

Swim Lesson Opportunities

PRESCHOOL SWIM LESSONS 3-4 year olds

Monday: Sept 13 - Nov 1

- Class A 4:00-4:30PM
- Class B 4:35-5:05PM
- Class C 5:10-5:40PM

Wednesday: Sept 15 - Nov 3

- Class A 4:00-4:30PM
- Class B 4:35-5:05PM
- Class C 5:10-5:40PM

Saturday: Sept 18 - Nov 6

- Class A 10:15-10:45AM
- Class B 10:50-11:20AM
- Class C 11:25-11:55AM

PRE-BEGINNER SWIM LESSONS 4-5 year olds

Monday: Sept 13 - Nov 1

- Class A 4:00-4:30PM

Wednesday: Sept 15 - Nov 3

- Class A 4:00-4:30PM

Saturday: Sept 18 - Nov 6

- Class A 10:15-10:45AM

JUNIOR SWIM LESSONS 5-10 year olds

Monday: Sept 13 - Nov 1

- Class A 4:00-4:45PM (Basic)
- Class B 4:45-5:30PM (Int./Adv.)

Wednesday: Sept 15 - Nov 3

- Class A 4:00-4:45PM (Basic)
- Class B 4:45-5:30PM (Int./Adv.)

Saturday: Sept 18 - Nov 6

- Class A 10:15-11:00AM (Basic)
- Class B 11:00-11:45AM (Int./Adv.)

Sunday: Sept 19 - Nov 7

- Class A 1:00-1:45PM (Basic)

JR. COMPETITIVE SWIM/STROKE CLINIC

Tuesday: Sept 14 - Nov 2

- Class A 4:45-5:30PM (Must be assessed)

Sunday: Sept 19 - Nov 7

- Class A 1:45-2:30PM (Must be assessed)

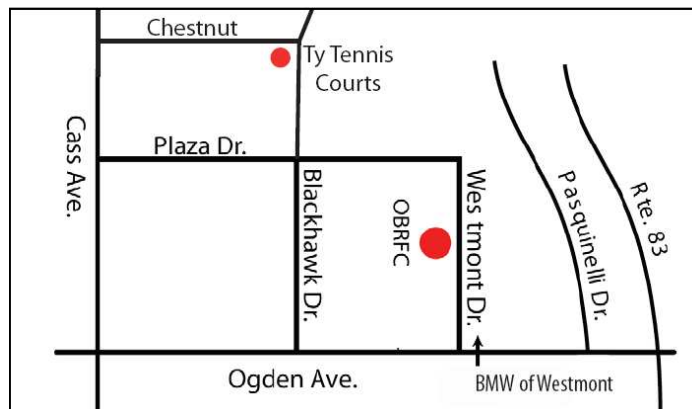
ADV. JR. COMPETITIVE SWIM/STROKE CLINIC

Tuesday: Sept 14 - Nov 2

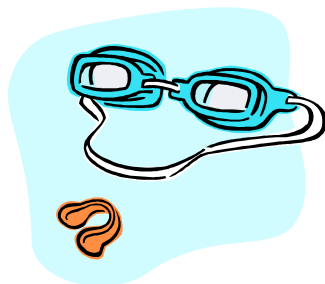
- Class A 5:30-6:30PM (Must be assessed)

The Perks

Oak Brook Racquet and Fitness Club offers a state-of-the-art fitness facility. Enjoy swim lessons in a climate-controlled, private pool kept at 86 degrees. Cabana changing area, shower and towels are provided.



We are conveniently located
1 mile west of Route 83, off
Ogden Avenue.



***Goggles are
required for
all swim classes**

SWIM

Fall 2010 Junior Swim Programs Sept 13 - Nov 7 (8 weeks)

NO MAKE-UP OR PRORATING CLASSES



Oak Brook Racquet & Fitness Club
650 Westmont Drive
Westmont, IL 60559
630-654-2442
WWW.OBRFC.COM

PRESCHOOL LESSONS

Special swim classes, designed especially for Preschoolers 3 - 4 years of age, are offered at the same time as the Jr. Swim Lessons. Children are taught basic water safety as they discover the fun of swimming.

Price/member \$145
Price non-member \$165
(includes 1 day per week)
Min/Max class size is 2

PRE-BEGINNER LESSONS

Designed for swimmers who have participated in Preschool lessons and who are ready for the next step. Geared toward children 4-5 years old.

Price/member \$145
Price non-member \$165
(includes 1 day per week)
Min/Max class size is 2

JR. GROUP SWIM LESSONS

Junior Swim Lessons are for children 5 - 10 years of age. The children are taught basic water safety and introduction to strokes. Please indicate if the swimmer is Basic, Intermediate, or Advanced level.

Price/member \$125
Price non-member \$150
(includes 1 day per week)
Min/Max class size is 3/4

JR. COMPETITIVE STROKE CLINIC

A wonderful opportunity to prepare for competitive swimmers (ages 7 and above) to refine their strokes, turns, and starts. Must be able to swim 4 lengths of the pool. ***Must have instructor's approval for this class.***

Price/member \$155
Price non-member \$180
(includes 1 day per week)

ADV. JR. COMPETITIVE STROKE CLINIC

The next step! This class is designed for competitive swimmers with swim team experience. Stroke refinement and endurance are our goals. Prior participation in the Junior Competitive Stroke Clinic is highly recommended. ***Must have instructor's approval for this class.***

Price/member \$160
Price non-member \$185
(includes 1 day per week)

Get a quick assessment with a swim instructor on Saturdays at 12:30PM.

PRIVATE SWIM LESSONS

Private swim lessons are available for anyone age 3 to adult.

We have something for everyone!

Individuals desiring to learn to swim as well as experienced swimmers wanting stroke instruction for competition are welcome!

Day and time are determined by you and the instructor. E-mail Char Mahar at cmahar@obrfc.com or call Brittany Moran at (630)654-2442 for more information

Individual Private Lessons:

| | | |
|---|-------------------------------|-------|
| Individual Lessons (1 Swimmer/1 Instructor) | | |
| 4 | 45 minute lessons | \$175 |
| 6 | 30 minute lessons | \$175 |
| | (*with instructor's approval) | |
| 8 | 45 minute lessons | \$350 |
| 12 | 45 minute lessons | \$525 |
| 16 | 45 minute lessons | \$700 |

Semi-Private Lessons:

| | | |
|--|-------------------|-------|
| Two Person Lessons (2 Swimmers/1 Instructor) | | |
| 4 | 45 minute lessons | \$240 |
| 8 | 45 minute lessons | \$480 |
| 12 | 45 minute lessons | \$720 |
| 16 | 45 minute lessons | \$960 |
| Three Person Lessons (3 Swimmers/1 Instructor) | | |
| 4 | 45 minute lessons | \$280 |
| 6 | 45 minute lessons | \$420 |

OBRFC Cancellation Policy

Please notify the Club* within 24 hours of the assigned class in order to avoid being charged for the private swim lessons.
(* phone number arrangement with the Instructor)

REGISTRATION

Parent/Guardian Name _____

Child's Name _____

Age _____ Experience _____
(beg. int. adv.)

ADDRESS _____

CITY _____

STATE _____ ZIP CODE _____

PHONE# _____ (HOME)

_____ (CELL)

_____ (E-MAIL)

WAIVER OF LIABILITY

I hereby release OBRFC together with its operators, agents, employees, consultants, assistants, advisors and independent contractors from any and all claims from personal injury or damage that may be sustained by me from use of the premises or equipment or from participating in the physical exercise of body conditioning for which I have subscribed.

I hereby represent that I am in good health and capable of participating in such a program. I will not do anything which will injure myself or others while engaging in such programs and will hold Oak Brook Racquet & Fitness Club harmless in connection with my participation. OBRFC can not be held responsible for any damage or loss of personal property.

Print Name

Parent/Guardian Signature

PRIVATE LESSONS _____

(Instructor's Name) _____

TOTAL _____ DATE _____

PAID BY _____ TICKET # _____

STAFF INITIALS _____ ENTERED INTO BINDER _____