

## Package Pricing:

### Member Packages

#### INDIVIDUAL

2-1/2 hr. sessions. **\$81**  
5-1/2 hr. sessions. **\$172**  
10-1/2 hr. sessions **\$323**  
20-1/2 hr. sessions **\$605**

#### PARTNER

2-1/2 hr. sessions. **\$129**  
5-1/2 hr. sessions. **\$274**  
10-1/2 hr. sessions **\$516**  
20-1/2 hr. sessions **\$967**

### Non-Member Packages

#### INDIVIDUAL

2-1/2 hr. sessions. **\$129**  
5-1/2 hr. sessions. **\$277**  
10-1/2 hr. sessions **\$487**  
20-1/2 hr. sessions **\$923**

#### PARTNER

2-1/2 hr. sessions. **\$157**  
10-1/2 hr. sessions **\$758**  
20-1/2 hr. sessions **\$1,229**

### Member/Non-Member Packages

#### PARTNER ONLY

2-1/2 hr. sessions. **\$145**                      10-1/2 hr. sessions **\$635**

### Private Swim Lessons Request Form

(Turn in completed form to the Children's Desk)

NAME \_\_\_\_\_

DATE \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

SWIMMER'S NAME \_\_\_\_\_

REQUESTED PERSONAL TRAINER \_\_\_\_\_

#### Availability

Mon     Tues     Wed     Thr     Fri     Sat     Sun

Early Morning (5-9am)     Late Morning (9am-12pm)     Midday (12-5pm)     Evening (5-8 pm)

ADDITIONAL AVAILABILITY NOTES \_\_\_\_\_

FIRST DAY OF CHOICE \_\_\_\_\_

SECOND DAY OF CHOICE \_\_\_\_\_

**I have read and accept the Personal Training Policies:**

*See training policies below*

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

### Private Swim Lesson Policies

- Cancellations must be made at least 24 hours in advance. If this does not occur, you will be charged for the missed session.
- Swimmers & parents must sign request form in agreement with EEHF swim lesson policies & procedures.
- Private swim lesson packages must be purchased at the children's desk PRIOR TO the first swim lesson.
- A receipt for your package is to be given to your swim instructor on the first visit as well as when new packages are purchased.
- Half hour sessions can be combined into hour long sessions. This is contingent on you and the personal trainers schedule.
- Personal Training Packages are non-refundable (unless medically necessary).



**Endeavor Health**  
Fitness & Wellness Center



Winter 2025

# Children's Aquatics

Child | Pre-Teen | Teen

Private Lessons | Group Lessons

SCAN ME



Make a splash this summer!  
Enroll your children in private  
or group lessons today!

**Endeavor Health Fitness & Wellness Center**

6600 S. Route 53, Woodridge, IL 60517

**Children's Desk: 630-646-7940**

**Website:** [eehealth.org/healthy-driven/fitness-centers/services/aquatics](http://eehealth.org/healthy-driven/fitness-centers/services/aquatics)

## 2024 Group Swimming Lessons (Winter Session)

### Seven Week Session (Weekly Lessons)

January 6th – March 1st

Make-Up Week: March 3rd – March 8th

### Registration Details

#### Members Priority Registration (Tuesday, December 10th)

**In Person:** 9:30–10:30AM

**Phone:** 10:30AM–12PM

(Your child MUST be a member in order to register at this time but does NOT have to have had prior participation in EHFWC lessons.)

#### Current Swimmers Priority Online Registration (Thursday, December 12th)

**Online:** Thursday, December 12th @ 9AM – Friday, December 13th @ 12PM

(Register on eehealth.org)

#### Current Swimmers Priority Registration (Tuesday, December 17th)

**In Person:** 9:30–10:30AM

**Phone:** 10:30AM–12PM

#### New Swimmers Registration (Thursday, December 19th)

**In Person:** 9:30–10:30AM

**Phone:** 10:30AM–12PM

\*Your child MUST have participated in the Fall 2024 lessons to qualify for any type of priority registration

### Priority Online Registration Steps (During Priority Registration Dates ONLY)

- Go to [eehealth.org](https://eehealth.org) and click on the “MENU” tab near the top of the page.
- Scroll down to “Find a Class or Support Group” → On the left side of the screen, click “Edward– Elmhurst Health & Fitness” In the search box type in “Kids Aqua”. Add class to cart and proceed to checkout.
- **If you have multiple children to register, you will need to complete this process separately for each child.**
- If your child is a member of the facility, enter their card number in the “Fitness Center Card Number” box on the discount page. This should be a 10 digit number. If your child is not a member click “continue to payment.”
- Under “Checkout” enter your child’s information and click “continue” at the bottom of the page.
- Your child’s registration WILL BE CANCELLED and your credit card will be refunded with no guarantee of a replacement class if:
  - Your child is registered for the wrong level
  - Your child is not eligible for priority registration (Meaning they did not participate in the previous session of group lessons.)
  - Your child’s membership status is not valid.
- Online Registration times open every 5 minutes starting with Diaper Dippers and tadpoles at 9:30 am. Hydrokids level 1 at 9:35, HK 2 at 9:40am, HK 3 at 9:45am, HK 4 at 9:50am, HK 5A & 5B at 9:55am, and Tsunami at 10:00am.
- Please note online registration IS ONLY OPEN 9:30 AM on Thursday, December 12th to Friday, December 13th at 12:00pm

## Aquatic Programs Offered (Swimming Lessons)

### Diaper Dippers (6 Month – 3 Year Olds)

#### 8 Week Session: Members \$104| Non-Members \$128

30 Minute program offered for infants & toddlers with their parents. Our program covers safety skills, water adjustment, forward movement, and submersion. children must wear a swim diaper, swim diaper cover, and a swim suit.

### Tadpoles (2 – 5 Year Olds)

#### 8 Week Session: Members \$120 | Non-Members \$152

45 minute program for child and parent offered for children 2yr– 5yr. This class assists children to gain confidence in the water before transitioning to our Hydrokids lessons.

### Hydrokids (3 – 14 Year Olds)

#### 8 Week Session: Members \$136 | Non-Members \$184

60 minute program for children. Six levels offered based off of progression of accurate swimming techniques.

### Tsunami

#### 8 Week Session: Members \$136 | Non-Members \$184

60 Minute program for students who have passed our level 5B OR who can swim Freestyle, Backstroke, Breaststroke, and beginner Butterfly. This is for swimmers to build endurance needed for recreational lap swimming, and/ or conditioning for swim team.

\*Swimming lessons are **NON-REFUNDABLE**

## Swim Lesson Policies

#### MAKE-UP POLICY:

We **DO NOT** offer any form of Makeup lessons if your child cannot attend. “Make Up Week” is used in the event of a pool closure or contamination.

#### CLASS CHANGE FEE:

There is a \$15.00 Class change fee. If you sign your child up for the wrong class & time during registration, you will be charged with the \$15.00 fee to make any changes.

#### AQUATIC PROGRAM SPECTATING:

Parents, family, and friends may view the lessons through the windows. Please refrain from entering pool area during lessons. During lessons, the pool and deck will be closed off to those not enrolled in swim lessons.

#### CHILD SAFETY POLICY:

If your child is 8 and under please be sure that you are within viewing distance of your child during their lessons. When children need assistance to use the bathroom, we need you to be able to see them and meet them at the bathroom door. You need to remain in the building for the duration of your child’s swimming lesson.

#### POOL POLICY:

Children who are not potty trained are required to wear a swim diaper,suit cover, and a swim suit.

#### FAMILY SWIM:

During family swim you may use the children’s pool provided the parent/guardian remains in the pool or “on deck” according to rules listed above. A lifeguard is NOT on duty during these times.