



ADULT & YOUTH SWIM LESSONS

Learn the basic steps to meet aquatic needs. Develop security in the water while learning the basic skills. Skills will include the breaststroke, and other techniques. All ability levels welcome. Classes is held at our new swimming pool and at the St. James Health & Wellness Center. Registration taken at the Chicago Heights Recreation Center.

FEE: \$60 - Residents | \$90 - Non-Residents

— Monday —

St. James Wellness Center

Min. 5 / Max: 15

Time: 7 pm - 8 pm

October 28 - December 2

January 6 - February 10

February 24 - March 23

March 30 - April 27

— Thursday —

St. James Wellness Center

Min. 5 / Max: 15

Time: 7 pm - 8 pm (Youth)

October 24 - November 21

January 8 - February 5

February 12 - March 11

March 18 - April 15

— Sunday —

St. James Wellness Center

Min. 5 / Max: 15

Time: 7 pm - 8 pm

September 8 - October 6

October 13 - November 10

November 17 - December 15

January 12 - February 9

February 16 - March 15

March 22 - April 26

— Tuesday —

CHPD Rec Center

January 7 - February 4

February 11 - March 10

March 17 - April 8

April 15 - May 13

— Friday —

CHPD Rec Center

January 10 - February 7

February 21 - March 20

March 27 - May 1

— Wednesday —

St. James Wellness Center

Min. 5 / Max: 15

Time: 7 pm - 8 pm (Youth)

September 11 - October 9

October 16 - November 13

November 20 - December 18

January 8 - February 5

February 12 - March 11

March 18 - April 15

— Saturday —

St. James Wellness Center

Min. 5 / Max: 15

Time: 7 pm - 8 pm

September 7 - October 5

October 12 - November 9

November 16 - December 14

January 11 - February 8

February 15 - March 14

March 21 - April 18

- Location - **Chicago Heights Rec Center**

— Holiday Break —

December 22 - January 5

- Holiday Open Swim Hours -

6 am - 1 pm

(closed Christmas & Easter)

- Location -

St. James Wellness Center

CLOSED

- Veterans Day - November 11
- Thanksgiving Day - November 28
- Christmas Day - December 25
(NO SWIM)
- New Years Eve - January 1
- Dr. Martin L. King Day - January 20
- President Day - February 17
- Good Friday - April 10
- Easter - April 12 **(NO SWIM)**

Chicago Heights Rec Center - Pool Hours

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED	7 am to 8 pm	7 am to 8 pm	7 am to 8 pm	7 am to 8 pm	7 am to 8 pm	7 am to 2 pm

St. James Wellness Center - Open Swim Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 pm to 4 pm	10 am to 11 am 8 pm to 9 pm	9 am to 10 am 7 pm to 9 pm	6 am to 8 am	9 am to 10 am 7 pm to 9 pm	6 am to 8 am 7 pm to 9 pm	5 pm to 7 pm



Private Swim Lessons

Do you feel that you or your child needs more individualized attention than available in group swim lessons? We'll help is here! Half-hour lessons are available at the St. James Wellness and Chicago Heights Rec Center with our trained staff.

Days: Mondays	Days: Tuesdays
Time: 8:00 pm – 8:30 pm	Time: 5:45 pm – 6:15 pm
Fee: \$35 per lesson	Fee: \$35 per lesson
Location: St. James Wellness	Location: Chicago Heights Rec Center

Level I: Beginners

If you have never learned to swim, this level is for you.

Level II: Mid-Starters

If you can swim at least 1 foot without assistance, this is for you.

Level III: Advance

If you can swim at least 10 feet without assistance, this is for you.

NOTE: Children participating in the swim class must be three years old and potty trained.

New Wave Strength Swim Class

This is a wonderful way to work out in the water with sprint bells, noodles and resistance tubing with a burst of cardio and power moves. Get a new you with a new wave in your aquatic workout.

Instructor: Mike
Day: Wednesdays
Time: 9:30 am - 10:30am
Fee: \$55 / \$80 NR
Register: Recreation Center
Location: St. James Wellness Center

Swim Instructors - Employment Opportunities

The Chicago Heights Park District is seeking qualified swim instructors. All applicants must be 18 and over with lifeguard and CPR certification. Please submit your resume along with certification to the Chicago Heights Rec Center, 1400 Chicago Road, Chicago Heights, IL. Attention Wanda Rodgers-Spruell, Program Director.

For more information please call (708) 755-1351 ext. 112.

**ENJOY
A
GREAT**

**AQUATICS
WORKOUT**

**BECOME A
MEMBER**



Aquatics Programs



CHICAGO HEIGHTS
PARK DISTRICT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7-8 am Open Swim CHPD	7-8 am Open Swim CHPD	7-8 am Open Swim CHPD Open Swim ST. JAMES	7-8 am Open Swim CHPD Open Swim ST. JAMES	7-8 am Open Swim CHPD Open Swim ST. JAMES	7-8 am Open Swim CHPD	CHPD POOL CLOSED
8-9 am Open Swim CHPD	8-9 am Open Swim CHPD	8-9 am Open Swim CHPD	8-9 am Open Swim CHPD	8-9 am Open Swim CHPD Open Swim ST. JAMES	8-9 am Open Swim CHPD	CHPD POOL CLOSED
9-10 am Open Swim CHPD	9-10 am Open Swim CHPD Open Swim ST. JAMES	9-10 am Open Swim CHPD	9-10 am Open Swim CHPD	9-10 am Open Swim CHPD	9-10 am Open Swim CHPD	CHPD POOL CLOSED
10-11 am WATER EXERCISE CHPD Open Swim ST. JAMES	10-11 am Open Swim CHPD	10-11 am WATER EXERCISE CHPD	10-11 am POWER AQUA CHPD	10-11 am Open Swim CHPD	10-11 am Open Swim CHPD	CHPD POOL CLOSED
11am -12 pm Open Swim CHPD	11am -12 pm Open Swim CHPD	11am -12 pm POWER AQUA CHPD	11am -12 pm Open Swim CHPD	11am -12 pm Open Swim CHPD	11am -12 pm Open Swim CHPD	CHPD POOL CLOSED
12-1 pm Open Swim CHPD	12-1 pm Open Swim CHPD	12-1 pm Open Swim CHPD	12-1 pm Open Swim CHPD	12-1 pm Open Swim CHPD	12-1 pm Open Swim CHPD	CHPD POOL CLOSED
1-2 pm Open Swim CHPD	1-2 pm Open Swim CHPD	1-2 pm Open Swim CHPD	1-2 pm Open Swim CHPD	1-2 pm Open Swim CHPD	1-2 pm Open Swim CHPD	CHPD POOL CLOSED
2-3 pm Open Swim CHPD	2-3 pm Open Swim CHPD	2-3 pm Open Swim CHPD	2-3 pm Open Swim CHPD	2-3 pm Open Swim CHPD	2-3 pm Open Swim CHPD	CHPD POOL CLOSED
3-4 pm Open Swim CHPD	3-4 pm Open Swim CHPD	3-4 pm Open Swim CHPD	3-4 pm Open Swim CHPD	3-4 pm Open Swim CHPD	3-4 pm Open Swim CHPD	CHPD POOL CLOSED 3-4 pm Open Swim ST. JAMES
5-6 pm POWER AQUA CHPD	5-6 pm Open Swim CHPD	5-6 pm Open Swim CHPD	5-6 pm Open Swim CHPD	5-6 pm Open Swim CHPD	5-6 pm Open Swim CHPD Open Swim ST. JAMES	CHPD POOL CLOSED
6-7 pm Open Swim CHPD	6-7 pm Open Swim CHPD	6-7 pm Open Swim CHPD	6-7 pm Open Swim CHPD	6-7 pm Open Swim CHPD	6-7 pm Open Swim CHPD Open Swim ST. JAMES	CHPD POOL CLOSED
7-8 pm Open Swim CHPD Open Swim ST. JAMES	7-8 pm Open Swim CHPD Open Swim ST. JAMES	7-8 pm Open Swim CHPD Open Swim ST. JAMES	7-8 pm Open Swim CHPD Open Swim ST. JAMES	7-8 pm Open Swim CHPD	7-8 pm Open Swim CHPD	CHPD POOL CLOSED
8-9 pm Open Swim CHPD Open Swim ST. JAMES	8-9 pm Open Swim CHPD Open Swim ST. JAMES	8-9 pm Open Swim CHPD 8:15-9 pm Adult Swim ST. JAMES	8-9 pm Open Swim CHPD Open Swim ST. JAMES	8-9 pm Open Swim CHPD	8-9 pm Open Swim CHPD	CHPD POOL CLOSED

LAP SWIM: For individuals who want to swim as a form of exercise. No diving from the sides is allowed. Water Walking is prohibited during class unless there is not lap swimmers in the lanes. Please follow the assigned lane destination.

Lap Swim Etiquette & Expectations
Due to the limited lap lanes, we require swimmers to share lanes accordingly. Two Swimmers: each swimmer stays to on a respective side. Three or more swimmers: swim counter-clockwise in a single file line, staying to the right side of each lane.