

READ PARK FAMILY AQUATIC CENTER



Cool off this summer at the Read Park Family Aquatic Center, which features a 40-ft. water slide, water play features, zero-depth entry and more. The season is set to open Saturday, May 23, 2009. Actual hours of operation are subject to weather.

2009 season passes are on sale at the Park District Office on Monday through Friday from 8:00am to 5:00pm. Register prior to May 1 and receive two complimentary daily admission passes that you can use for guests! Beginning Saturday, May 23, passes will be sold only at the Read Park Family Aquatic Center.

2009 SEASON PASS RATES

	Resident	Non-Resident
Youth, 1-17 yrs.	\$50	\$65
Adult, 18+ yrs.	\$65	\$80
Family of 2	\$105	\$135
Family of 3	\$145	\$195
Family of 4	\$180	\$245
Each additional family member after 4 is \$35.		

2009 DAILY ADMISSION RATES

	Resident	Non-resident
Youth 1-17 yrs	\$4.50	\$5.50
Adult 18+ yrs.	\$5.50	\$6.50

Discount Family SWIM Rates (6:00-8:00 PM on weekdays)

\$2 for Residents

\$3 for Non-Residents

*No one under the age of 18 will be allowed in the pool without a parent or legal guardian.

GROUP RATES

Groups of 20 or more receive a \$.50 per person discount. To receive this discount, groups must present themselves at pool at one time. Group rates will not be honored if group members present themselves at different times. Large groups with special requests must contact the Park District Office at (815) 235-6114.



POOL RENTAL

The Read Park Family Aquatic Center is the perfect location for your next group outing. Perfect for birthday parties, church and company outings, or other festive occasions, the Aquatic Center can be reserved for a private party on Saturday and Sunday evenings beginning at 5:30 PM. Make your reservations at the Park District Office. A full refund will be given if there is inclement weather the day of the event or notice is given 48 hours prior to the event. The rental fee is \$150 per hour with a 2 hour minimum. The Aquatic Center will only be reserved between the hours of 5:30 and 8:30 PM on Saturdays and Sundays. Other services available for Aquatic Center rentals include food and beverage services as well as themed parties, including decorations and games. Our staff will work with you to make your event truly special.

POOL HOURS

Weekdays:

May 25 - August 21

11:00 AM - 1:00 PM	Adult Lap Swim and Parent/Tot Swim
1:00 - 5:00 PM	Open Swim
6:00 - 8:00 PM	Discount Family Swim

Saturdays, Sundays and Holidays:

11:00 AM - 1:00 PM	Adult Lap Swim & Parent/Tot Swim
1:00 - 5:00 PM	Open Swim

*Parent/Tot Swim is for children under 10 years of age accompanied with parent. Children under 10 years of age must be accompanied with parent/guardian during open swim.

*Hours of operation are subject to weather.

(For added customer convenience call (815) 233-0016 for daily opening/ closing information and swim lesson updates. Actual hours of operation are affected by inclement weather and staff availability.)

Themed Pool Parties

Are you looking for something fun to do on Friday night? The Read Park Family Aquatic Center is hosting themed parties on select Friday evenings that are fun for the whole family. Discount Family Swim fees apply for the dates listed below:

- Hawaiian Luau – Friday, June 19
- 80's Night – Friday, July 10
- Christmas in July – Friday, July 24
- Pirate Invasion – Friday, August 7



LEARN-TO-SWIM . . .

Why take swimming lessons?

American Red Cross is the most trusted name in health and safety! Red Cross swimming lessons teach more than just how to swim. They teach participants how to be safe around water. The American Red Cross offers six comprehensive course levels that teach you, your child or other family members how to swim skillfully and safely. The prerequisite for each level is the successful demonstration of the skills from the preceding level, except for Level 1, which has no prerequisite except for being 5 years of age or older. The following is a list of Learn-to-Swim classes:

Level 1 – Introduction to Water Skills – Participants will learn to enter and exit water safely, float on front and back, submerge underwater, exhale underwater, explore swimming on front and back, follow basic water safety rules, and submerge to pick up objects underwater.

Level 2 – Fundamental Aquatic Skills – Participants will build on skills learned in Level 1 and learn to tread water, explore swimming on side, perform rhythmic breathing, glide on front and back, rollover front to back, and swim on front and back using combined strokes.

Level 3 – Stroke Development – Participants will build on skills learned in Level 2 and learn to jump into deep water, dive from sitting or kneeling position, bob with head fully submerged, perform rotary breathing, survival float, swim front crawl, swim back crawl, perform butterfly kick and body motion, perform HELP and huddle positions, perform reaching assists, and use Check-Call-Care in case of an emergency.

Level 4 – Stroke Improvement – Participants will build upon skills learned in Level 3 and learn to dive from compact or stride position, swim underwater, perform feet-first surface dive, coordinate butterfly, swim breaststroke, swim elementary backstroke, swim on side using scissors kick, perform open turns on front and back, tread water using sculling arm motions and kick, use safe diving rules, and perform throwing assists.

Level 5 – Stroke Refinement – Participants will build upon skills learned in Level 4 and further refine the front crawl, back crawl, sidestroke, breaststroke, butterfly, elementary backstroke, and

sidestroke. Participants will also learn to shallow dive and begin swimming, tread water with two different kicks, survival swimming, tuck and pike surface dives, front flip turn, backstroke flip turn, and rescue breathing.

Level 6 – Swimming and Skill Proficiency – Participants will further refine all six strokes so students swim them with ease, efficiency, power and smoothness over greater distances.

Parent/Tot Swim Lessons – Special class for parents & tots.

The Freeport Park District offers the American Red Cross Learn-to-Swim Program. Classes meet Monday through Friday, rain or shine, for 45 minutes unless otherwise noted. Class make-up dates will be scheduled by the Aquatics Supervisor. **Lesson fees are \$38 for Freeport Park District residents and \$42 for non-residents.** Minimum enrollment for each class is four participants. The Freeport Park District strives to keep class ratios at 1 instructor per 6 students.

Session I Swim Lessons – June 15 - June 26 • M-F

Registration Deadline: June 10

	10:00 AM	5:15 PM
Level 1	ID #201-0	ID #201-1
Level 2	ID #202-0	ID #202-1
Level 3	ID #203-0	ID #203-1
Level 4	ID #204-0	ID #204-1
Level 5	ID #205-0	ID #205-1

Session II Swim Lessons – July 6 - July 17 • M-F

Registration Deadline: July 1

	9:15 AM	10:00 AM	5:15 PM
Level 1	ID #201-2	ID #201-3	ID #201-4
Level 2	ID #202-2	ID #202-3	ID #202-4
Level 3	ID #203-2	ID #203-3	ID #203-4
Level 4	ID #204-2	ID #204-3	ID #204-4
Level 5	ID #205-2	ID #205-3	ID #205-4
Level 6	ID #206-2	ID #206-3	ID #206-4

Session III Swim Lessons – July 27 - August 7 • M-F

Registration Deadline: July 22

	10:00 AM	5:15 PM
Level 1	ID #201-5	ID #201-6
Level 2	ID #202-5	ID #202-6
Level 3	ID #203-5	ID #203-6
Level 4	ID #204-5	ID #204-6
Level 5	ID #205-5	ID #205-6
Level 6	ID #206-5	ID #206-6

PRIVATE SWIMMING LESSONS

Private lessons are available upon request by contacting the Park District Office at (815) 235-6114. The fees for private swimming lessons are:

1/2-hour lesson for 1 student = \$15

Four 1/2-hour lessons for 1 student = \$50

1/2-hour lesson for 2 students = \$25

Four 1/2-hour lessons for 2 students = \$80

FREEPORT AQUATIC SWIM TEAM (F.A.S.T.)

Do you like to swim? Can you swim the length of the pool? Would you like to meet some new friends? Did you know that there is a swim team in Freeport just for you? We can offer you a family-friendly environment where you can develop your skills in swimming, the Life-Long Sport. Call Dr. Hartog at (815) 233-9677 or (815) 235-5174.

GUARD START

For swimmers age 11 – 14 yrs. of age. Training develops knowledge, attitudes and skills needed to succeed in lifeguard training and enhance effectiveness on the job as a lifeguard. Due to the nature of the aquatic environment, the 60-minute sessions will meet on an irregular schedule that will be distributed the first day of class.

Mon-Fri., June 15 - June 26 9-10AM ID #208-0

Register by June 10

Mon-Fri., July 27 - Aug. 7 9-10AM ID #208-1

Register by July 22

Min/Max 4/8; R/NR \$38/42

Beginning DIVING LESSONS

For good swimmers who are comfortable in deep water. This two-week course develops strength, flexibility and confidence while learning basic dives off a one-meter springboard. Emphasis is placed on safe diving.

Mon-Fri., June 15 - June 26 9:15-10AM ID #211-0

Register by June 10

Mon-Fri., July 27 - Aug. 7 9:15-10AM ID #211-1

Register by July 22

Min/Max 6/10; R/NR \$38/42