

# Edward-Elmhurst

HEALTH & FITNESS

**Children's Programming**  
**September '16 - February '17**

# Registration Information

## Fall Land Classes

**Session One:** Tuesday, September 6th – Saturday, October 15th  
Make up week: Monday, October 17th – Saturday, October 22nd

**Session Two:** Monday, October 24th – Saturday, December 3rd  
Make up week: Monday, December 5th – Saturday, December 10th  
No classes Thursday, November 24th (Thanksgiving)  
Make up: Thursday, December 8th

## Winter Land Classes

Monday, January 9th – Saturday, February 18th  
Make up week: Monday, February 20th – Saturday, February 25th

### MAKE UP CLASSES:

*There are **NO** make up classes offered **UNLESS** EHFC has to cancel a class due to instructor availability, a holiday or building issues.*

### IMPORTANT REMINDER:

*Switching/Cancellation Fee:*

*A \$15 fee will be assessed if you make changes or cancel once your class registration is processed. There are no refunds given after the second class.*

# Important Information

## Facility Hours

MONDAY – FRIDAY 5 AM – 10 PM  
SATURDAY & SUNDAY 7 AM – 7 PM

## Children’s Hours

MONDAY – FRIDAY 8 AM – 8 PM  
SATURDAY & SUNDAY 8 AM – 2 PM (Hours subject to change)

## Teen Hours

MONDAY – FRIDAY 5 AM – 10 PM  
SATURDAY & SUNDAY 7 AM – 7 PM

## Contact Information

SERVICE DESK	(630) 646-7900
CHILDREN’S SERVICE DESK	(630) 646-7940
MEMBERSHIP	(630) 646-7917
R.J. GURNEY, CHILDREN’S PROGRAM MANAGER robert.gurney@eehealth.org	(630) 646-7941
KEVIN SATLER, CHILDREN’S AQUATICS COORDINATOR kevin.satler@eehealth.org	(630) 646-7916
JENNY IBRAHIM, REGISTRATION COORDINATOR jennifer.ibrahim@eehealth.org	(630) 646-7913

## Edward Health & Fitness Center at Seven Bridges

6600 S. ROUTE 53  
WOODRIDGE, IL 60517

[www.eehealth.org/fitness](http://www.eehealth.org/fitness)  
[www.eehealth.org/fitkids](http://www.eehealth.org/fitkids)

# Children Services Policies

## Naperville Kidzone

The Naperville Kidzone provides babysitting for your child(ren) while you workout. The Kidzone will provide activities such as; crafts, songs, finger plays, games and structured playtime.

**AGES:** Children are accepted from age 6 months to 12 years.

**KIDZONE HOURS:** Monday - Thursday 8am - 8pm Friday 8am - 6pm  
\*Hours may adjust for the holidays Saturday 8am - Noon Sunday Closed

**RESERVATIONS:** Advance reservations are required. Reservations are filled on a first come, first served basis and may be made 7 days in advance for EFT members or Punch Card holders. Reservations are only accepted until we meet maximum capacity with appropriate safety ratios. Parents are required to stay in the center while their children are in the Kidzone. Please call (630) 646-5950 to make reservations.

**Your reservation will be considered a “No Show” after 30 minutes without a phone call to cancel. “No Shows” will be assessed a \$5 fee due at your next visit.**

**IN PERSON:** Stop by the Kidzone during regular operating hours

**BY PHONE:** Call the Kidzone during regular operating hours listed above at (630) 646-5950.

**PAYMENT:** Two methods are available:

**\$28 per month for 6 months to 12 yrs\* Enrollment fee may apply.**

Fees are available as an EFT draft and handled in Member Services.

\*This payment allows you to use EHFC Seven Bridges also.

**Punch Cards are also available for \$30 and \$60...** A child guest fee of \$5.00 will be deducted per visit per child. Available for both members and non-members.

## Communications & Security

Parents are required to sign their children in and out in the Kidzone and provide their location in the center. The parent that signs the child in is required to sign the child out as well, unless otherwise documented to the Kidzone staff.

## Reciprocal Policies & Procedures

**PAYMENT (RECIPROCAL MEMBERSHIP):** Reciprocal memberships are for children utilizing both facilities. \$28 per month for 6 months to 15 years. This option is only available as an EFT draft. To purchase this option, please contact Member Services at either location. Enrollment fee may apply.

**HEALTH:** Children utilizing children’s areas must be clean and free from all communicable diseases, viruses, rashes, infections, fever, etc. If a child has the appearance of cold/flu symptoms, they will be denied use until healthy.

**FOOD:** Food, gum, candy or beverages of any sort are not permitted. The exception is a clearly marked bottle for infants/crawlers.

**DIAPER POLICY:** Pull ups must be worn by any child who cannot directly communicate his/her needs. All children must enter with a clean and dry diaper. Should the need arise, a team member will change diapers that parents supply. Parents of children 3 years and older or children in pull-ups will be paged to change a diaper. Diaper bags must be clearly marked.

**PAGING OF PARENTS:** Parents will be paged if your child needs your attention, ie. sustained crying, excessive potty-training concerns, illness, accidents and excessive discipline problems.

**TOYS:** Toys are provided for all children to enjoy and are sanitized daily. Outside toys from home are not allowed.

**TWO HOUR LIMIT:** The maximum visit is 2 hours per child, 2 times per day with a 30 minute break in between visits.

**CANCELLATIONS:** Cancellations must be made at least one hour in advance.

# Preschool Classes

**TO REGISTER FOR CLASSES:** Call the Children’s Service Desk at 630-646-7940, the Registration Coordinator at 630-646-7913 or online at [edward.org/FitKids](http://edward.org/FitKids).

## Two’s on the Move

Seven Bridges: Social and independent play are the fundamentals of this gently structured, child-only class. Your two-year old will enjoy music, story time, art, sensory activities, and a cracker snack all in one hour of fun! Children should wear gym shoes and bring water or juice in a spill-proof cup. Age 2

Classes meet Tuesdays & Thursdays 9:00 a.m. – 10:30 a.m. in MP2 with Cathy Junkroski.

**Fee:** Member Fee: \$95 / Non-Member Fee: \$160

## Preschool Camp

Seven Bridges: In addition to learning ABC’s and 123’s, 3 and 4 year olds will have the opportunity to develop their skills in gymnastics, tumbling, sports and relay games. In each class, different themes will guide us as we enjoy music, crafts, art, and story time. Social and independent skills are developed when we play and work together. Ages 3-4

Classes will meet on Monday, Wednesdays, & Fridays 9:00 a.m. – 11:30 a.m. in MP2 with Cathy Junkroski.

### Daily Schedule:

Monday	Gymnastics & Tiny Tumblers	9:00 a.m. – 9:45 a.m.
Wednesday	Short Sports	9:00 a.m. – 9:45 a.m.
Friday	Grooving & Moving	9:00 a.m. – 9:45 a.m.

After a drink and small snack (provided)

**Fee:** Six-Week Member Fee: \$190 / Non-Member Fee: \$285

- Children are required to wear gym shoes
- Children are required to bring a school bag

•• CHILDREN MUST BE POTTY TRAINED BEYOND PULL-UP STAGE ••

## Short Sports

Seven Bridges: In this class, children will be taught the basics of team sports. This class is designed to peak their interest in sports as well as work on listening skills, social skills, motor skills and most importantly provide fun for your child. Some sports include: Tumbling, Track & Field Events, T-Ball, Basketball, Kickball, Soccer and many more. Ages 3-4

Classes will meet on Wednesdays 9:00 a.m. – 9:45 a.m. in the Children’s South Gym with Cathy Junkroski.

**Fee:** Six-Week Member Fee: \$50 / Six-Week Non-Member Fee: \$80

## Preschool Classes

### Grooving and Moving

Seven Bridges: Fun, high-energy class with hula hoops, bosu, balloons, balls and scooters. Students will learn how relay teams work as well as develop their own skills in running, jumping, hopping and dancing. Ages 3-4

Classes will meet on Fridays 9:00 a.m. – 9:45 a.m. in the Children's South Gym with Cathy Junkroski.

**Fee:** Six-Week Member Fee: \$50 / Six-Week Non-Member Fee: \$80

### 1, 2, 3 Jump & Roll

Seven Bridges: A class designed to introduce your child to gymnastics with the help of mom or dad. Children will be introduced to the balance beam, parallel bars, springboard and floor. Ages 18 months-2 1/2 years

Classes meet on Tuesdays 9:00 a.m. – 9:45 a.m. in MP2 with Cathy Junkroski.

**Fee:** Six-Week Member Fee: \$50 / Six-Week Non-Member Fee: \$80

### Short-N-Fit

Seven Bridges: In this class your toddlers will have a ball learning how to play and share with other children while using equipment that is safe and fun. Some activities include gymnastics, BOSU and tumbling as well as some team and individual sports activities. Ages 2-4

Classes meet on Thursdays 9:00 a.m. – 9:45 a.m. in MP2 with Cathy Junkroski.

**Fee:** Six-Week Member Fee: \$50 / Six-Week Non-Member Fee: \$80

### Gymnastics and Tiny Tumblers

Seven Bridges: Over, under, backwards and down, children will have the opportunity to move around. In this class, children will be introduced to the balance beam, springboard and floor. Children will have the opportunity to learn forward and backward rolls, straddle rolls, pike rolls, v-sits, scales, front supports, back hip circles and much more. Ages 3-5

Classes meet on Mondays 9:00 a.m. – 9:45 a.m. in MP2 with Cathy Junkroski.

**Fee:** Six-Week Member: \$50 / Six-Week Non-Member: \$80

## Children Services Policies

**HYDROKIDS & TSUNAMI:** Parents, friends and family may view HydroKids lessons through the windows. Please refrain from entering the pool area during lessons. During lessons, the Children's Pool and Pool Deck will be closed to people not enrolled in HydroKids.

**DIAPER DIPPERS & TADPOLES:** Parents and family may view Diaper Dippers lessons on deck with permission from the On-Deck Coordinator. During lessons, the Children's Pool will be closed to people not enrolled in Diaper Dippers.

**POOL RENTALS & KAMP:** During these times, the Children's Pool will be closed to anyone not involved in these programs.

### Aquatics Policies & Procedures

1. There are no make-up lessons. EHFC does not harbor the responsibility for participants who become ill or travel. We do provide make-up lessons if EHFC must cancel a lesson due to a holiday or contamination of the pool.
2. Parents are not permitted on deck during HydroKids or Tsunami. Parents are welcome to view lessons behind the pool windows.
3. Participants are encouraged to wear goggles.
4. Priority registration is available for several programs to participants currently enrolled in the program.
5. After Private Swim Lessons have been scheduled with a trainer, Private Swim Lessons must be purchased prior to the first training session. Receipts should be given to the trainer at the first training session, or you will not be trained. Cancellations for Private Swim Lessons must be made 24 hours in advance, or you will be charged for the missed session.
6. Children under 16 years of age are required to have a parent in the building unless EHFC receives proper documentation. See Children's Desk or Aquatic Coordinator for details.
7. Children not potty trained are required to wear a swim diaper, rubber pants and a swim suit in the pool.

### Switching/Cancellation Fee

A \$15 fee will be assessed if you make changes or cancel once your class registration is processed.

**Teen Hours**

Monday – Friday: 5:00 a.m. – 10:00 p.m.

Saturday & Sunday: 7:00 a.m.- 7:00 p.m.

### Teen Policies & Procedures

- Teen members must be accompanied by an EHFC adult member.
- Teens are required to check in at the adult service desk with an EHFC adult member.
- Teens are welcome to use the cardiovascular equipment, weight circuit, weight room, basketball court, track, children's and adult lap pools and children's or adult locker room.
- Teens are required to do a one-on-one fitness consultation prior to using the adult side.
- Teens are prohibited from using the therapy pool, whirlpool, steam rooms and saunas.

## Children Services Policies

### Gym/Adventure Center

**FREE PLAY:** Children are encouraged to use the gym area for a variety of games such as basketball, hockey, soccer or climb through the many mazes of the Super-Climber or use the table area for puzzles, board games or coloring.

**ART ATTACK:** Each day a new art project is available for the children to try their hands at. Coloring, watercolors, finger painting or constructing puppets are just a sampling of activities.

**FUN IN THE GYM:** Fun games, group sports or relay races are what is available here to keep all children involved in active play.

**ADVENTURES THROUGH STORIES:** Entertaining, silly and fun stories read while children listen and wonder.

**KIDS CHOICE:** Children's turn to pick and choose an activity. Children can choose from the gym area, climbing the Super-Climber or just sitting back and coloring, doing a project, or imaginative play.

**CREATIVE MOVEMENT WITH MUSIC:** Move your feet to new beats or have fun with the Hokey Pokey and Chicken Dance or Parachute Play.

**OPEN GYM:** Supervised/Unstructured physical recreation in the gym.

**OPEN SKATE:** Gym will be available for children and families to roller blade.

**Elbow pads, a helmet and knee pads are required.**

EHFC is not responsible for lost, stolen or broken items.

**SCOOTER/SKATE:** Gym will be available for children and families to roller blade or scooter.

**Elbow pads, a helmet and knee pads are required.**

EHFC is not responsible for lost, stolen or broken items.

### Family Play

During these times, the playground equipment is open for family use. No children are allowed to be outside **unsupervised**. No open-toed shoes. Members and their children still need to sign in at the Children's Service Desk.

### Communications & Security

Parents are required to sign their child(ren) in and out at the Children's Service Desk and in the area being utilized, as well as provide their location in the center. The parent that signs in the child is required to sign the child out as well, unless otherwise instructed. Regardless of age, parents are required to remain in the building at all times unless children are enrolled in an EHFC program & EHFC receives proper documentation. See Children's Service Desk for details.

### Pool

**OPEN SWIM:** Supervised/Unstructured individual freestyle swimming and playing in the Pool. Lifeguard on duty. Children must be 46" to enter pool for open swim without a parent. Parents will be required to sign their children in at the Children's Service Desk and at the Children's Pool. Parents are required to remain in the building at all times.

**FAMILY SWIM:** During "Family Swim" you may use the Children's Pool provided the parent/ guardian remains in the pool or "on deck" with children under the age of ten (10). A lifeguard will NOT be on duty during "Family Swim".

**POOL POLICY:** Children using Seven Bridges pool not potty trained will be required to wear a swim diaper, rubber pants and a swimsuit. (No disposable diapers).

## Youth Classes

**TO REGISTER FOR CLASSES:** Call the Children's Service Desk at 630-646-7940, the Registration Coordinator at 630-646-7913 or online at [edward.org/FitKids](http://edward.org/FitKids).

### Youth Tae Kwon Do

Seven Bridges: Tae Kwon Do teaches self-defense as well as improving each student's self-confidence, discipline, coordination, and physical and mental capabilities. Through Tae Kwon Do students learn to become leaders not followers. Ages 6 & Up

**Beginners & Intermediate:** Tuesdays 4:50 p.m. – 5:40 p.m. & Saturdays 8:50 a.m. – 9:40 a.m.

**Advanced:** Tuesdays 5:45 p.m. - 6:45 p.m. & Saturdays 9:45 a.m. – 10:45 a.m.

#### NEW BELT BREAK DOWN:

**Beginners:** White Belts Only (Ages 6-12)

**Intermediate:** Yellow, Orange, Green and Purple Belts (Ages 6-12)

**Advanced:** Blue, Brown, Red, Deputy and Black Belts (Ages 6-12)

**Fee:** Six-Week Member: \$94 / Six-Week Non-Member: \$142

### Basketball

Seven Bridges: Boys & Girls: Shape up your basketball skills. This class will focus on ball handling techniques, footwork such as speed and agility, cardiovascular endurance, shooting and passing techniques and teamwork. Ages 5-9

Classes meet on Tuesdays 4:00 p.m.- 5:00 p.m. in the Children's South Gym

**Fee:** Six-Week Member: \$50 / Six-Week Non-Member: \$80

### Cardio Kids

Seven Bridges: Getting a good cardio workout doesn't have to mean running grueling sprints on a track! It can be a fun game like dodge ball or a variety of other aerobic sports and activities! With Cardio Kids, you'll perform push-ups, plyometric exercises, and interval training with little rest in between exercises. Then, when you think you can't do anymore, we will play dodge ball, kickball and/or tug of war. We will also have discussions on health and long term fitness. Ages 6-12

Classes meet on Wednesdays 3:30 p.m. – 4:30 p.m.

(Meet outside Children's South Gym)

**Fee:** Six-Week Member Fee: \$50 / Six-Week Non-Member Fee: \$80

## Youth Classes

### ZUMBA Kids

Seven Bridges: Do you love to dance? Join us for a fun, dance-based fitness class to Latin music. Move to the beat as you burn the calories. Ages 8-12

Classes meet Thursdays 5:00 p.m. - 5:45 p.m. in MP2 with Amanda Peck.

**Fee:** Six-Week Member Fee: \$50 / Six-Week Non-Member Fee: \$80

### Contemporary Jazz

Seven Bridges: This high energy class incorporates both quick and slow tempos. A typical practice will focus on kicks, turns and leaps, as well as the routine for the final recital. Parents are welcome to come for the last day of class for a recital performance. Ages 7-10

Classes meet Wednesdays 4:00 p.m. - 5:00 p.m. in MP2 with Amanda Peck.

**Fee:** Six-Week Member Fee: \$50 / Six-Week Non-Member Fee: \$80

### Volleyball Clinics

Seven Bridges: Focus on fundamentals and fun while learning current techniques with experienced hands on instruction by USVBA certified coaches. Join us for 60 minutes of volleyball and 30 minutes of conditioning. Ages 6-10 / 11-13 • Boys & Girls

Classes meet Mondays 5:00 p.m. - 6:30 p.m. in Children's South Gym.

**Fee:** Six-Week Member Fee: \$65 / Six-Week Non-Member Fee: \$115

## Children Services Policies

### Children Services Policies

#### GENERAL POLICIES:

1. All children MUST present a yellow membership card, EHFC punch card or pay the \$5.00 per child per visit guest fee (**must be accompanied by a current member**) upon checking in at the Children's Service Desk.
2. The maximum visit is 2 hours per child, 2 times per day with a 30 minute break in between visits.
3. **Parents are required to remain in the building when using Seven Bridges Children Services.**
4. With proper documentation, parents may leave the premises when child is enrolled in **EHFC programming.**
5. Children are NOT allowed on the adult side of the facility.
6. The same parent/guardian is REQUIRED to check in and check out the child, unless otherwise instructed.
7. Parents must show proper ID when picking up children.
8. **Your reservation will be considered a "No Show" after 30 minutes without a phone call to cancel. "No Shows" will be assessed a \$5 fee due at your next visit.**

#### KIDZONE POLICIES:

1. **Reservations are required for the KidZone area.**
2. KidZone usage is for 6 weeks - 3 years of age.
3. Parents are responsible to bring and label bags and all necessities (diapers, wipes, bottles, etc.).
4. **We do not accept any sick children.**
5. No toys are allowed.
6. Your child must be brought in clean and dry.
7. Child Attendant to Child ratios: Infants 1:4; Crawlers 1:4; Toddlers 1:8
8. Diaper Policy

#### ADVENTURE CENTER/GYM POLICIES:

1. **Reservations are required for Adventure Center.**
2. **Children 3 years and up utilize the Adventure Center and Gymnasium. Children must be potty trained to utilize the Adventure Center. No diapers and/or pull ups allowed.**
3. Areas may be limited due to rentals or special events.
4. Socks are required to utilize Adventure Center.
5. Child Attendant to Child ratio = 1:15

Children are invited to join us on our indoor play apparatus, The Super-Climber, where they can spend hours tantalizing their minds as they twist, turn and maneuver their way through the many mazes. Socks are required in order to utilize the Super-Climber.

## Children Services Policies

### Seven Bridges

Our unique club is for children/teens between the ages of 6 weeks and 11 years. There is babysitting for kids 6 weeks to 3 years old. Children between the ages of 3 and 11 take part in "supervised play activities," in the pool and in the gym. Teens between 12 and 15 years can utilize our children's services as well as specific adult services. In addition, by joining, you receive discounts on our speciality/instructional programs.

**AGES:** Children are accepted from age 6 weeks to 11 years.

**HOURS:** Monday - Friday 8am - 8pm • Saturday - Sunday 8am - 2pm\*

\*Hours subject to change

**Hours may adjust for the holidays**

**RESERVATIONS:** Advanced reservations are required for all children utilizing either KidZone or Adventure Center. Reservations are filled on a first come first serve basis, until we meet maximum capacity within appropriate safety ratios. Reservations may be made up to 7 days in advance for 2 hour time blocks for the Kid Zone & the Adventure Center/Gym.

**IN PERSON:** Stop by the Children's Service Desk during regular operating hours listed above.

**BY PHONE:** Call (630) 646-7940 during regular operating hours listed above.

**PAYMENT:** Edward Health & Fitness Center at Seven Bridges offers two methods of payment for Children's Memberships.

**\$28 per month for 6 wks to 15 yrs.**

**Enrollment fee may apply.**

Fees are available as an EFT draft, just like your membership dues and handled in Member Services. \*This payment allows you to use EHFC Naperville Kidzone also.

**Punch Cards are also available for \$30 and \$60...** A child guest fee of \$5.00 will be deducted per visit per child. Available for both members and non-members.

## Teen Classes

**TO REGISTER FOR CLASSES:** Call the Children's Service Desk at 630-646-7940, the Registration Coordinator at 630-646-7913 or online at [edward.org/FitKids](http://edward.org/FitKids).

### Fitness Challenge

Seven Bridges: This class will give teens a total body workout. In addition, you will learn about physical fitness, nutrition and strength training while having fun and meeting new friends. Your workouts will include use of the track, weight machines, free weights and more.

Ages 10-15

Classes meet on Wednesdays 6:30 p.m. - 7:30 p.m. (Meet outside MP2)

**Fee:** Six-Week Member Fee: \$50 / Six-Week Non-Member Fee: \$80

### TRX for Teens

Seven Bridges: Total Resistance Exercise suspension training uses your own body weight as resistance. It is a full body strength workout particularly challenging to the core! Cardiovascular circuits will be added to keep it high energy and fun. TRX is excellent cross training for athletes. Ages 11-15

Classes meet on Fridays 4:30 p.m. – 5:15 p.m. in the Children's South Gym

**Fee:** Six-Week Member Fee: \$50 / Six-Week Non-Member Fee: \$80

### Sports Conditioning

Seven Bridges: Stay fit all year long. Denise Davern, personal trainer, will help your child develop coordination, build muscle mass, enhance motor skills, and improve balance and flexibility. Overall performance in sports activities will be improved. Ages 9-14

Classes meet on Tuesdays 5:00 p.m. – 6:00 p.m. in the Children's South Gym

**Fee:** Six-Week Member Fee: \$50 / Six-Week Non-Member Fee: \$80

# Seven Bridges Schedule 8 am - 2 pm

Adventure Center/Gym =

Pool =

	8 am	9 am	10 am	11 am	Noon	1 pm	2 pm
<b>M</b> <b>o</b> <b>n</b>	Adventure Center/Gym Scooter/Skate 8 am - 9 am	Adventure Center/Gym Art Attack 9 am - 10 am	Adventure Center/Gym Fun in the Gym 10 am - 11 am	Adventure Center/Gym Adventures Through Stories 11 am - 11:30 am	Pool Free Play 11:30 am - 12:30 pm	Adventure Center/Gym Art Attack 12:30 pm - 1:30 pm	Adventure Center/Gym Scooter/Skate 1:30 pm - 3 pm
	Pool Family Swim 8 am - 9 am	Pool Diaper Dippers 9:15 am - 9:45 am	Pool HydroKids 10 am - 11 am	Pool Family Swim 11 am - 3 pm	Pool Family Swim 11 am - 3 pm	Pool Family Swim 11 am - 3 pm	Pool Family Swim 11 am - 3 pm
<b>T</b> <b>u</b> <b>e</b>	Adventure Center/Gym Free Play 8 am - 9 am	Adventure Center/Gym Creative Movement with Music 9 am - 9:30 am	Adventure Center/Gym Fun in the Gym 9:30 am - 10:30 am	Adventure Center/Gym Art Attack 10:30 am - 11:30 am	Pool Free Play 11:30 am - 12:30 pm	Adventure Center/Gym Fun in the Gym 12:30 pm - 1:30 pm	Adventure Center/Gym Kids Choice 1:30 pm - 3 pm
	Pool Family Swim 8 am - 5 pm	Pool Family Swim 8 am - 5 pm	Pool Family Swim 8 am - 5 pm	Pool Family Swim 8 am - 5 pm	Pool Family Swim 8 am - 5 pm	Pool Family Swim 8 am - 5 pm	Pool Family Swim 8 am - 5 pm
<b>W</b> <b>e</b> <b>d</b>	Adventure Center/Gym Scooter/Skate 8 am - 9 am	Adventure Center/Gym Art Attack 9 am - 10 am	Adventure Center/Gym Fun in the Gym 10 am - 11 am	Adventure Center/Gym Adventures Through Stories 11 am - 11:30 am	Pool Free Play 11:30 am - 12:30 pm	Adventure Center/Gym Art Attack 12:30 pm - 1:30 pm	Adventure Center/Gym Scooter/Skate 1:30 pm - 3 pm
	Pool Family Swim 8 am - 9:30 am	Pool Splash N Play 9:30 am - 10:30 am	Pool Family Swim 10:30 am - 4 pm	Pool Family Swim 10:30 am - 4 pm	Pool Family Swim 10:30 am - 4 pm	Pool Family Swim 10:30 am - 4 pm	Pool Family Swim 2 pm - 4 pm
<b>T</b> <b>h</b> <b>u</b>	Adventure Center/Gym Free Play 8 am - 9 am	Adventure Center/Gym Creative Movement with Music 9 am - 9:30 am	Adventure Center/Gym Fun in the Gym 9:30 am - 10:30 am	Adventure Center/Gym Art Attack 10:30 am - 11:30 am	Pool Free Play 11:30 am - 12:30 pm	Adventure Center/Gym Fun in the Gym 12:30 pm - 1:30 pm	Adventure Center/Gym Kids Choice 1:30 pm - 3 pm
	Pool Family Swim 8 am - 9 am	Pool HydroKids 9 am - 10 am	Pool Diaper Dippers 10 am - 11 am	Pool Family Swim 11 am - 5 pm	Pool Family Swim 11 am - 5 pm	Pool Family Swim 11 am - 5 pm	Pool Family Swim 11 am - 5 pm
<b>F</b> <b>r</b> <b>i</b>	Adventure Center/Gym Scooter/Skate 8 am - 9 am	Adventure Center/Gym Art Attack 9 am - 10 am	Adventure Center/Gym Fun in the Gym 10 am - 11 am	Adventure Center/Gym Adventure Through Stories 11 am - 11:30 am	Pool Free Play 11:30 am - 12:30 pm	Adventure Center/Gym Art Attack 12:30 pm - 1:30 pm	Adventure Center/Gym Scooter/Skate 1:30 pm - 3 pm
	Pool Family Swim 8 am - 6 pm	Pool Family Swim 8 am - 6 pm	Pool Family Swim 8 am - 6 pm	Pool Family Swim 8 am - 6 pm	Pool Family Swim 8 am - 6 pm	Pool Family Swim 8 am - 6 pm	Pool Family Swim 8 am - 6 pm
<b>S</b> <b>a</b> <b>t</b>	Adventure Center/Gym Scooter/Skate 8 am - 9 am	Adventure Center/Gym Art Attack 9 am - 10 am	Adventure Center/Gym Fun in the Gym 10 am - 11 am	Adventure Center/Gym Adventures Through Stories 11 am - 11:30 am	Pool Free Play 11:30 am - Noon	Pool Open Gym Noon - 1 pm	Adventure Center/Gym Kids Choice 1 pm - 2 pm
	Pool Diaper Dippers 8 am - 10 am	Pool Diaper Dippers 8 am - 10 am	Pool HydroKids 10 am - 11 am	Pool HydroKids 11 am - Noon	Pool Open Swim Noon - 5:30 pm	Pool Open Swim Noon - 5:30 pm	Pool Open Swim Noon - 5:30 pm
<b>S</b> <b>u</b> <b>n</b>	Adventure Center/Gym Free Play 8 am - 9 am	Adventure Center/Gym Art Attack 9 am - 10 am	Adventure Center/Gym Fun in the Gym 10 am - 11 am	Adventure Center/Gym Adventures Through Stories 11 am - 11:30 am	Pool Free Play 11:30 am - Noon	Adventure Center/Gym Kids Choice Noon - 1 pm	Pool Open Gym 1 pm - 2 pm
	Pool Family Swim 8 am - 9 am	Pool Rental 9 am - 10 am	Pool Rental 10 am - 11 am	Pool Family Swim 11 am - Noon	Pool Open Swim Noon - 4 pm	Pool Open Swim Noon - 4 pm	Pool Open Swim Noon - 4 pm

Space in gym, pool and adventure center are subject to change due to utilization of programming and/or facility rental.

# Camp at EHFC

## Winter Camp Fit-to-Go

Seven Bridges: EHFC is offering two fun-filled days of activities for you to enjoy during your winter break. While at camp you can enjoy swimming, arts and crafts, organized gym games, physical fitness, a field trip on Friday and lots of fun. Ages 5-11

**Week One:** Monday, December 26th - Friday, December 30th

**Week Two:** Monday, January 2nd - Friday, January 6th

Camp will meet from 9 am - 4 pm

**Weekly Fee:** Members: \$125 / Non-Members: \$180

Campers should bring their swimming suits, a change of clothes, water bottle, sack lunch and a snack.

**BEFORE AND AFTER CAMP IS NOT AVAILABLE.**

## Holiday Break Volleyball Camps

Seven Bridges: Pass, set, hit... Join us for drills, games and obstacle courses taught by USVBA certified coaches. Focus on fundamentals and fun while learning current techniques with experienced hands on instruction. Ages 1st - 4th grade & 5th - 8th grade boys and girls.

Friday, November 25th: 11:00 a.m.-1:00 p.m.

**Fee:** Members: \$30 / Non-Members: \$40

Monday, December 26th - Friday, December 30th

11:00 a.m.-1:00 p.m.

**Fee:** Members: \$150 / Non-Members: \$200



# Aquatics Programs

## Tsunami (New & Improved!)

Seven Bridges: The Tsunami program is designed for individuals with a high interest in swimming. The program assists swimmers in achieving skills necessary to compete on a swim team or to provide conditioning and skill development for experienced swimmers. Swimmers will work on distance swimming for all four strokes, flip turns, adding speed to their stroke with advanced technique. Tsunami has a unique three day a week practice schedule put in place to attain optimal results. Registering for multiple days is encouraged. The class is taught by an experienced coach with a passion for swimming. To join Tsunami, swimmers must pass level six in the HydroKids program. To pass level six, the swimmer must perform 50 yards freestyle and 50 yards backstroke with long strokes and body roll, 25 yards breaststroke and 25 yards butterfly with strength and proficiency. Please see testing dates for each session. New swimmers can be tested during these times to see what group they will be in.

Monday 6 - 7 pm      Wednesday 6 - 7 pm      Friday 6 - 7 pm

**Fee:** 8 week member fee: \$96 / 8 week non-member fee: \$128

10 week member fee: \$120 / 8 week non-member fee: \$160

## Private Swim Lessons

Seven Bridges: More personalized one on one training, ranging from learning to swim through competitive swim analysis and training for ages 6 months to 16 years. Fill out a private lesson request form at the Children's Desk and you will be set up with an instructor who can teach the level your child is in and is available at the same time as you are. Please wait to pay for your package until lessons are arranged with an instructor. **Parents are required to remain in the building during private swim lessons.**

**Member Fee (30 minute sessions):**

2 - \$63 • 5 - \$140 • 10 - \$263 • 20 - \$491

**Non-Member Fee (30 minute sessions):**

2 - \$105 • 5 - \$225 • 10 - \$396 • 20 - \$750

**Member Partner Fee (30 minute sessions):**

2 - \$105 • 5 - \$222 • 10 - \$419 • 20 - \$786

**Non-Member Partner Fee (30 minute sessions):**

2 - \$128 • 5 - \$354 • 10 - \$610 • 20 - \$999

*All prices subject to change.*

# Seven Bridges Schedule 3 pm - 9 pm

Adventure Center/Gym = <span style="background-color: #f4a460; display: inline-block; width: 15px; height: 10px;"></span>				Pool = <span style="background-color: #00a0c0; display: inline-block; width: 15px; height: 10px;"></span>			
3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	
Free Play 3 pm - 4 pm	Art Attack 4 pm - 5 pm	Basketball 5 pm - 6 pm	Fun in the Gym 6 pm - 6:30 pm	Open Gym 6:30 pm - 8 pm			M
Family Swim 11 am - 4 pm	HydroKids 4 pm - 5 pm	HydroKids 5 pm - 6 pm	Diaper Dippers 6 pm - 7 pm	Rental 7 pm - 8 pm	Family Swim 8 pm - 9:30 pm	Family Swim 8 pm - 9:30 pm	
Free Play 3 pm - 4 pm	Art Attack 4 pm - 5 pm	Open Gym 5 pm - 6 pm	Kids Choice 6 pm - 7 pm	Open Skate/ Family Skate 7 pm - 8 pm			T
Family Swim 8 am - 5 pm	Family Swim 8 am - 5 pm	Open Swim 5 pm - 6 pm	HydroKids 6 pm - 7 pm	HydroKids 7 pm - 8 pm	Family Swim 8 pm - 9:30 pm	Family Swim 8 pm - 9:30 pm	
Free Play 3 pm - 4 pm	Art Attack 4 pm - 5 pm	Basketball 5 pm - 6 pm	Fun in the Gym 6 pm - 6:30 pm	Open Gym 6:30 pm - 8 pm			W
Family Swim 2 pm - 4 pm	HydroKids 4 pm - 5 pm	HydroKids 5 pm - 6 pm	Open Swim 6 pm - 7 pm	Rental 7 pm - 8 pm	Family Swim 8 pm - 9:30 pm	Family Swim 8 pm - 9:30 pm	
Free Play 3 pm - 4 pm	Art Attack 4 pm - 5 pm	Open Gym 5 pm - 6 pm	Kids Choice 6 pm - 7 pm	Open Skate/ Family Skate 7 pm - 8 pm			T
Family Swim 11 am - 5 pm	Family Swim 11 am - 5 pm	HydroKids 5 pm - 6 pm	HydroKids 6 pm - 7 pm	Family Swim 7 pm - 9:30 pm	Family Swim 7 pm - 9:30 pm	Family Swim 7 pm - 9:30 pm	
Free Play 3 pm - 4 pm	Art Attack 4 pm - 5 pm	Open Gym 5 pm - 6 pm	Friday Night Frenzy 6 pm - 8 pm	Friday Night Frenzy 6 pm - 8 pm	Friday Night Frenzy 6 pm - 8 pm		F
Family Swim 8 am - 6 pm	Family Swim 8 am - 6 pm	Family Swim 8 am - 6 pm	Tsunami 6 pm - 7 pm	Open Swim 7 pm - 8 pm	Family Swim 8 pm - 9:30 pm	Family Swim 8 pm - 9:30 pm	
							S
Open Swim Noon - 5:30 pm	Open Swim Noon - 5:30 pm	Open Swim Noon - 5:30 pm					
							S
Open Swim Noon - 4 pm	Family Swim 4 pm - 5:30 pm	Family Swim 4 pm - 5:30 pm					

Space in gym, pool and adventure center are subject to change due to utilization of programming and/or facility rental.

## Special Events

### Friday Night Frenzy

Seven Bridges: Join us every Friday from 6:00 p.m. - 8:00 p.m. for fun in the gym and children's pool. We will have a different theme each week. Sign up at the Children's Service Desk one week in advance. **Ages 5-11**

**Fee:** Members: FREE / Non-Members: \$10; Sign up at the Children's Service Desk

### Monster Mash

Seven Bridges: Children are invited to join us as we celebrate Halloween with costume contests, trick or treating around the fitness center, Halloween games and much more. Each child will go home with a bag full of goodies. Hot dogs, chips and juice will be provided. **Ages 5-11**

Friday, October 28th 6:00 p.m. – 8:00 p.m. in MP2.

**Fee:** Members: \$10 / Non-Members: \$15

Please call 646-7940 to register by Wednesday, October 26th. *(Minimum of 10 children to run)*

### Black Friday Fun Day

Seven Bridges: Don't spend your day at a crowded mall!!!! Join us at Black Friday Fun Day! While at EHFC, you can enjoy swimming, imagination time, organized gym games, physical fitness, lunch (pizza, cookies and juice) plus lots of fun. **Ages 5-11**

Friday, November 25th: 9:00 a.m. – 4:00 p.m.

**Fee:** Members: \$40 / Non-Members: \$60;

Sign up at the Children's Service Desk

### Lunch with Santa

Seven Bridges: 🎅 Santa Claus is coming to EHFC... 🎅 join us for lunch, pictures and games with Santa on Monday, December 19th from 12:00 p.m. – 1:30 p.m. Hot dog, chips, cookie & juice boxes will be served. EHFC will take a picture and email it to you.

**Ages 3-9** (Parents welcome)

Friday, December 23rd 12:00 p.m. – 1:30 p.m. in MP2

**Fee:** Members: \$10 / Non-Members: \$15

Please call 646-7940 to register by Friday, December 16th. *(Minimum of 10 children to run)*

## Aquatics Programs

### Splash N Play

Seven Bridges: Splash N Play is a time for your child to experience the water with the supervision of an EHFC swim instructor. This is a time for your child to enjoy the water playing games, learning how to swim, diving for rings and water exploration. This class varies from day to day and includes a combination of structured and unstructured group and individual play. Class is limited to eight children with the supervision of an EHFC employee. Children must be potty trained and able to go to the bathroom by themselves.

**This class is free to all members.**

Wednesday 9:30 - 10:30 am

Register the morning of each class at the Children's Desk.

For the class to be held, there needs to be a minimum of three children signed up 15 minutes prior to the class.

### HydroKids Learn to Swim

Seven Bridges: HydroKids Learn to Swim is EHFC's unique swim program. Our program is composed of six levels and features everything from water adjustment to refinement of the competitive swimming strokes. During this class, **parents must view their children behind the pool window and are not permitted on the pool deck during lessons.** Ratios are five students to one instructor for Levels 1-4 and six students to one instructor for Levels 5 and 6. Children must be potty trained to participate. **Ages 4 and up.**

#### Fall / Winter:

Monday	4 - 5 pm	Levels 1-4 & 6
Monday	5 - 6 pm	Levels 1-6
Tuesday	6 - 7 pm	Levels 1-5
Tuesday	7 - 8 pm	Levels 1-6
Wednesday	4 - 5 pm	Levels 1-6
Wednesday	5 - 6 pm	Levels 1-6
Thursday	9 - 10 am	Levels 1-3
Thursday	5 - 6 pm	Levels 1-6
Thursday	6 - 7 pm	Levels 1-5
Saturday	10 - 11 am	Levels 1-5
Saturday	11 am - Noon	Levels 1-5

**Levels may change each session, but times will be the same.**

**Fee:** 8 week member fee: \$96 / 8 week non-member fee: \$128

10 week member fee: \$120 / 10 week non-member fee: \$160

## Aquatic Rules and Regulations

**OPEN SWIM:** Supervised/Unstructured individual freestyle swimming and playing in the pool. Lifeguard on duty. Children must be 46" to enter pool for open swim without a parent. Parents are required to sign their children in at the Children's Service Desk. Parents are required to remain in the building at all times.

**FAMILY SWIM:** During "Family Swim" you may use the Children's Pool provided the parent/ guardian remains in the pool or "on deck" with children under the age of sixteen (16). A lifeguard will NOT be on duty during "Family Swim".

**POOL POLICY:** Children using Seven Bridges pool not potty trained will be required to wear a swim diaper, rubber pants and a swimsuit. (No disposable diapers).

**HYDROKIDS & TSUNAMI:** Parents, friends and family may view HydroKids lessons through the windows. Please refrain from entering the pool area during lessons. During lessons, the Children's Pool and Pool Deck will be closed to people not enrolled in HydroKids.

**DIAPER DIPPERS & TADPOLES:** Parents and family may view Diaper Dippers lessons on deck with permission from the On-Deck Coordinator. During lessons, the Children's Pool will be closed to people not enrolled in Diaper Dippers.

**POOL RENTALS & CAMP:** During these times the Children's Pool will be closed to anyone not involved in these programs.

## Aquatics Programs

### Diaper Dippers

Seven Bridges: Learn how to teach your child an important life skill. Our experienced instructors will explain the process and skills necessary for learning how to swim. Our four level program will cover the following areas: Safety Skills, Water Adjustment, Forward Movement and Submersion. Register for a class based on skills achieved. For the safety of our pool, your child must wear a swim diaper, rubber pants and a swimsuit.

For 6 months – 4 years.

#### Fall & Winter

Monday	6:00 - 6:30 pm	Levels 1/2 & 3/4
Saturday	8:15 - 8:45 am	New Students & Level 2
Saturday	8:45 - 9:15 am	Levels 2 & 3
Saturday	9:15 - 9:45 am	New Students & Level 3/4

**Fee:** 8 week member fee: \$72 / 8 week non-member fee: \$96

10 week member fee: \$90 / 10 week non-member fee: \$120

### Tadpoles

Seven Bridges: Tadpoles is for the child who is comfortable being in the water with the help of his/her parent, but might need a little reassurance when it is time to transition into HydroKids without mom or dad. Each week parents will stay with the child progressively less. We encourage each child to try the last class "on his/her own". **MUST BE POTTY TRAINED.** Ages 2 1/2 – 5 years with some adult participation.

#### Fall & Winter:

Monday 6:00 - 6:45 pm • Saturday 9:15 - 10 am

**Fee:** 8 week member fee: \$88 / 8 week non-member fee: \$112

10 week member fee: \$110 / 10 week non-member fee: \$140

## Special Events

### Drop & Shop

Seven Bridges: Do you need some extra time to shop and prepare for the holidays? **WE CAN HELP!!!** Drop your children off at EHFC for some holiday fun while you get your shopping, cleaning and cooking done. Children will enjoy lunch (hot dogs, chips and juice), a holiday movie, a holiday craft project, and gym time. Ages 3-5

Friday, December 16th, 10:00 a.m. – 2:00 p.m.

Minimum of 5 to run; Maximum of 20

**Fee:** Members: \$30 / Non-Members: \$40. Sign up at the Children's Service Desk.

### Girl-Scouts/Boy-Scouts Badge Labs

Seven Bridges: Do you need help fulfilling the requirements of a patch/badge in fitness, swimming, or gym games? Set up a badge lab at EHFC and we'll help you achieve your goals.

**Fee:** \$5 per scout. Call R.J. Gurney at (630) 646-7941 for times and availability.

## Birthday Parties

### Birthday Blast

Children can enjoy a 120 minute birthday party; 120 minutes of fun and games. The per child fee of \$8.50 for members and \$10.50 for non-members plus the room rental of \$100 includes party decorations, paper supplies, exclusive use of Multipurpose room 2 and the south gym, shared use of the pool, a lifeguard, supervision of your party guests, plus fun and games organized and facilitated by your very own EHFC "party host". You supply the food and beverages of your choice.

### Super Birthday Blast

Includes everything in the first party with the addition of lunch for your party guests: Pizza and a juice box. Each child will take home a goodie cup. There is a per child fee of \$13 for members and \$15 for non-members plus the room rental fee of \$100.

The birthday child is free. Reservations are required at least seven days in advance.

A \$25 non-refundable deposit is required. For more information, or to reserve your party, contact R.J. Gurney at 630-646-7941.

# Children's Aquatics Registration

## Online Priority Registration

- Go to eehealth.org and click on the "MENU" tab near the top of the page
- Click "Health & Fitness Centers" / "Register for a class" / Search class type: Kids Aqua  
Choose class based on day, time, and level
- **If you have multiple children to register, you will need to complete the registration 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. This should be a 10 digit number. If your child is not a member click "Skip"
- Under **Demographics Information enter your child's information** and click "Continue" at the bottom of the page
- Complete payment process

**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 incorrect level**
- **Your child is not eligible for priority registration**
- **Your child's membership status is not valid**

### ONLINE REGISTRATION TIMES FOR LEVELS

All Diaper Dippers and Tadpoles	8:30 am
HydroKids Level 1	8:30 am
HydroKids Level 2	8:40 am
HydroKids Level 3	8:45 am
HydroKids Level 4	8:50 am
HydroKids Level 5A & 5B	8:55 am
HydroKids Level 6 & Tsunami	9:00 am

**If you have any questions or concerns about the online registration process, please contact Jenny at [jennifer.iraahim@eehealth.org](mailto:jennifer.iraahim@eehealth.org) or 630-646-7913. If you are unsure of the level your child is in, please contact the Children's Aquatics Coordinator at 630-646-7916.**

# Children's Aquatics Registration

## Fall 1

### 8 week session from August 15 – October 8

No classes Saturday, September 3rd; and Monday, September 5th  
Make-up classes Monday, October 10th and Saturday, October 15th

Priority online registration for students currently enrolled begins Thursday, August 4th at 8 am. Phone registration will be taken on Monday, August 8th at 8 am. Open registration for returning or new students begins Tuesday, August 9th at 8 am.

### Testing Dates for New Students:

Wednesday, August 3rd: 6 -7 pm • Call (630) 646-7940 for a reservation.

## Fall 2

### 8 week session from October 17 – December 9

No classes Thursday, November 24th; and Saturday, November 26th  
Make-up classes Thursday, December 15th and Saturday, December 17th

Priority online registration for students currently enrolled begins Thursday, October 6th at 8 am. Phone registration will be taken on Monday, October 10th at 8 am. Open registration for returning or new students begins Tuesday, October 11th at 8 am.

### Testing Dates for New Students:

Wednesday, October 5th: 6 - 7 pm • Call (630) 646-7940 for a reservation.

## Winter

### 10 week session from January 9 – March 18

Priority online registration for students currently enrolled begins Thursday, December 8th at 8 am. Phone registration will be taken on Monday, December 12th at 8 am. Open registration for returning or new students begins Tuesday, December 13th at 8 am.

### Testing Dates for New Students:

Wednesday, December 7th: 6 - 7 pm • Call (630) 646-7940 for a reservation.

Thursday, January 5th: 5 - 6 pm • Call (630) 646-7940 for a reservation.