

Gymnastics CHILDREN/YOUTH

Tumbling (Ages 5-10)

This class will teach your child the very basics of front rolls, back rolls, cartwheels, and handstands. Round-offs, backbends, front and back handsprings will be taught as students progress. No experience necessary.



Day: Saturday

Date: Winter 2: January 28-March 3 #311111 D3

Spring 1: March 10-April 21 #122221 E
(No class March 31)

Spring 2: April 2 -June 2 #122221 E1

Time: 11:15 a.m.-noon

Location: Grant Park Recreation Center

Fee: \$65 In District, \$67 Out of District

Min/Max: 6/10

Instructor: Aerial Gym Stars

Intermediate/ Advanced Gymnastics (Ages 6-up)

This class will continue the progressions of skills on all four events. A strong development of the basic skills is necessary for this class. Instructor approval required.

Day: Saturday

Date: Winter 2: January 28-March 3 #311111 G3

Spring 1: March 10-April 21 #122221 G
(No class March 31)

Spring 2: April 28-June 2 #122221 G1

Time: 10-11:15 a.m.

Location: Grant Park Recreation Center

Fee: \$77 In District, \$79 Out of District

Min/Max: 6/10

Instructor: Aerial Gym Stars



Cheer Tumbling (Ages 10+)

This class will teach your child the very basics of front rolls, back rolls, cartwheels, and handstands. Round-offs, backbends, front and back handsprings will be taught as students progress. No experience necessary.



Day: Saturday

Time: 11:15 a.m.-Noon

Date: Winter 2: January 28-March 3 #311111 H3

Spring 1: March 10-April 21 #122221 H
(No class March 31)

Spring 2: April 28-June 2 #122221 H1

Fee: \$67 In District, \$69 Out of District

Location: Grant Park Recreation Center

Min/Max: 6/10

Instructor: Aerial Gym Stars

New Winter- EAST LEYDEN

American Red Cross Learn to Swim Program

(Ages 6 and older)

American Red Cross Learn to Swim program is supervised by certified water safety instructor Nicole Wagemann and Samantha Olinski. All swimmers will be tested the first day of lessons. Six progressive levels help swimmers of varying ages and abilities develop their water safety, survival, and swim skills. No experience necessary.

Level 1: Introduction to Water Skills

Level 2: Fundamental Aquatic Skills

Level 3: Stroke Development

Level 4: Stroke Improvement

Level 5: Stroke Refinement

Level 6: Swimming and Skill Proficiency

Ages: 6 and older

Day: Tuesdays and Thursdays

Time: Levels 1, 2, 3 — 7-8 p.m.

Dates: Session 2: February 7-March 1 #411141 A2

Session 3: April 3-26 #411141 A3

Session 4: May 4-24 #411141 A4

Time: Levels 4, 5, 6 — 8-9 p.m.

Dates: Session 2: February 7-March 1 #411141 B2

Session 3: April 3-26 #411141 B3

Session 4: May 4-24 #411141 B4

10 minutes free swim + 40 minutes of lessons + 10 minutes of free swim = 1 hour

Location: East Leyden High School 3400 Rose Street,
Franklin Park

Fee per session: \$50 In District, \$55 Out of District



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