

Aquatics Schedule (New Pool Schedule Starts on November 28, 2011)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim	7 – 10 am	4:30 am – 1 pm	4:30 – 11 am	4:30 am – 1 pm	4:30 – 10 am	4:30 am – 1 pm	6 – 8 am
Open Swim	10 am – 6 pm	1 – 5 pm	11 am – 5 pm	1 – 5 pm	10 am – 5 pm	1 – 9 pm	1:30 – 6 pm
Swim Lessons		5:30 – 7 pm	6 – 7:30 pm	5:30 – 7 pm	6 – 7:30 pm		8 am – 1:30 pm
Swim Team		5:30 – 6:30 am 4 – 9 pm	4 – 6 pm	5:30 – 6:30 am 4 – 9 pm	4 – 7 pm	5:30 – 6:30 am 4 – 7 pm	6 – 8 am

Open Swim

During this time the pool will be open for patrons of all ages. Children 12 years and under must be accompanied by an adult 18 years of age or older.

2 lanes will be open for lap swim at all times!
(except during competitive swim meets, special events or rentals)

Lap Swim

This time is designated for lap swimming and water walking. Two lanes of the eight lane pool will be available for lap swim at all times, with the only exception being a competitive swim meet, special event or rental.

Special Events & Programs

Swim with Santa (Ages 5 years to 12 years) at the Provena Saint Joseph Inwood Athletic Club Pool

Come swim with Santa at the Inwood Athletic Club Pool! Join us in our underwater reindeer games.

Program	Dates	Day	Time	Cost	Deadline
#4-9522-12	Dec 10	Sat	2:00 pm	\$10 RDC/\$15	Dec 3

New Year's Family Splash Bash (All ages) at the Provena Saint Joseph Inwood Athletic Club Pool

Splash your way into the new year at the Inwood Athletic Club Pool! Celebrate 2012 with exciting games and activities for the whole family.

Program	Dates	Day	Time	Cost	Deadline
#4-9523-12	Jan 1	Sun	11:00 am – 3:00 pm	\$4 RDC/\$6	Dec 28

Lifeguard Training (Ages 15 years and older) at the Provena Saint Joseph Inwood Athletic Club Pool

This combination of classroom activities and water skill sessions will prepare you to recognize and respond to emergencies. Upon successful completion of the class, participants will receive American Red Cross Lifeguarding/First Aid Certification (valid for 3 years) and CPR/AED Certification (valid for 2 years).

Program	Dates	Day	Time	Cost	Deadline
#5-9400-12	Jan 14 – 29	Sat/Sun	3:00 – 8:00 pm	\$175 RDC/\$195	Jan 11
#5-9401-12	Feb 11 – 26	Sat/Sun	3:00 – 8:00 pm	\$175 RDC/\$195	Feb 8
#6-9400-12	Mar 10 – 25	Sat/Sun	3:00 – 8:00 pm	\$175 RDC/\$195	Mar 7
#6-9401-12	Apr 14 – 29	Sat/Sun	3:00 – 8:00 pm	\$175 RDC/\$195	Apr 11

Underwater Easter Egg Hunt (Ages 5 years to 12 years) at the Provena Saint Joseph Inwood Athletic Club Pool

Egg hunters of all swimming abilities will have a chance to collect both floating and sunken eggs from the pool. Kids, be sure to bring your basket to retrieve as many eggs from the pool as you can and participate in an afternoon of exciting games and activities, in and out of water. Parents are welcome to stay and watch.

Program	Dates	Day	Time	Cost	Deadline
#6-9525-12	Mar 31	Sat	2:00 pm	\$10 RDC/\$15	Mar 28

Swim Lessons

Water Babies I & II (Ages 6 months to 3 years/Adult)

Parents, this program allows participants to explore and become comfortable in the water with you right by their side. Our instructor will guide you and your child through different aquatic activities and songs that promote water safety knowledge, aquatic adjustment, and swimming readiness skills. Classes will meet for a total of eight lessons. All children three years and under or children regularly diapered must wear facility approved, reusable swim pants. Swim pants will be available at the Provena Saint Joseph Inwood Athletic Club for \$6. *No Class April 7.*

All of our swim lesson instructors are American Red Cross certified Water Safety Instructors or Instructor Aides.

Call 815.741.7275 ext. 149 to schedule Private Swim Lessons with our American Red Cross Water Safety Instructors.

Water Babies I at the Provena Saint Joseph Inwood Athletic Club (*Pre-Requisite for Water Babies II*)

Program	Dates	Day	Time	Cost	Deadline
#5-9100-12	Jan 7 – Feb 25	Sat	9:00 – 9:30 am	\$50 RDC/\$65	Jan 4
#5-9101-12	Jan 10 – Feb 2	Tue/Thu	6:00 – 6:30 pm	\$50 RDC/\$65	Jan 6
#5-9102-12	Feb 7 – Mar 1	Tue/Thu	6:00 – 6:30 pm	\$50 RDC/\$65	Feb 3
#6-9100-12	Mar 10 – May 5	Sat	9:00 – 9:30 am	\$50 RDC/\$65	Mar 7
#6-9101-12	Mar 12 – Apr 4	Mon/Wed	5:30 – 6:00 pm	\$50 RDC/\$65	Mar 8
#6-9102-12	Mar 13 – May 1	Tue	6:00 – 6:30 pm	\$50 RDC/\$65	Mar 9
#6-9103-12	Apr 9 – May 2	Mon/Wed	5:30 – 6:00 pm	\$50 RDC/\$65	Apr 5

Water Babies II at the Provena Saint Joseph Inwood Athletic Club (*Water Babies I is a pre-requisite*)

Program	Dates	Day	Time	Cost	Deadline
#5-9104-12	Jan 7 – Feb 25	Sat	10:35 – 11:05 am	\$50 RDC/\$65	Jan 4
#5-9105-12	Jan 10 – Feb 2	Tue/Thu	6:00 – 6:30 pm	\$50 RDC/\$65	Jan 6
#5-9106-12	Feb 7 – Mar 1	Tue/Thu	6:00 – 6:30 pm	\$50 RDC/\$65	Feb 3
#6-9104-12	Mar 10 – May 5	Sat	10:35 – 11:05 am	\$50 RDC/\$65	Mar 7
#6-9105-12	Mar 12 – Apr 4	Mon/Wed	5:30 – 6:00 pm	\$50 RDC/\$65	Mar 8
#6-9106-12	Mar 13 – May 1	Tue	6:00 – 6:30 pm	\$50 RDC/\$65	Mar 9
#6-9107-12	Apr 9 – May 2	Mon/Wed	5:30 – 6:00 pm	\$50 RDC/\$65	Apr 5

Aqua Tots (Ages 3 years to 5 years)

This class is designed specifically for children ages 3–5. Your toddler will be introduced to basic swimming skills and water safety through fun aquatic activities. All children three years and under, or children regularly diapered must wear facility approved, reusable swim pants. Swim pants will be available at the Provena Saint Joseph Inwood Athletic Club for \$6. *No Class April 7.*

Aqua Tots at the Provena Saint Joseph Inwood Athletic Club

Program	Dates	Day	Time	Cost	Deadline
#5-9200-12	Jan 7 – Feb 25	Sat	9:00 – 9:30 am	\$50 RDC/\$65	Jan 4
#5-9201-12	Jan 7 – Feb 25	Sat	10:35 – 11:05 am	\$50 RDC/\$65	Jan 4
#5-9202-12	Jan 10 – Feb 2	Tue/Thu	6:00 – 6:30 pm	\$50 RDC/\$65	Jan 6
#5-9203-12	Feb 7 – Mar 1	Tue/Thu	6:00 – 6:30 pm	\$50 RDC/\$65	Feb 3
#6-9200-12	Mar 10 – May 5	Sat	9:00 – 9:30 am	\$50 RDC/\$65	Mar 7
#6-9201-12	Mar 10 – May 5	Sat	10:35 – 11:05 am	\$50 RDC/\$65	Mar 7
#6-9202-12	Mar 12 – Apr 4	Mon/Wed	5:30 – 6:00 pm	\$50 RDC/\$65	Mar 8
#6-9203-12	Mar 13 – May 1	Tue	6:00 – 6:30 pm	\$50 RDC/\$65	Mar 9
#6-9204-12	Apr 9 – May 2	Mon/Wed	5:30 – 6:00 pm	\$50 RDC/\$65	Apr 5

Learn-to-Swim (Ages 5 years to 12 years)

This American Red Cross instructional program covers swimming skills and water safety knowledge in a logical progression through six levels. Participants will be tested on the first day of class and placed into the appropriate level based on skill. Please be aware that it may take more than one session to advance a level. *No Class April 7.*

Learn-to-Swim at the Provena Saint Joseph Inwood Athletic Club

Program	Dates	Day	Time	Cost	Deadline
#5-9300-12	Jan 7 – Feb 25	Sat	9:40 – 10:25 am	\$50 RDC/\$65	Jan 4
#5-9301-12	Jan 7 – Feb 25	Sat	11:15 am – Noon	\$50 RDC/\$65	Jan 4
#5-9302-12	Jan 10 – Feb 2	Tue/Thu	6:45 – 7:30 pm	\$50 RDC/\$65	Jan 6
#5-9303-12	Feb 7 – Mar 1	Tue/Thu	6:45 – 7:30 pm	\$50 RDC/\$65	Feb 3
#6-9300-12	Mar 10 – May 5	Sat	9:40 – 10:25 am	\$50 RDC/\$65	Mar 7
#6-9301-12	Mar 10 – May 5	Sat	11:15 am – Noon	\$50 RDC/\$65	Mar 7
#6-9302-12	Mar 12 – Apr 4	Mon/Wed	6:15 – 7:00 pm	\$50 RDC/\$65	Mar 8
#6-9303-12	Mar 13 – May 1	Tue	6:45 – 7:30 pm	\$50 RDC/\$65	Mar 9
#6-9304-12	Apr 9 – May 2	Mon/Wed	6:15 – 7:00 pm	\$50 RDC/\$65	Apr 5

Adult Swim Lessons (Ages 18 years and older) at the Provena Saint Joseph Inwood Athletic Club Pool

It's never too late to learn to swim. Whether your goal is to improve your stroke or just be comfortable in the water our instructors will work with you to set and achieve your goal. *No Class April 7.*

Program	Dates	Day	Time	Cost	Deadline
#5-9310-12	Jan 7 – Feb 25	Sat	8:00 – 8:45 am	\$50 RDC/\$65	Jan 4
#6-9310-12	Mar 10 – May 5	Sat	8:00 – 8:45 am	\$50 RDC/\$65	Mar 7

Swim Teams



Swim Team Clinic (Ages 6 years to 18 years) at the Provena Saint Joseph Inwood Athletic Club Pool

Not sure if you are ready to join the team? This clinic will focus on stroke drills and refinement of the four competitive swim strokes; freestyle, backstroke, breaststroke, and butterfly. We will also review starts and turns. Swimmers should be able to swim one length of freestyle and backstroke.

Program	Dates	Day	Time	Cost	Deadline
#6-9450-12	Mar 5 – 9	Mon – Fri	5:00 – 6:45 pm	\$75 RDC/\$90	Feb 29

Jr. Blue Tides Spring/Summer 2012 Season (Ages 6 years to 18 years) at the Provena Saint Joseph Inwood Athletic Club Pool The Jr. Blue Tides swim team is for swimmers ages 6 – 18 years old interested in swimming competitively. Participants need to be able to swim 1 length of each of the 4 competitive strokes; freestyle, backstroke, breaststroke, and butterfly. **Team Informational Meeting is March 12 at 5:30 pm in the IAC Board Room.**

Program	Dates	Day	Time	Cost	Deadline
#6-9464-12	Apr 16	Various	Various	\$300 RDC/\$340	On-going

Blue Tides Masters Swim Team Summer 2012 Season (Ages 18 years and older) at the Provena Saint Joseph Inwood Athletic Club Pool The Blue Tides is a swim team for those 18 and older of all swim levels; fitness, competitive, and triathletes. A great way to get in shape and achieve your swimming goals with the camaraderie of a team and coached practices for motivation. All swimmers must be registered with US Masters Swimming within a month of joining the team.

Program	Dates	Day	Time	Cost	Deadline
#1-9461-13	May 1 – Oct 31	Mon/Wed/Fri Tue/Thu	5:30 – 6:30 am 6:00 – 7:00 pm	\$125 RDC/\$160	On-going

Scuba Classes & Certification

Bubble Maker (Ages 8 years to 10 years) at the Provena Saint Joseph Inwood Athletic Club Pool

This program is a great way to introduce children to the exciting under water world of Scuba Diving. Kids are provided with the opportunity to try out scuba diving in a highly supervised environment and will work with PADI instructors using equipment made just for them.

Program	Dates	Day	Time	Cost	Deadline
#5-9000-12	Jan 14	Sat	2:00 – 3:00 pm	\$30 RDC/\$40	Jan 11
#6-9000-12	Mar 10	Sat	2:00 – 3:00 pm	\$30 RDC/\$40	Mar 7

Discover Scuba (Ages 10 years and older) at the Provena Saint Joseph Inwood Athletic Club Pool

Participants will be introduced to scuba diving in a highly supervised and relaxed manner under the guidance of a PADI professional. New divers learn basic safety concepts, put on equipment, and swim around under water. If you enjoy the class the fee can be applied to Scuba Diving Certification.

Program	Dates	Day	Time	Cost	Deadline
#5-9002-12	Jan 14	Sat	3:00 – 4:00 pm	\$30 RDC/\$40	Jan 11
#6-9002-12	Mar 10	Sat	3:00 – 4:00 pm	\$30 RDC/\$40	Mar 7

Holiday Hours

Thanksgiving

Thursday, November 24

Club 7 am – 1 pm

Nursery 7:45 am – 11 am

Friday, November 25

Club 4:30 am – 9 pm

Nursery 7:45 am – 8:30 pm

Christmas

Saturday, December 24

Club 6 am – 1 pm

Nursery 7:45 am – 11 am

Sunday, December 25

CLOSED

New Year's

New Year's Eve

Saturday, December 31

Club 6 am – 1 pm

Nursery 7:45 am – 11 am

New Year's Day

Sunday, January 1

Club 7 am – 1 pm

Nursery 7:45 am – 11 am

Easter

Sunday, April 8

Club 7 am – 1 pm

Nursery 7:45 am – 11 am

