

## Please indicate class choice

### Swim Lesson Opportunities

#### **PRESCHOOL SWIM LESSONS** 3-4 year olds

##### **MONDAY: NOV 9—JAN 18 (8 WEEKS)**

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

##### **WEDNESDAY: NOV 11—JAN 20 (8 WEEKS)**

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

##### **SATURDAY: NOV 14—JAN 23 (8 WEEKS)**

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

#### **JUNIOR SWIM LESSONS** 5-10 year olds

##### **MONDAY: NOV 9—JAN 18 (8 WEEKS)**

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

##### **WEDNESDAY: NOV 11—JAN 20 (8 WEEKS)**

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

##### **SATURDAY: NOV 14—JAN 23 (8 WEEKS)**

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

##### **SUNDAY: NOV 15—JAN 24 (8 WEEKS)**

- Class A 1:00–1:45PM (Basic)

#### **JR. COMPETITIVE SWIM/STROKE CLINIC**

##### **TUESDAY: NOV 10—JAN 19 (8 WEEKS)**

- Class A 4:45–5:30PM (AGES 7 AND ABOVE)

##### **SUNDAY: NOV 15—JAN 24 (8 WEEKS)**

- Class A 1:45–2:30PM

#### **ADV. JR. COMPETITIVE SWIM/STROKE CLINIC**

##### **TUESDAY: NOV 10—JAN 19 (8 WEEKS)**

- Class A 5:30–6:30PM (By invitation only)

#### **PRIVATE LESSONS** \_\_\_\_\_ (Instructor)

TOTAL \_\_\_\_\_ DATE \_\_\_\_\_

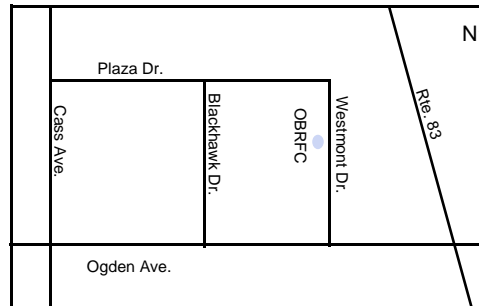
PAID \_\_\_\_\_ TICKET # \_\_\_\_\_

STAFF INITIALS \_\_\_\_\_

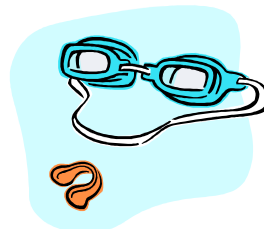
## The Perks

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 recommended for all swim classes**

# SWIM

## FALL—Winter 2009 – 2010 Junior Swim Programs Nov 9 – Jan 24

**NO CLASSES THE WEEK OF THANKSGIVING OR DURING THE 2 WEEKS OF CHRISTMAS BREAK (NO MAKE-UP OR PRORATING CLASSES)**



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

# JUNIOR SWIM LESSONS

## 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**

## 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. Efficient strokes help achieve greater confidence and prepare swimmers for the swim team experience. **\*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. Don't miss this chance to get an edge on the competition! **\*Must have instructor's approval for this class.\***

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

# 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. Call Char Mahar or Brittany Moran at OBRFC 630-654-2442 for more information.

### Individual Private Lessons:

The fee is \$42 per 45 minute session with a minimum of 4 sessions required. (\$168 total)

### Semi-Private Lessons:

Grab a buddy! The fee for two is \$58 per 45 minute session with a minimum of 4 sessions required. (\$232 total covers both swimmers)

#### Individual Lessons (One on One)

4	45 minute lessons	\$168
8	45 minute lessons	\$328
12	45 minute lessons	\$480
16	45 minute lessons	\$624

#### Two Person Lessons (Two on One)

4	45 minute lessons	\$232
8	45 minute lessons	\$456
12	45 minute lessons	\$672
16	45 minute lessons	\$880

#### Three Person Lessons (Three on One)

4	45 minute lessons	\$270
6	45 minute lessons	\$396



# 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

\_\_\_\_\_  
Date

## **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 w/Instructor)