

Private/Semi-Private Swim Lessons

Work one-on-one with a qualified FitRec swim instructor. Private swim lessons can teach you how to swim or refine your skills. Lessons are tailored to meet your individual needs. Swimmers of all levels, ages and abilities are welcome to sign up; it's never too late to learn how to swim! Lessons are 30-minutes in length and are scheduled on the availability of the swimmer, instructor and pool time. Have a relative or friend of similar age and ability? Semi-private lessons are perfect for two persons of similar age and/or ability at the discretion of the instructor.

MEMBER PRICING

To qualify for member pricing, children 3 and up must have a dependent or family FitRec membership. Children 2 years and under can qualify for member pricing if one parent/guardian has a FitRec membership.

½ Hour Lessons	1 Session	Pack of 5	Pack of 10
Private	\$21	\$100	\$190
Semi-Private*	\$16/Per Swimmer	\$75/Per Swimmer	\$140/Per Swimmer

NON-MEMBER PRICING

½ Hour Lessons	1 Session	Pack of 5	Pack of 10
Private	\$29	\$140	\$270
Semi-Private*	\$24/Per Swimmer	\$115/Per Swimmer	\$220/Per Swimmer

*Semi-Private Swim Lessons require the purchase of one session/package per swimmer. FitRec does not partner swimmers, so please plan accordingly.

SCHEDULING PRIVATE SWIM LESSONS

1. Stop by Membership Services and purchase the package of your choice
2. Complete a Private Swim Lesson Request Form and return to Membership Services
3. Clients will be contacted within 3 business days after returning request form

For more information on Private Swim Lessons, please contact Ewan Gall at galle2@morainevalley.edu or (708) 608-4207.

Policies

GROUP SWIM LESSONS & AQUA TOT & PARENT SWIM

Class Policy: The instructor will make-up or FitRec will refund any lessons canceled due to facility or instructor issues. Participants may be able to join the session after on-time registration ends, space permitting, for a prorated fee. Classes/programs are subject to minimums/maximums, instructor/location changes, price changes and/or cancellation at supervisor's discretion. No make-ups are allowed due to swimmer absence (schedule conflicts, vacation, etc.) to allow us to maintain our instructor to student ratios. **Refund/Credit Policy:** A 100% refund will be given for any program canceled by FitRec. A 100% refund will be given if a patron submits a refund request form to Membership Services prior to the session registration deadline. A partial credit will be given for the following two reasons: (1) medical issues along with a written note from a licensed practitioner or (2) program not appropriate for maturity/ability of student along with verification from the Program Coordinator. Partial credits are based on the value of classes not attended, must be submitted within 1 week of the last attended class and require participant to submit a credit request form. Late/prorated registrations are not eligible for refunds/credits. Credits will expire within one year of issue. **Transfer Policy:** Participants that wish to transfer to another class section within the same session need to submit a Transfer Form through Membership Services. Transfers need to be approved by the Program Coordinator before the participant can attend a different class. Transfers are not allowed from one session to another.

PRIVATE/SEMI-PRIVATE SWIM LESSONS

Length of Sessions: As needed, 30-minute sessions will include 25-minutes of pool time and 5-minutes to answer questions, review skills and confirm next appointment. **Private Swim Lesson Cancellation Policy:** To cancel an appointment, contact your instructor directly, at least 4-hours in advance. Failure to do so will result in forfeiting the session. **Semi-Private Swim Lesson Cancellation Policy:** In the event that one partner(s) is not able to make a scheduled appointment, there are two options available: (1) reschedule the semi-private for an alternate day/time at least 4-hours in advance OR (2) keep the regularly scheduled appointment and all partner(s) will be billed for the appointment regardless of attendance. **Late Policy:** Instructors will still honor the appointment in the event a client is late; however sessions that begins late will end at the originally scheduled time. **Expiration Policy:** All swim sessions/packages expire one year from date of purchase. **Refund/ Transfer Policy:** All sessions/packages are non-refundable, and non-transferable unless a medical issue is verified by a written note from a licensed practitioner. If dissatisfied with an instructor or instructor's services, a client may request a replacement through Ewan Gall at (708) 608-4207 or Galle2@morainevalley.edu.

morainevalley.edu/fitrec

Health, Fitness & Recreation Center, Building H
9000 W. College Parkway, Palos Hills, IL 60465



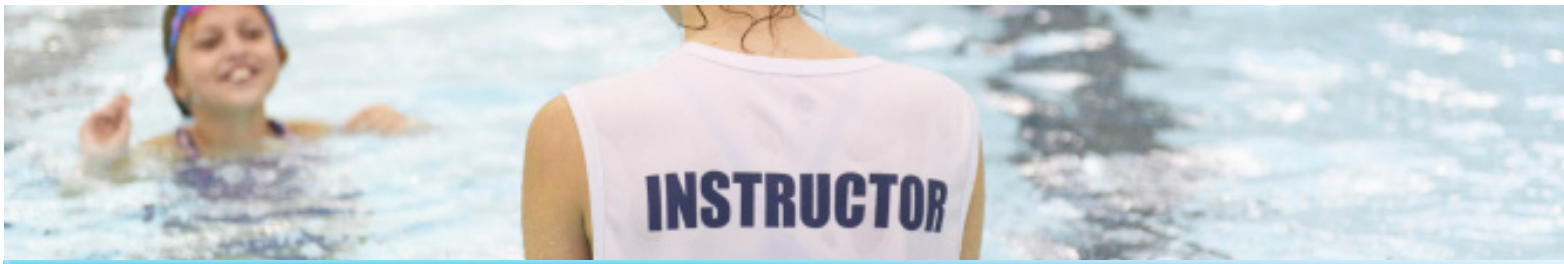
Swim with FitRec

GROUP · PRIVATE · SEMI-PRIVATE · AQUA TOT



Moraine Valley Community College
Health, Fitness &
Recreation Center





Children's Group Swim Lessons

Group swim lessons are offered year round and led by our trained Jeff Ellis Swim (JES) instructors for children ages 4-13 years old. Ellis & Associates has been a leader in the world of aquatics for more than 30 years. Our program consists of 6 levels starting with introduction to water skills at the Preschool Level and concludes with a strong understanding of all strokes and ability to swim 300 yards continuously at the Advanced Level. Water safety skills are also taught and practiced. Lessons are 40 minutes in length. The average instructor-to-student ratio is 1:5. All swimmers will receive a skill card noting progress and achievement at the end of the session, excluding shorter summer sessions.

Day	Time	Levels	FitRec Member	Non-Member
Mon.	5-5:40 p.m.	PS, B1, B2	\$96	\$144
	5:45-6:25 p.m.	B1, B2, AB		
	6:30-7:10 p.m.	AB, IN, AD		
Wed.	5:45-6:25 p.m.	B2, AB, IN	\$96	\$144
	6:30-7:10 p.m.	B1, B2, AB		
Sun.	3-3:40 p.m.	PS, B1, B2	\$84	\$126
	3:45-4:25 p.m.	PS, B1, B2		
	4:30-5:10 p.m.	B1, B2, AB		
	5:15-5:55 p.m.	AB, IN, AD		

Spring 2: March 20-May 21

Monday: 8 weeks begin March 20, No class April 3
 Wednesday: 8 weeks begin March 22, No class April 5
 Sunday: 7 weeks begin March 26, No class April 2 & 16

To ensure your registration in the correct class, parents/guardians are asked to review the Ellis Level Chart below and select the appropriate starting point for their swimmer. Ages are a guideline only, parents should focus more on the description and prerequisite. Swimmers signed up for incorrect day/time will be required to transfer to correct day/time.

Level	Ages	Description	Prerequisite
Preschool (PS)	4-5 years	Introduction to water skills. Students begin to get comfortable in the aquatic setting through water drills and games.	No prior experience.
Beginner 1 (B1)	5-8 years	Develop basic water skills and independence in the pool. Students learn and practice bobs, jumps, floats, glides and kicking. Introduction of arm and leg patterns to facilitate stroke development in higher levels.	Ability to follow directions from coach and work well within a group setting.
Beginner 2 (B2)	6-10 years	Develop basic swimming skills while increasing confidence and distances. Hone proper technique for strokes so student is ready to extend distances. Introduction of sidestroke.	Ability to swim independently approx. 10 feet back to wall without touching bottom of pool. Some experience with front crawl, backstroke, breaststroke and elementary backstroke.
Advanced Beginner (AB)	7-11 years	Starting to pull together the mechanics of the strokes to improve efficiency and increase yardage. Working towards completing 25 yards on most strokes. Introduction of butterfly.	Confidently swim ½ lengths of the pool of each stroke: front crawl with breathing, backstroke, breaststroke, elementary backstroke and sidestroke.
Intermediate (IN)	7-12 years	Practice building endurance on all strokes without comprising form. Working towards completing 50 yards on most strokes. Introduction of flip turns.	Confidently swim 25 yards of each stroke: front crawl with breathing, backstroke, breaststroke, elementary backstroke and sidestroke. Some experience with butterfly.
Advanced (AD)	8-13 years	Developing student to be an overall strong swimmer for recreational and/or competitive swimming. Working towards completing 100 yards of most strokes. Goal to swim 300 yards continuously using combined strokes.	Confidently swim 50 yards of each stroke: front crawl with breathing, backstroke, breaststroke, sidestroke and elementary backstroke. Ability to swim half of 25 yards of butterfly.

NEW!

Preschool Mini Swim Lessons

Preschool Mini Swim Lessons follow the Jeff Ellis Swim (JES) program, but with a 1:2 instructor-to-student ratio. Perfect class for the 3 year old that is ready to learn without a parent in the pool or 4 year olds that need more individualized attention. Swimmers are working on the same skills as Preschool Level so upon graduation from Preschool Mini, they are ready for Beginner 1. Ages 3 to 4.

Day	Time	FitRec Member	Non-Member
Wed.	5:45-6:25 p.m.	\$120	\$84
Sun.	5:15-5:55 p.m.	\$105	\$161



Spring 2: March 20-May 21

Wednesday: 8 weeks begin March 22, No class April 5

Sunday: 7 weeks begin March 26, No class April 2 & 16

For more information on Group Swim Lessons and Preschool Mini Swim Lessons, please contact Julie Bearden at julie.bearden@morainevalley.edu or (708) 608-4029.

Aqua Tot & Parent Swim

An enjoyable water class that encourages exploration through songs, games and drills. Benefits include parent and child bonding, water orientation and safety skills. Tots will be introduced to bobs, floats, glides and more! Classes are 30-minutes in length. One parent per child. Ages: 24 to 48 months. Instructor to parent/child ratio is 1:8.

Day	Time	FitRec Member	Non-Member
Sat.	9:30-10 a.m.	\$64	\$96
	10:15-10:45 a.m.		

Spring 2: March 20-May 21

Saturday: 8 weeks begin March 25, No class April 8

For more information on Aqua Tots + Parent Swim, please contact Julie Bearden at julie.bearden@morainevalley.edu or (708) 608-4029.

Swim Registration

Registration currently open.

Registration is accepted at Membership Services or online at morainevalley.edu/fitrec.

- Closes Friday, March 17 at 5 p.m.

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