

Spring Swim Lessons at HIGH SCHOOL

Diaper Dippers

Parent-Child Aquatics

(Ages 6 months to 3 yrs. old)

Parents and children learn together to increase children's comfort in the water. Build a foundation of basic aquatic and water safety skills such as feeling of security in the water, as well as aquatic adjustments and swimming readiness skills. Emphasis is on the development of a warm and trusting relationship between parent and baby in the pool. Tots need to be accompanied by an adult 18 years or older. This is NOT a swim lessons program.

Day: Mondays

Date: Session 2: February 13, 27 and March 12, 19
#411141 D2

Session 3: April 2, 9, 16, 23 #411141 D3

Session 4: April 30, May 7, 14, 21 #411141 D4

Time: 7-8 p.m.

Location: East Leyden High School

Fee: \$40 per session

Swimming Safety

Preschool Aquatics

(Ages 3, 4, and 5)

Children participate without a parent in the water. One lifeguard will be responsible for one child.

Day: Mondays

Date: Session 2: February 13, 27 and March 12, 19
#411141 S2

Session 3: April 2, 9, 16 and 23 #411141 S3

Session 4: April 30 and May 7, 14, 21 #411141 S4

Time: 7-8 p.m.

Location: East Leyden High School

Fee: \$40 per session

A birth certificate is required at the time of registration.

Children must be at least 3 years of age by the start date of their session.

AquaZumba

(Ages 16 and older)

Heat up the pool party! Jump into the Latin inspired, easy to follow, calorie burning dance fitness party that makes working out a splash. Exercise while your children swim in the other pool. The water slides will be off for the first hour on these days.

Day: Wednesdays

Date: Session 2: February 22, 29, March 7, 14, 21 and April 4
#411141 Z2

Session 3: April 11, 18, 25 and May 2, 9, 16
#411141 Z3

Time: 7-8 p.m.

Location: East Leyden High School

Fee: \$50 In District, \$60 Out of District

Instructor: Hilda Fabiani

Do you know swim classes aren't just for kids?

Adult Swimming Lessons

(Ages 18 and older)

These classes are 45 minutes of lessons and 15 minutes of free swim, taught by American Red Cross certified water safety instructors. The lessons start with the basics of floating, progressing to the fundamental aquatic locomotion and safety skills; freestyle, backstroke, elementary backstroke, breaststroke, treading, familiarity of rescue breathing, CPR and self-rescue skills.

Day: Mondays

Date: Session 2: February 13, 27 March 12, 19 #411141 C2
Session 3: April 2, 9, 16, 23 #411141 C3

Session 4: April 30, May 7, 14, 21 #411141 C4

Time: 8-9 p.m.

Location: East Leyden High School Pool

Fee: \$40 per four-week session



Family Open and Lap Swim

Wednesdays, Starting January 11, 2012 • 8-9 p.m.

Adults \$4 • Children \$3

Adapted Open Swim

Last Wednesday of each month

East Leyden High School, 3400 Rose Street, Franklin Park

ENTRANCE #6

Fitness

GRANT PARK FITNESS

Grant Park ZUMBA

(Ages 16 and up)
Looking for a fun and exciting way to tone and sculpt your body? Here is your



chance! Salsa, cha cha, merengue, hip rolls and shimmies — put it all together with high energy Latin and international music and you've got Zumba! Current local Zumba students have said "It is the most effective exercise class I have ever taken," "I love Zumba! It's the most fun form of exercise I've tried!," "I enjoy Zumba because it is great exercise to music I enjoy! I want to continue dancing all night!" This dance and fitness based workout is fun, effective and easy to follow. It is a "feel-good" workout like not other that is great for the body and mind. Our instructor will guide you through a series of unique moves and combinations providing you with a dynamic interval style workout maximizing caloric output, fat burning and total body toning. No dance experience is necessary and all fitness levels are welcome. Ditch the workout and join the ZUMBA party! Please bring your water bottle, sweat towel and exercise or Yoga (sticky) mat (if you have one) for the cool down portion of the class. Please register early as class fills quickly.

Day: Thursdays

Dates:

- #343003 L1 January 5-February 9
- #343003 L2 February 23-April 5 (No class March 29)
- #144002 L April 19-May 24
- #144002 L1 June 7-July 12
- #144002 L2 July 26-August 30

Time: 6-7 p.m.

Location: Grant Park

Fee: \$45 In District, \$50 Out of District

Min/Max: 5/30

Instructor: Lora

BULGER PARK FITNESS

ZUMBA

(Ages 16 and up)
THE LATIN-INSPIRED, EASY-TO-FOLLOW, CALORIE-BURNING, FEEL-IT-TO-THE-CORE FITNESS-PARTY.



Zumba is an aerobics class based on Latin dance movements. It combines very basic dance steps from such dances as salsa, merengue, bachata, cumbia, samba, cha cha, and reggaeton with aerobic arm and body movements. Wear workout clothes and bring a towel and water!

TUESDAYS

Dates:

- #343003 M2 March 13-April 17
- #144002 M May 1-June 5
- #144002 M1 June 19-July 24
- #144002 M2 August 7-September 11

Time: 7:40-8:40 p.m.

Location: Bulger Park

Fee: \$45 In District, \$50 Out of District

Min/Max: 5/30

Instructor: Hilda

THURSDAYS

Dates:

- #343003N2 February 23-March 29
- #144002 N April 5-May 10
- #144002 N1 May 17-June 21
- #144002 N2 June 28-August 9
- #144002 N3 August 16-September 20

Time: 7-8 p.m.

Location: Bulger Park

Fee: \$45 In District, \$50 Out of District

Min/Max: 5/30

Instructor: Angela

Zumba Combo Class

(Ages 16 and up)
THE LATIN-INSPIRED, EASY-TO-FOLLOW, CALORIE-BURNING, FEEL-IT-TO-THE-CORE FITNESS PARTY
TWO DAYS AT WEEK!



Zumba is an aerobics class which combines very basic dance steps from such dances as salsa, merengue, bachata, cumbia, samba, cha cha, and reggaeton with aerobic arm and body movements. Wear workout clothes and bring a towel and water!

Pick 2 days: Tuesdays (7:30-8:30 p.m.)
Thursdays (7-8 p.m.)
Saturdays (10-11 a.m.)

Tuesday and Thursday

- #343003 P1 January 10-February 21 (No class Feb. 14)
- #343003 P2 February 28-April 5
- #144002 P April 10-May 22
- #144002 P1 May 24-July 5

Tuesday and Saturday

- #343003 R1 January 24-February 25
- #343003 R2 February 28-April 3
- #343003 R3 March 6-April 14
- #144002 R April 17-May 29

Thursday and Saturday

- #343003 S1 January 12-February 18
- #343003 S2 February 23-March 31
- #144002 S April 5-May 12t
- #144002 S1 May 17-June 23

Fee: \$85 In District, \$90 Out of District



KAHL PARK FITNESS

Belly Dancing

(Ages 16 and up)

Increase your flexibility and get in shape with belly dance. Make new friends! This is a very old art form that has been used for centuries as a form of exercise for fun and fitness! Belly dancing strengthens your inner core muscles and tones your stomach, while increasing flexibility. Did you know that strong stomach muscles provide more support for your back too? What better time to start than now? Please bring a hip scarf if you have one.



Day: Tuesdays

Beginner Time: 8-9 p.m.

- #343003 H January 10-February 21 (No class Feb. 14)
- #343003 H1 March 6-April 10
- #144002 H April 17-May 22
- #144002 H1 May 29-July 3
- #144002 H2 July 10-August 14
- #144002 H2 August 21-September 25

Intermediate Time: 7-8 p.m.

- #343003 I January 10-February 21 (No class Feb. 14)
- #343003 I1 March 6-April 10
- #144002 I April 17-May 22
- #144002 I1 May 29-July 3
- #144002 I2 July 10-August 14
- #144002 I3 August 21-September 25

Location: Kahl Park

Fee: \$45 In District, \$50 Out of District

Pi-Yo Fusion

Experience the best of the yoga and pilates worlds! Pi-Yo provides a dynamic and refreshing blend of yoga poses with pilates mat exercises, tightening your mid section while increasing balance, flexibility and total body strength. Mats are provided or you may bring your own.

Day: Thursdays

- Dates:** #343003 J1 January 5-February 9
#343003 J2 February 23-April 5
(No class March 29)
#144002 J April 19-May 24
#144002 J1 June 7-July 12
#144002 J2 July 26-August 30



Time: 7:30-8:30 p.m.

Location: Kahl Park

Fee: \$45 In District, \$50 Out of District

Min/Max: 5/30

Instructor: Lora

Saturday Zumba

(Ages 16 and up)

This Latin-inspired, easy-to-follow, dance-fitness party exhilarates all your senses and works all your major groups in a high-energy cardio blast that leaves you invigorated, refreshed and full of life. This Zumba class feature exotic rhythms like salsa, merengue, cumbia and samba set to sexy Latin and international beats. Before you know it, your abs, arms and thighs are toned up and your energy level will be soaring!



Day: Saturdays

- Dates:** #343003 K January 7-February 11
#343003 K1 February 18-March 24
#144002 K March 31-May 5
#144002 K1 May 12-June 16
#144002 K2 June 23-July 28
#144002 K3 August 4-September 15

Time: 10-11 a.m.

Location: Kahl Park

Fee: \$45 In District, \$50 Out of District

Min/Max: 5/30

Instructor: Angela

Ballroom Dance

Shall we dance? Learn all the classics! This is a great way to get exercise while having fun. You will learn the foxtrot, waltz, cha-cha, tango, swing, and the rumba.

Day: Friday

- Session 2: #311121 B1 February 3-March 9
Session 3: #122223 D April 28-June 2

Time: 7-9 p.m.

Location: Kahl Park, Northlake

- Fee:** In District Out of District
\$50 per person \$55 per person
\$80 per couple \$85 per couple

