Aquatics
Spring 2015

Spring 1: February 1 - March 7, 2015
Spring 2: March 29 - May 3, 2015

Recognize your potential!
UIC Campus Recreation | The UIC Experience
Office of the Vice Chancellor for Student Affairs
STUDENT RECREATION FACILITY (SRF)
737 S. Halsted St. 312.413.5150

SRF Facility Hours
Monday - Thursday 6:00AM - 11:00PM
Friday 6:00AM - 9:00PM
Saturday 9:00AM - 9:00PM
Sunday 11:00AM - 11:00PM

Access to the pool ends one hour before the building closes.

Come enjoy the SRF leisure pool, three lap lanes, vortex, bubble benches, lazy river, spa, co-ed sauna, and steam room.

Effective January 2nd, the Digital Locker System in the Inclusive Changing Area will be converted to a traditional padlock locker system. Patrons should bring their own personal locks to secure possessions when utilizing the locker in the Inclusive Changing Area. Combination locks are available for purchase at Member Services for $4.00 each. Contents may not be stored in these lockers overnight. A $10 storage fee will be charged for contents left overnight.

SPORT & FITNESS CENTER (SFC)
828 S. Wolcott Ave. 312.413.5260

SFC Facility Hours
Monday - Thursday 6:00AM - 11:00PM
Friday 6:00AM - 9:00PM
Saturday 9:00AM - 9:00PM
Sunday 11:00AM - 11:00PM

SFC Pool Hours
Monday - Friday 6:00AM - 8:00PM
Saturday - Sunday 12:00PM - 8:00PM

New Lesson Structure
The American Red Cross recommends students to be grouped, first by age, and second by skill level. Because of the recommendation, we’ve changed the structure of our lessons. The level structure can be found below, with more details throughout the brochure.

- Parent/Tot Aquatics – 30 minute lessons
  Grouped by age: 6-18 months and 18 months-3 years

- Preschool Aquatics – 45 minute lessons
  Ages 3-5, Beginner Level, and Advanced Level

- Learn-to-Swim Aquatics – 45 minute lessons
  Ages 6-16, Beginner, Intermediate, and Advanced Levels

- Adult Aquatics – 60 minute lessons
  Ages 16+, Beginner, Intermediate, and Advanced Levels

Level Evaluations
In order to create the best environment for our students, we ask that you enroll your child in the appropriate level. To determine the proper level, evaluations will be required prior to enrollment.

- Each child currently enrolled in swim lessons will be given an evaluation the first week of the session.
- New students can obtain an evaluation during an evaluation period before the next session begins. There is a $5 fee for evaluations.
- An evaluation is only accepted for the upcoming session.
- Completion of an evaluation is not a guarantee of placement in a class. Each class has a maximum number of participants.
- Your evaluation will be entered within two business days. Once it is entered into the system, you will be eligible for registration.


Records of these evaluations will be kept by the aquatics office. If you need to look up your child's evaluation, please contact us. We will compare our records with enrollment. This is to ensure that each child is in the appropriate level and that we are able to offer the best possible learning environment for each child!

New to our program?
Here’s what you need to do:
1. At this beginning of registration, contact the aquatics office to schedule an evaluation at Aquatics@uic.edu or (312) 413-5161.
2. Come to the SRF on your evaluation day – pay the $5 evaluation fee at the membership desk.
3. Take your receipt to the pool deck and show the instructor, who will then perform the evaluation. At the end of the evaluation, you’ll receive a form letting you know which level to register.
4. Within two business days of your evaluation, you’ll receive an e-mail from the aquatics office with a reminder of which level to register, letting you know you’re eligible for registration.
5. Register for your class online at recreation.uic.edu.

Alecia Stegenga
Aquatics Coordinator
aquatics@uic.edu
(312) 413-5161
### PARENT/TOT AQUATICS

Lessons are taught according to American Red Cross standards and are designed for children, ages 6 months to 3 years old. The lessons are meant to familiarize children with the water and teach swimming readiness skills. A parent or guardian is required to accompany each child for the duration of the class. The class will also provide safety information for parents and teach techniques parents can use to orient their children to the water. Children who are not toilet-trained must wear a swim diaper and tight-fitting plastic pants over diaper (NO disposable or cloth diapers).

- **Student:** $50  
- **Member:** $55  
- **Non-Member:** $70

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
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<tbody>
<tr>
<td><strong>6 months – 18 months</strong></td>
<td></td>
</tr>
<tr>
<td>Sunday</td>
<td>1:00pm-1:30pm</td>
</tr>
<tr>
<td>Wednesday</td>
<td>10:00am-10:30am</td>
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<tr>
<td>Saturday</td>
<td>9:30am-10:00am</td>
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<tr>
<td>Saturday</td>
<td>11:30am-12:00pm</td>
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<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
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<tbody>
<tr>
<td><strong>19 months – 3 years</strong></td>
<td></td>
</tr>
<tr>
<td>Sunday</td>
<td>2:00pm-2:30pm</td>
</tr>
<tr>
<td>Wednesday</td>
<td>10:00am-10:30am</td>
</tr>
<tr>
<td>Saturday</td>
<td>10:30am-11:00am</td>
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<tr>
<td>Saturday</td>
<td>12:30pm-1:00pm</td>
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Classes are subject to change, based on enrollment.

### PRESCHOOL AQUATICS

Lessons are taught according to American Red Cross standards and are designed for children, ages 3 to 5 years old. The lessons are meant to familiarize students with aquatic environments and help them gain basic aquatic skills. The class will help participants begin to develop positive approaches and learn safe practices and procedures around water. Parents are asked to stay in the aqua suite during this class. Sunday and weekday classes will run with no more than five students and one instructor. Saturday classes will run with no more than ten students and two instructors.

- **Student:** $60  
- **Member:** $65  
- **Non-member:** $80

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<thead>
<tr>
<th>Class</th>
<th>Time</th>
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<tbody>
<tr>
<td><strong>Beginner</strong></td>
<td>2:30pm-3:15pm</td>
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<tr>
<td>Sunday</td>
<td>4:00pm-4:45pm</td>
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<tr>
<td>Monday</td>
<td>4:00pm-4:45pm</td>
</tr>
<tr>
<td>Wednesday</td>
<td>10:15am-11:00am</td>
</tr>
<tr>
<td>Saturday</td>
<td>12:15pm-1:00pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>1:00pm-1:45pm</td>
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<tr>
<th>Class</th>
<th>Time</th>
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<tbody>
<tr>
<td><strong>Advanced</strong></td>
<td>1:15pm-2:00pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>1:15pm-2:00pm</td>
</tr>
<tr>
<td>Tuesday</td>
<td>4:00pm-4:45pm</td>
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</tbody>
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Classes are subject to change, based on enrollment.

### PRE-REQUISITES

- **Parent/ Tot Aquatics:**
  - An evaluation is not a pre-requisite for this class. This class will help teach parents how to properly hold children in the water as well as entering and exiting the water safely. The class will aim to teach the child basic water adjustment skills, such as getting wet, entering the water, learning to kick, and blowing bubbles in the water. The skills taught in this class also often help with general motor function and peer-to-peer learning.

- **Preschool Aquatics:**
  - An evaluation to determine skill level is required to enroll in this class. Students in the beginner level will perform skills with support and assistance, however students in the advanced class should be able to perform skills independently. Skill that will be taught includes: safely entering and exiting the pool, blowing bubbles, submerging the face and head, floating on stomach and back, front and back glide, rolling from front to back, treading water, and swimming on the front and back with simultaneous and alternating arm strokes. Students will also be taught a variety of water safety skills using Longfellow's Whales Tales. An exit assessment will provided each session, and must be passed to move to the next level.
LEARN-TO-SWIM AQUATICS

These 45-minute lessons are taught according to American Red Cross standards and are designed for children, ages 6 to 16 years old. The lessons are meant to familiarize students with aquatic environments and help them gain basic aquatic skills. It will help participants begin to develop positive approaches and learn safe practices and procedures around water. Parents are asked to stay in the aqua suite during this class. Sunday and Weekday classes will run with no more than five students and one instructor. Saturday classes will run with no more than ten students and two instructors.

Student: $60  Member: $65  Non-member: $80

CLASSES

Beginner
Sunday 1:30pm-2:15pm
Sunday 2:00pm-2:45pm
Monday 4:15pm-5:00pm
Thursday 4:15pm-5:00pm
Saturday 9:15am-10:00am

Intermediate
Sunday 2:15pm-3:00pm
Tuesday 4:15pm-5:00pm
Saturday 11:15am-12:00pm

Advanced
Saturday 1:15pm-2:00pm

Classes are subject to change, based on enrollment.

PRE-REQUISITES

An evaluation to determine skill level is required to enroll in this class. Students in the beginner level will perform skills with support, and intermediate students will perform skills with assistance; however, students in the advanced class should be able to perform skills independently. Skills that will be taught include: safe water entry, floating, treading water, front crawl, back crawl, elementary backstroke, breaststroke, sidestroke, butterfly, open turns, and flip turns. Students will be taught a variety of water safety skills. An exit assessment will be provided each session, and must be passed to move to the next level.

ADULT AQUATICS

Adult swim lessons are 1 hour sessions. They are taught with one instructor and five students. Many adults have varying levels of comfort around water and levels are based on the student’s comfort. These lessons will be individualized, with the instructor giving directives based on what each student would like to learn.

Student: $70  Member: $75  Non-member: $90

CLASSES

Beginner
Monday 7:00pm-8:00pm
Thursday 7:00pm-8:00pm

Intermediate
Tuesday 7:00pm-8:00pm
Friday 7:00pm-8:00pm

Classes are subject to change, based on enrollment.

PRE-REQUISITES

An evaluation is not a pre-requisite for this class. Beginning Level is for adults who fear the water or have no experience in large bodies of water. Intermediate Level is for adults who do not fear the water, but have limited experience and skill knowledge. Advanced level is for adults who are comfortable in water and would like to improve their skills.
PRIVATE LESSONS

Effective Summer 2014: We will no longer be accepting non-members for our private lesson wait list. If you are currently on the wait list as a non-member, you will not be removed. However, due to the overwhelming popularity of our lessons, no additional non-members will be added until further notice. No refunds or make-up lessons will be offered if a swim participant cancels with less than 24 hour notice to their instructor or does not show up to a scheduled lesson.

SEMI-PRIVATE LESSONS

Two participant maximum enrollment for semi-private lessons. Swimmers must also have similar ability levels. Rates include cost of both participants.

PRICES

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<thead>
<tr>
<th></th>
<th>Information</th>
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</thead>
<tbody>
<tr>
<td>Children (4-16 years)</td>
<td>These lessons are designed to help participants feel comfortable in the water and to improve swimming capabilities.</td>
</tr>
<tr>
<td>Student</td>
<td>$100</td>
</tr>
<tr>
<td>Member</td>
<td>$120</td>
</tr>
<tr>
<td>Adult (17+ years)</td>
<td>Private swimming lessons are for both children and adults. There are eight 30-minute lessons for children (4-16 years old) and eight 60-minute lessons for adults (17 years old and up).</td>
</tr>
<tr>
<td>Student</td>
<td>$160</td>
</tr>
<tr>
<td>Member</td>
<td>$175</td>
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PRICES

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<tr>
<td>Children (4-16 years)</td>
<td>These lessons are designed to help participants feel comfortable in the water and to improve swimming capabilities.</td>
</tr>
<tr>
<td>Student</td>
<td>$150</td>
</tr>
<tr>
<td>Member</td>
<td>$180</td>
</tr>
<tr>
<td>Semi-Private lessons</td>
<td>Semi-Private swimming lessons are for two children (4-16 years old) with similar swimming capabilities. There are eight 30-minute lessons for the two children.</td>
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<tr>
<td>All lessons will meet once a week for 8 weeks. You will be notified by e-mail of your instructor.</td>
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Non-Members Only

Click on the "become a guest" button.

Fill out your name, e-mail, and zip code and click "next."

Fill out the personal information form. Be sure to include your e-mail address.

You must enter your birthdate; if you fail to do so, the system will read you as zero years old and ineligible to register for many classes.

Add all of your children as sub-members in order to register more than one child at a time.

You will be prompted to create a user name and password.

After receiving confirmation of your account, you will be able to log in with your new user name.

STEP FOUR

Click on "program registrations" button.

Select the facility in which your class will be taking place on the dropdown box in the upper left corner. To view a class, click on the picture or click "select."

Click on a class and "view programs;" a description, class times, and cost will be displayed.

Select "add to cart."

Read the waiver and check the accept box, then click "continue."

Select "continue to cart". Enter payment information.

Confirm the e-mail for the receipt to be sent.

Select submit payment. After payment is processed a receipt will appear on your screen.