accompany child in the water. **Age 12-35 months.**

Preschool Swim* — This class will prepare children for Level 1. **Age 3-5 years.**

Level 1: Water Exploration — Introduces water entry and exit to beginners and helps build their comfort in the water. Very basic skills are taught, including submerging the head. **Age 6+.**

Level 2: Primary Skills — Retrieve objects underwater, demonstrate front/back glide and flutter kick without any assistance. You'll learn basic rhythmic breathing and how to turn over. **Age 6+.**

Level 3: Stroke Readiness — You'll open eyes underwater, plus learn bobbing, front crawl, back crawl, elementary back stroke kick and how to change directions. **Age 6+.**

Adult Swim Lessons — It's never too late to learn how to swim! Develop basic strokes and skills. Combat any fear you have of the water in our 3.5-ft. pool. All levels welcome! **Age 16+.**

Level 4 & 5: Stroke Development — Learn rotary breathing, elementary back stroke, breast stroke and sidestroke kick, front & back crawl endurance and turn at walls. Advanced swimmers will practice underwater swimming, plus butterfly kicks and open turns. Level 4 will develop confidence, and Level 5 will further their coordination and refinement of strokes. **Age 6+.**

Family Swim — Enjoy time with your family, practice swimming or just splash around. Bring a guest for \$7. Although lifeguards are on duty, parents are required to be with their children at all times. *Premier Family Membership required.*

- **Fridays 5:30-7 p.m.**
- **Saturdays 3-4:30 p.m.**
- **Sundays 1-3 p.m. (1/15-3/25)**