



Concordia University Chicago



Spring 2010 Swimming Pool Information

Pool open: Tuesday, January 19, 2010 - Saturday, May 1, 2010

Swim Lessons Start: Saturday, February 6, 2010

At a Glance

- If you currently are enrolled in the fall session, please do not submit a spring registration form until the children have been tested.
- Lessons will be once a week for 45 minutes.
- 3 year olds entering the program must be potty trained. No Swim Diapers.
- Cougar Kids Swim Club will be offered on Monday and Wednesday.
- Any child entering a swim lesson must be three years old by the first day of class.
- American Red Cross classes: Lifeguard, CPR and WSI.

Things to know

- No street shoes on deck. (Street shoes bring in unwanted bacteria.)
- No parents on deck after the first day of class.
- The pool balcony will be open for parent observation.
- Goggles that do not cover the nose are helpful during swim lessons.
- Children who do not attend the last day of class will not be tested and must repeat the level.
- There will be NO wait list for any of our swim classes.
- No registration will be accepted on the first day of classes.
- Classes CANNOT be pro-rated.

When is registration?

- Registration will begin NOW!
- Lottery (random draw) deadline is January 8, 2010 at 5 p.m.
- Please select a first and second choice when filling out your registration form.
- Confirmation letters will be mailed approximately two weeks after the deadline.
- Website: **CUChicago.edu**

How to register:

- Mail in: Concordia University, Aquatics
7400 Augusta Street
River Forest, Illinois 60305
- Drop Box: Located in the pool lobby area.
- Fax: (708) 209-3154 credit card only

CUChicago.edu

Pool Open
Tuesday, Jan. 19, 2010
through
Saturday, May 1, 2010

Swim Lesson Lottery Date:
Friday, Jan. 8, 2010
at 5 pm

Director of Aquatics
Adrienne Gedvilas
708-209-3118
FAX 708-209-3154

Sign up now!

* NO Registration
will be accepted on the
first day of classes.

** Classes CANNOT
be pro-rated.



Concordia Swim Levels

3 years old*- 15-years-old (*with independence from parents.)

* 3 year olds **MUST** be potty trained.

If a child enters class without being potty-trained there will be NO refund.

The Concordia University Swim Program includes six levels that introduce swimming skills in a developmentally appropriate progression. Many children will need to repeat levels before progressing to the next level.

In order to progress from one level to the next, all skills must be consistently completed by the student. **To keep students in the right skill level and keep levels consistent, only the Aquatic Director and Aquatic Assistant have the authority to move a student from one level to another level.**

Since it is difficult to predict registration numbers each season, CUC reserves the right to combine swim levels.

*The following skills must be achieved during class to progress to the next level:

Level 1

Children will learn basic skills like supported floating on front and back, underwater exhaling and breathing, and two forms of arm and leg action. To pass into level 2, the child must show the ability to submerge face with –eyes open for a full three seconds and retrieve an object at arms' length. **The child must be three years or older before the first day of classes to enter this class.**

Level 2

This level builds on basic movement learned in Level 1, then helps the children to swim front and back crawl with breathing. Changing direction and rolling from back to front, along with two additional arm movements that are part of the personal safety skills will further the student's ability to combine skills and become a better swimmer. This level will teach a child to know how to get help and recognize someone in distress. **To pass out of Level 2, children must be able to have endurance to swim the front crawl and back crawl the width of the pool.**

Level 3

(must be able to swim front crawl and back crawl by themselves the **width** of the pool)
This level builds on Level 2 skills. Students will work on coordination for front and back crawl to further refine these strokes as well as being introduced to elements of the butterfly and fundamentals of treading water. Rules for head-first entries are taught along with introduction of the diving progression. Life jacket skills are covered with the H.E.L.P. and huddle position. **Children must feel comfortable swimming in deep water.**

Level 4–Stroke Improvement

Must have Level 3 card or learn skills to enter Level 4. Students will improve their skills and increase their endurance by swimming front and back crawl for greater distances. They will continue to build on butterfly and be introduced to elementary backstroke, breaststroke and elements of the sidestroke and basic open turns at the wall.

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Make-Up Policy:

We are sorry, but there will be **no deduction in fees for missed classes and there are no make-up classes allowed if a class is missed. We reserve the right to cancel any classes with insufficient enrollment.**

FYI:

Children are prone to swimmer's ear. To prevent your child from getting swimmer's ear, please use SWIM EAR,[®] ear drops found in any drugstore.

Classes fill up quickly so please register early!



Concordia University Chicago

Level 5

Must have level 4 card or appropriate skills to enter this class. Students refine their performance of all the strokes (front, back crawl, butterfly, breaststroke, elementary back stroke and side stroke) to increase their distances. Flip turns and survival swimming will be introduced.

Level 6

Please see [Cougar Kids Swim Club \(CKSC\)](#)



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Locker Rooms:

Parents or guardians are responsible for locker room supervision of participants, especially if the participant needs to use the locker rooms during any activity. To protect our swimmers, it is the policy to limit the use of the opposite locker room to boys/girls 6-years-old and younger. Boys and girls 7-years-old and older **MUST** use the appropriate locker room.

Lost & Found

Lost items can be found any time the pool is open, in the Pool Office. CUC is not responsible for lost and/or stolen items - **PLEASE DO NOT LEAVE ITEMS OF VALUE IN THE LOCKERS UNLESS THEY ARE SAFELY LOCKED UP.**

Private Swim Lessons

Private Swim Lessons are available on a first-come basis. Please call the Aquatics Director for more details.

(708) 209-3118

Concordia Swim Lessons

Monday Dates: Feb. 8–April 26, 2010
(no class March 8 and April 5)

Price: \$90.00 for 10 lessons

Monday 4 to 4:45 pm

Level 1 3-5 yr olds 30101-1000-1	
Level 2 3-5 yr olds 30101-2003-1	Level 1 5-7 yr olds 30101-1001-1
Level 2 5-8 yr olds 30101-2004-1	
Level 3 5-8 yr olds 30101-3006-1	
Level 3 7-12 yr olds 30101-3007-1	
Level 4 5-10 yr olds 30101-4008-1	

Monday 4:50 to 5:35 pm

Level 1 3-5 yr olds 30101-1000-2	
Level 2 3-5 yr olds 30101-2003-2	Level 1 5-7 yr olds 30101-1001-2
Level 2 5-8 yr olds 30101-2004-2	
Level 3 5-8 yr olds 30101-3006-2	
Level 3 7-12 yr olds 30101-3007-2	
Level 4 7-13 yr olds 30101-4009-2	

Tuesday Dates: Feb. 9–April 20, 2010 (No class March 9) Price: \$90.00 for 10 lessons

Tuesday 4 to 4:45 pm

Level 1 3-5 yr olds 30102-1000-1	
Level 2 3-5 yr olds 30102-2003-1	Level 1 5-7 yr olds 30102-1001-1
Level 2 5-8 yr olds 30102-2004-1	
Level 3 5-8 yr olds 30102-3006-1	
Level 3 7-12 yr olds 30102-3007-1	
Level 4 5-10 yr olds 30102-4008-1	

Tuesday 4:50 to 5:35 pm

Level 1 3-5 yr olds 30102-1000-2	
Level 2 3-5 yr olds 30102-2003-2	Level 1 5-7 yr olds 30102-1001-2
Level 2 5-8 yr olds 30102-2004-2	
Level 3 5-8 yr olds 30102-3006-2	
Level 3 7-12 yr olds 30102-3007-2	
Level 4 5-10 yr olds 30102-4008-2	
Level 4 7-13 yr olds 30102-4009-2	

Concordia Swim Lessons

Thursday Dates: Feb. 11–April 29, 2010 (No class March 11 & April 11))

Price: \$90.00 for 10 lessons

Thursday 5 to 5:45 pm

Level 1 3-5 yr olds 30104-1000-1
Level 1 5-7 yr olds 30104-1001-1
Level 2 5-8 yr olds 30104-2004-1
Level 3 5-8 yr olds 30104-3006-1
Level 3 7-12 yr olds 30104-3007-1
Level 4 5-10 yr olds 30104-4008-1

Thursday 5:50 to 6:35 pm

Level 1 3-5 yr olds 30104-1000-2
Level 2 3-5 yr olds 30104-2003-2
Level 2 5-8 yr olds 30104-2004-2
Level 3 5-8 yr olds 30104-3006-2
Level 3 7-12 yr olds 30104-3007-2
Level 4 7-13 yr olds 30104-4009-2

Thursday 6:40 to 7:25 pm

Level 1 3-5 yr olds 30104-1000-3	Level 2 3-5 yr olds 30104-2003-3
Level 1 6-12 yr olds 30104-1002-3	Level 2 6-12 yr olds 30104-2005-3
Level 3 7-12 yr olds 30104-3007-3	
Level 4 7-13 yr olds 30104-4009-3	

Saturday 8:30 to 9:15 am

Level 1 3-5 yr olds 30106-1000-1	
Level 2 3-5 yr olds 30106-2003-1	Level 1 5-7 yr olds 30106-1001-1
Level 2 5-8 yr olds 30106-2004-1	
Level 3 5-8 yr olds 30106-3006-1	
Level 3 7-12 yr olds 30106-3007-1	
Level 4 5-10 yr olds 30106-4008-1	

Saturday 9:20 to 10:05

Level 1 3-5 yr olds 30106-1000-2	
Level 2 3-5 yr olds 30106-2003-2	Level 1 5-7 yr olds 30106-1001-2
Level 2 5-8 yr olds 30106-2004-2	
Level 3 5-8 yr olds 30106-3006-2	
Level 3 7-12 yr olds 30106-3007-2	
Level 4 5-10 yr olds 30106-4008-2	
Level 4 7-13 yr olds 30106-4009-2	

Saturday Dates:
Feb. 6–May 1, 2010
(No class March 6, 13 & April 3)
Price: \$90.00 for 10 Lessons



Public Pool Hours

Before coming to the pool, please be sure to check if we are open; there are dates and times that have been reserved for special events on campus.

Lap Swim* Lap swim is for swimming laps only! (16 years or older)

Mon. – Fri.	6:30 – 8:30 am
Sat.	6:30 – 8:15 am
M,W,F	Noon – 2 pm
Mon.– Thurs.	9:00 – 10:00 pm
Sun.	5:00 – 6:00 pm

Open Swim* Open swim is for individuals & families to enjoy. No lap swimming available.

Mon.	7:30 – 9:00 pm
Tues.	6:30 – 8:00 pm
Wed.	3:00 – 5:00 pm
Thurs.	3:00 – 5:00 pm
Fri. & Sat.	3:00 – 6:00 pm
Sun.	3:00 – 5:00 pm

* Children 8 years or younger **MUST** be accompanied in the pool by a parent or guardian 16 years or older. Groups will not be admitted. Please see pool rentals.

Infant Preschool Aquatic Program w/Parents (IPAP)

1 year old — 3 years old

Parents go in the water with the children starting with the first lesson. This class helps young children become adjusted to being in and around the water. Play and songs are used as a basis for learning and provides fun and enjoyment in the water. This class provides parental involvement in the learning process and increases the parent’s knowledge of water safety practices. No water wings or other flotation devices may be used during this class. The Illinois Health Department mandates that “swim diapers” must have fitted waterproof pants over the diaper. Children must be one year old by the first day of class.

Name/Level:	IPAP
Day:	Tuesday
Age:	1 year – 3 years
Dates:	February 9 – April 20 (No class March 9)
Times:	5:45 – 6:15 pm
Price:	\$80.00 for 10 lessons
Code:	30102-7014-1

Day:	Wednesday
Age:	1 year – 3 years
Dates:	February 10 – April 28 (No class March 10)
Time:	9:30 – 10:00 am
Price:	\$80.00 for 10 lessons
Code:	30103-7014-1

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Disclaimer:

Concordia University Chicago assumes no responsibility for personal injuries or loss of personal property while using its facilities. It is recommended that anyone enrolled in a program or class make provisions to provide adequate coverage within their own family insurance. Please note that the views and opinions expressed in class are not necessarily those of Concordia.

Photo: On occasion, Concordia pool staff may take photos of participants enrolled in programs and classes. Please be aware that these photos are for Concordia’s use only and may be used in our future publications.

Equality: Concordia University Chicago admits students without regard to age, sex, race color, national or ethnic origin or disability.

Hair: We recommend students whose hair is shoulder-length or longer when wet wear swim caps or fasten hair with elastic bands to keep it out of the face.

Entrance: All swimmers must enter pool through the locker or shower area.

Shoes: No street shoes are allowed in the shower area or on the pool deck.



Concordia University Chicago

Level 1 with Parents

2 - 4 years-old

This class is a continuation of our IPAP for children ages 2-4 years old who are not ready to be independent from parents. Parents will work one on one with their child to learn the skills of the first level of the Concordia swim program. Please see the description of our Level 1 class. The Illinois Health Department mandates that "swim diapers" must have fitted waterproof pants over the diaper.

Day: Monday
Age: 2 years – 4 years
Dates: Feb. 8 – April 26, 2010
Times: 5:45 – 6:15 pm
Price: \$80.00 for 10 lessons
Code: 30101-7014-2

Cougar Kids Swim Club (CKSC)

8-15 years-old*, PSL Level 5 or Higher

This class is for children who have completed PSL Level 5 and would like to continue swimming. Children will be swimming lengths of the pool. The program will teach the four competitive strokes (freestyle, backstroke, breaststroke, and butterfly) with stroke drills that may be used in a competitive swim club. Starts, turns, endurance and speed training will also be introduced during class. Swimmers will be evaluated during the first week and then assigned the appropriate lane.

Note: ALL participants must be able to swim a length of the pool with proper breathing technique prior to the start of the class. **Option:** Participants may sign up for CKSC once a week or twice a week. There will be no make-ups or fee reduction for missed classes.

Name/Level: CKSC
Time: 6:30 – 7:30 p.m.

Day: Monday
Dates: Feb. 8 – April 26, 2010 (No class March 8, April 5)
Price: \$90.00 for 10 lessons
Code: 30101-8013-1

Day: Wednesday
Dates: Feb. 10 – April 28 (No class March 10)
Price: \$90.00 for 10 lessons
Code: 30103-8013-1

Day: Monday and Wednesday
Dates: Feb. 8 – April 28 (No class March 8 or 10)
Price: \$180.00 for 20 lessons
Code: 30101-8013-1

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Spring 2010

POOL OPEN

Tues., Jan. 19, 2010

through

Sat., May 1, 2010

Swim Lottery Date:

Friday, Jan. 8, 2010

Director of Aquatics

Adrienne Gedvilas

708-209-3118

FAX 708-209-3154



Level 5

Stroke Refinement

Must have level 4 card or appropriate skills to enter this class. Students refine their performance of all the strokes (front, back crawl, butterfly, breaststroke, elementary back stroke and side stroke) to increase their distances. Flip turns and survival swimming will be introduced. Level 5 will meet only once per week.

Day: Mondays
Dates: Feb. 8 – April 26, 2010 (No class March 8 & April 5)
Time: 6:30 – 7:30 pm
Price: \$90.00 for 10 lessons
Code: 30101-5011-1

Day: Wednesdays
Dates: Feb. 10 – April 28 (No class March 10)
Time: 6:30 – 7:30 pm
Price: \$90.00 for 10 lessons
Code: 30103-5011-1

Adult & Teen Swimming Lessons (A/T)

16 years-Adult

Name/Level: Adult/Teen
Day: Wednesdays
Dates: Feb. 10 – April 28 (No class March 10)
Time: 7:30 – 8:30 pm
Price: \$100.00 for 10 lessons

Beginning Adult: This class is designed for the non- to beginner swimmer who would like to overcome the fear of water and learn basic swimming skills.

Code: 30103-14012-1

Intermediate/Advanced: This class is designed for those who are working on refining strokes and building endurance.

Code: 30103-14012-2

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**Swim Lottery Date:
Friday, Jan. 8, 2010**

**Director of Aquatics
Adrienne Gedvilas**

**708-209-3118
FAX 708-209-3154**

Make-Up Policy:

We are sorry, but there will be no deduction in fees for missed classes and there are no make-up classes allowed if a class is missed. We reserve the right to cancel any classes with insufficient enrollment.



Water Exercise

AM Water Exercise • 16 years or older

Come see what all the gossip is about. This class is one of Concordia's most popular water classes. It is a coed class for all types of fitness levels. A variety of shallow end and deep end routines are used to give you a great water workout that will increase your flexibility, strength, and cardiovascular endurance. Drop-ins are welcome.

Days: Monday, Wednesday, Friday
 Dates: Jan. 20 – April 30, 2010 (No class March 8, 10, 12, April 2 and 5)
 Time: 10:00 – 11:00 am
 Price: \$146.25 for 39 lessons
 Staff/faculty: \$78.00 for 39 lessons (must pay in advance to receive discount)
 Code: 30101-15012-1
 * Pay as you go, \$4.00 per day.

PM Water Exercise • 16 years or older

This class is a variation of our morning class with an upbeat and faster pace. A variety of shallow end and deep end routines are used to give you a great water workout that will increase your flexibility, strength, and cardiovascular endurance. Noodles, barbells and/or other equipment will be used to give you a complete workout. Drop-ins are welcome.

Days: Tuesday and Thursday
 Dates: Jan. 26 – April 29, 2010 (No class March 9, 11 and April 1)
 Time: 8:00 – 9:00 pm
 Price: \$93.75 for 25 lessons
 Staff/Faculty: \$50.00 for 25 lessons (must pay in advance to receive discount)
 Code: 30109-15012-1
 * Pay as you go. \$4.00 per day.

Spring Board Diving

Beginning Diving, Ages 7 – 13

Note: Diver at each level will work at their own pace throughout the duration of the class. Beginning divers will work on board safety, front approach, front entry, front dives and back dives. Participants must be able to swim in deep water. No prior diving experience needed. (Minimum 6 students/Maximum 12 students.)

Day: Tuesday
 Dates: Feb. 9 – April 20, 2010 (No class March 9)
 Time: 5:45 – 6:30 pm.
 Price: \$90.00 for 10 lessons
 Code: 30102-9013-1

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Concordia Pool Information

6 lanes
 Approximately 14 yards wide
 Approximately 25 yards long
 500 yards long =
 10 laps of the length
 500 yards =
 18 laps of the width
 1 mile = 35 laps of the length

Daily Swimming Pool Costs

Adults and Teens	\$3.00
Children (3-12 years old)	\$2.50
Children under 2 years	Free
Lap Swim (all ages)	\$3.00

Current Staff/Faculty/Students

CUC Staff/Faculty	Free with ID
CUC Staff/ Faculty Family	1/2 price
CUC Students	Free with ID

Dominican University staff, faculty and students must pay the daily fee.

There will be NO deductions of fees for Alumni.



Concordia University Chicago

Concordia Aquatic School

American Red Cross

Lifeguard Certification (Class includes Lifeguard, First Aid Training)

Individuals must be at least 15 years of age by the last date of class; must be able to swim 300 yards continuously using 100 yards of front crawl, 100 yards of breaststroke and 100 yards of either front crawl or breaststroke; swim 20 yards front crawl or breaststroke, retrieve a 10-pound object from a depth of 7-10 feet, return it to the surface and swim 20 yards back to the starting point with the object, within a designated, precise time.

Pre-Swim test is Thurs., the first day of class.

Participants must attend all classes to be eligible for certification. **Participants who cannot complete the swim pretest will receive only a \$100 refund.**

Day:	Thurs., Jan. 21, 2010	7 – 10 pm
	Fri., Jan. 22, 2010	7 – 10 pm
	Sat., Jan. 23, 2010	9 am – 5 pm
	Sun., Jan. 24, 2010	9 am – 5 pm

Price: \$200.00
Code: 30108-18012-1

Day:	Thurs., May 13, 2010	7 – 10 pm
	Fri., May 14, 2010	7 – 10 pm
	Sat., May 15, 2010	9 am – 5 pm
	Sun., May 16, 2010	9 am – 5 pm

Price: \$200.00
Code: 30108-18012-2

Day:	Thurs., June 17, 2010	7 – 10 pm
	Fri., June 18, 2010	7 – 10 pm
	Sat., June 19, 2010	9 am – 5 pm
	Sun., June 20, 2010	9 am – 5 pm

Price: \$200.00
Code: 10108-18012-1

Water Safety Instructor (WSI) and Fundamentals of Instructor Training

If you are at least 16 and a proficient swimmer, you can become an American Red Cross Water Safety Instructor and teach swimming and water safety courses.

Prerequisites: Individuals must be at least 16 years of age by the last day of class; perform the following strokes for 25 yards each at a Level 4 skill level: front crawl, back crawl, sidestroke, breaststroke, butterfly 15 yards; float in the deep water for one minute.

Please call (708) 209-3118 for more information.

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through
Sat., May 1, 2010**

**Swim Lottery Date:
Friday, Jan. 8, 2010**

**Director of Aquatics
Adrienne Gedvilas
708-209-3118
FAX 708-209-3154**

Make-Up Policy:

We are sorry, but there will be no deduction in fees for missed classes and there are no make-up classes allowed if a class is missed. We reserve the right to cancel any classes with insufficient enrollment.



How to Register for Swimming Lessons

1. Pick your child's appropriate level based on the Progressive Swim Level descriptions.
2. Select both a first and second option and write the appropriate codes on your registration form. If there is only one choice you may not be able to reserve a swim lesson spot

Registration Process

1. Pre-registration will be done by "lottery" (random draw) system.
2. Registrations must be received (via FAX, mail or drop-off) by 5:00 pm, on the lottery deadline.
3. Registration received after 5:00 pm on the lottery deadline will be processed on a first-come, first-served basis.
4. Anyone who does not receive his/her first or second choice will be contacted via telephone and offered a 100 percent refund or an alternate class option.
5. Confirmation cards will be mailed approximately two weeks after the deadline.
6. Should you register close to the starting date of a class, please contact Concordia to verify your registration.
7. NO REGISTRATIONS are accepted on the first day of class.

Pool Rentals

The pool may be rented to the public. **Fees are based on a per hour rate.** Groups may not exceed the guard ratio. Concordia lifeguards are on duty during the rental time. Concordia Pool Staff are NOT responsible for the supervision in or around the locker rooms. Children 8 years old and younger must be accompanied in the pool by a parent or guardian 16 years or older. Please contact Adrienne Gedvilas, Aquatic Director, at (708) 209-3118 for availability and details.

Fridays:	6 p.m. to 9 p.m.
Saturdays:	Noon to 3 p.m.	6 p.m. to 9 p.m.
Sundays:	Noon to 3 p.m.	6 p.m. to 9 p.m.

Price:

1 – 49 persons:	\$125.00 per hour, which includes two lifeguards
50 – 75 persons:	\$150.00 per hour, which includes three lifeguards

For room rental information please call Concordia's Koehneke Community Center at (708) 209-3091.

Pool Rental Refund Policy

After a rental is scheduled there will only be a refund of 50 percent to cancel or to reschedule.

** If a payment is not received by the due date, the rental will not be staffed.*

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Make-Up Policy:

We are sorry, but there will be no deduction in fees for missed classes and there are no make-up classes allowed if a class is missed. We reserve the right to cancel any classes with insufficient enrollment.

Registration Methods

Fax	708-209-3154	Credit card only
Mail	Aquatic Director Concordia University Chicago 7400 Augusta Street River Forest, IL 60305	Check, Money Order or Credit Card Only
Drop Box	Drop Box at the pool in the lobby area Monday-Friday 8:00 am – 4:30 pm (Exact cash, check, money order or credit card accepted)	
Phone	Registration will not be taken over the phone.	

Refund Policy

All refunds will be issued by check through the mail 30 days after the first lesson date or after the check or credit card payment has cleared. Your Social Security number may be needed to issue you a refund check.

General Refund Requests

- A 75 percent refund will be issued for cancellations received 14 days or more before the first lesson.
- A 50 percent refund will be issued for cancellations received 6 – 13 days before the first lesson.
- A 25 percent refund will be issued for cancellation received 1 – 5 days before the first lesson.
- No refunds will be issued after the first day of class.
- No refunds for children who will not get into the water or are not independent enough for classes or the level for which you have signed up.
- No class credits will be issued.

Medical Excuse Refund Requests

Refund requests due to medical excuses will be handled in the following manner:

- Prior to the first class, if we are able to fill your child's spot, you will receive a full refund less a \$5 service charge. A doctor's medical excuse must be submitted with your request.
- Prior to the first class, if we are unable to fill your child's spot, you will receive a 50 percent refund less a \$5 service charge. A doctor's medical excuse must be submitted with your request.
- If you request a refund during the course of swim lessons, you will receive a prorated refund based upon the amount of future classes your child will be missing, less a \$5 service charge. You will not be refunded for any classes that have already been held. A doctor's medical excuse must be submitted with your request.

Changing Class Times

There is a \$5 service charge per person for switching classes.

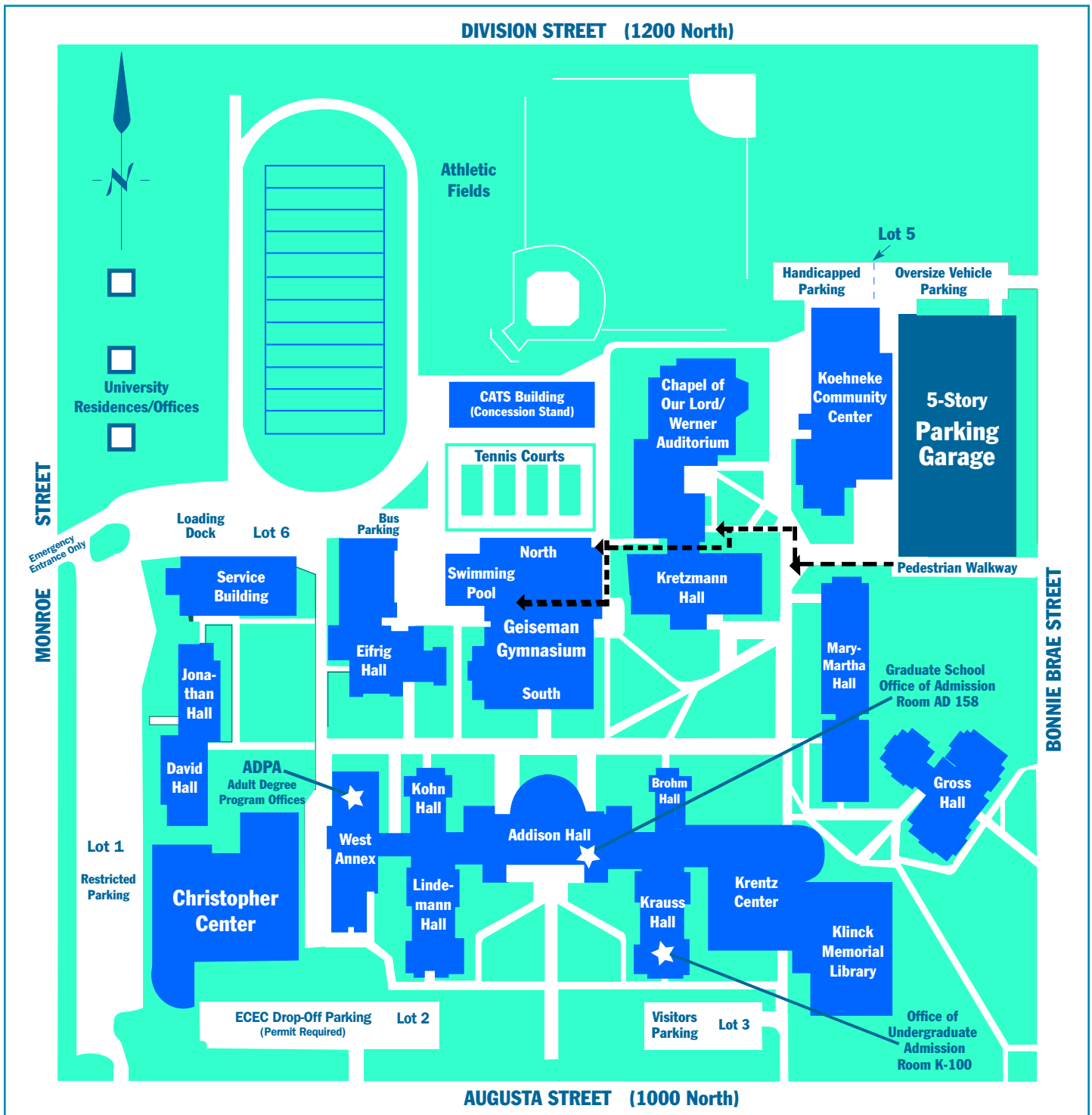
Classes fill
up quickly
so please
register early!

Locker Rooms:

Parents or guardians are responsible for locker room supervision of participants, especially if the participant needs to use the locker rooms during any activity. To protect our swimmers, it is the policy to limit the use of the opposite locker room to boys/girls 7-year-old and younger. Boys and girls 8-years-old and older **MUST** use the appropriate locker room.

Lost & Found

Lost items can be found any time the pool is open, in the Pool Office. Concordia is not responsible for lost and/or stolen items - **PLEASE DO NOT LEAVE ITEMS OF VALUE IN THE LOCKERS UNLESS THEY ARE SAFELY LOCKED UP.**



Location of Pool on Campus

Parking Information

Director of Aquatics
Adrienne Gedvilas
 708-209-3118
 FAX 708-209-3154

When parking on or near campus, please follow all parking regulations. Parking is permitted in our parking garage on the east side of campus (enter from Bonnie Brae Street) or in the visitor space off of Augusta Street.

Parking in the Pedestrian Walkway / Service Drive off of Monroe Street is NOT permitted. Please DO NOT use it as a pick up/drop off site.

Spring 2010 Concordia Pool Schedule



Concordia University Chicago

For more information contact: Director of Aquatics
708-209-3118 FAX 708-209-3154

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00		Early Bird Lap Swim 6:30 – 8:30am					
7:00							
8:00							Lap Swim 6:30 – 8:15 am
9:00				IPAP 9:30 - 10:00 a.m.			PSL 8:30 - 9:15 am 9:20 - 10:05 am
10:00		Water Exercise 10:00 – 11:00am		Water Exercise 10:00 – 11:00am		Water Exercise 10:00 – 11:00am	
11:00							
Noon		Lunch Time Lap Swim 12:00 – 2:00 pm	CUC Class 12:00 - 2:00 p.m.	Lunch Time Lap Swim 12:00 – 2:00 pm	CUC Class 12:00 - 2:00 p.m.	Lunch Time Lap Swim 12:00 – 2:00 pm	
1:00	RENTAL 12:00 – 3:00pm						RENTAL 12:00 – 3:00pm
2:00							
3:00	Open Swim 3:00 – 5:00pm			Open Swim 3:00 – 5:00 pm	Open Swim 3:00 – 5:00 pm	Open Swim 3:00 – 6:00 pm	Open Swim 3:00 – 6:00pm
4:00		PSL 4:00 – 4:45 pm & 4:50 – 5:35 pm	PSL 4:00 – 4:45 pm & 4:50 – 5:35 pm				
5:00	Lap Swim 5:00 – 6:00pm	Parent/Child 5:45 – 6:15 pm	IPAP/Diving 5:45 – 6:15 pm	WSSRA Swim Lessons 5:00 – 6:30 pm	PSL 5:00 – 5:45 pm 5:50 – 6:35 6:40 – 7:25		
6:00	RENTAL 6:00 – 9:00pm	CKSC 6:30 – 7:30 pm	Open Swim 6:30 – 8:00pm	CKSC 6:30 – 7:30 pm			
7:00						RENTAL 6:00 – 10:00pm	RENTAL 6:00 – 10:00pm
8:00		Open Swim 7:30 - 9:00 pm	Water Exercise 8:00 – 9:00pm	Adult/Teen Lessons 7:30 – 8:30 pm	Water Exercise 8:00-9:00 pm		
9:00		Lap Swim 9:00 – 10:00pm					

Dates the Pool is Closed

Dec. 6–Jan. 18	Winter Break
Jan. 19	8:30 am–10 pm
Jan. 20	2–6 pm
Jan. 21	5–10 pm
Jan. 27	5–10 pm
Feb. 6	10:30 am–10 pm
Feb. 13	10:30 am–10 pm
Feb. 20	10:30 am–10 pm
March 6–14	Spring Break
April 1–April 5	Easter Break
May 2–June 13	

Concordia University's swimming pool is open to the public on a daily fee/per hour basis. The locker rooms are closed 15 minutes after the pool is closed.

Daily Swimming Pool Costs

Adults and Teens	\$3.00
Children (3-12 years old)	\$2.50
Children under 2 years	Free
Lap Swim (all ages)	\$3.00

CUCChicago.edu

Current Staff.Faculty.....Free with ID
CUC Staff/ Faculty Family...1/2 price
Current Students.....Free with ID
NO deduction of fees for alumni.

Dominican University staff, faculty and students must pay the daily fee.

Parent/Guardian Name: _____ Today's Date: _____

Address: _____ Staff Accepting Registration: _____

City: _____ Zip: _____ E-mail address: _____

Home Phone: _____ Emergency Phone: _____

Please check if you are a new pool patron. Please check if this is a new address.

First Name	Last Name	Sex	Class Choice	Class Code	Level	Birth Date	Fee
			1st				
			2nd				
			1st				
			2nd				
			1st				
			2nd				
			1st				
			2nd				
			1st				
			2nd				

Exact Cash Check Money Order Credit Card (circle) Visa MasterCard American Express Discover
 Total

Check # _____ Please make checks payable to Concordia University – Pool. If you have any questions, please call the Aquatic Director at (708) 209-3118

Card #

Expiration Date: _____ Your name as it appears on card: _____

Signature: _____

Please describe any accommodation needed for successful inclusion in the program(s):

WAIVER REQUIRED! For insurance purposes, Concordia programs and activities require a signed waiver. Please sign the section below.

Release and Hold Harmless Agreement

Please read this form carefully and be aware that signing up and participating in this program(s), you will be waiving and releasing all claims for injuries you might sustain arising out of this program. As a participant in the programs(s) I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of injuries, damages or loss which I may sustain as a result of participating in any and all activities with or associated with such program(s). I agree to waive and relinquish all claims I may have as a result of participating in the program(s) against Concordia University Chicago and its officers, agents, servants, and employees. I do hereby release and discharge Concordia University Chicago and its officers, agents, servants, and employees from any and all claims from injury, damage or loss which I may have or which may accrue to me on account of my participation in the program(s). I further agree to indemnify and hold harmless and defend Concordia University Chicago and its officers, agents, servants, and employees from any and all claims resulting from injuries, damages and losses sustained by me and arising out of, connected with, or in any way associated with the activities of the program(s). I have read and fully understand the above Program Details and waiver Release of all claims. Waivers MUST be signed by participant(s) legal guardian.

Signature(s): _____ Date: _____