

Swim Lessons

Starfish Swimming Lessons

The Bloomingdale Park District is pleased to partner with the Starfish Aquatics Institute to offer a complete swim lesson curriculum. In addition to boosting your child's self-esteem and providing a great form of fun, this program teaches participants how to be safe in and around the water. Classes are available for infants, children, and tweens and are taught by Starfish certified instructors. Below is a description of each level.



Color levels are used to divide students into ability groups. Children progress at individual rates with the opportunity to learn the core swimming skills in each level. Children can pass each level once they complete their level's swim and safety skill benchmark. Students work toward development of the five core swimming competencies and receive color stage awards for each achievement!

Sessions include 8 classes and 2 makeup dates that are used if one of the 8 classes is cancelled due to inclement weather.

Morning Session 1

Dates: 6/21-6/25 and 6/28-6/30

Makeup lessons in case of inclement weather: 7/1 & 7/2

Morning Session 2

Dates: 7/5-7/9 and 7/12-7/14

Makeup lessons in case of inclement weather: 7/15 & 7/16

Morning Session 3

Dates: 7/19-7/23 and 7/26-7/28

Makeup lessons in case of inclement weather: 7/29 & 7/30

Evening Session 1

Dates: 6/21, 6/22, 6/24, 6/25, 6/28, 6/29, 7/1, 7/2

Makeup lessons in case of inclement weather: 7/5 & 7/6

Evening Session 2

Dates: 7/12, 7/13, 7/15, 7/16, 7/19, 7/20, 7/22, 7/23

Makeup lessons in case of inclement weather: 7/26 & 7/27

*No evening lessons on Wednesdays

Sunday Session

Dates: 6/13, 6/20, 6/27, 7/4, 7/11, 7/18

Makeup lessons in case of inclement weather: 7/25

*Sunday Session only includes one makeup date.

Swim Lesson Cancellation Procedure

Classes will be cancelled only in the event of severe weather. Two rain dates are available each session if needed. Refunds/credits will not be issued due to a missed lesson or inclement weather. During a session when the air temperature is cool or the weather conditions are questionable, every effort will be made to conduct classes. Safety procedures and out-of-water instruction will take place during cooler weather when appropriate. Telephone calls to individual participants will not be made in the event of swim lesson cancellation. On days when the weather is questionable, please call 529-3650 no more than 30 minutes before your lesson time to inquire about the status of swim lessons.

StarBabies

Activity #480005 | Age: 6 months – 2 years

An introduction to swimming directed toward improving the child's comfort level in water while training parents in water safety and drowning procedures. StarBabies must have a parent or caregiver in the water at all times. Parents are taught different holding techniques while their child explores the water using basic arm and leg movements. Participants sing songs and play games to become more familiar with trust and comfort, body position, submersion, air recovery, rollover, forward movement, wearing a lifejacket, and entering/exiting the pool safely. This course does not teach children to become accomplished swimmers or to survive in the water; it does provide a confidence building, fun and loving experience for babies!

Location: Mango Bay

Instructor: Staff

Aquatics (nr)

MIN/MAX: 3/5

Age	Day	Time	Date	R/NR Fee	Code #
0-2	Mon-Fri	9:15-9:45A	Jun 21-Jun 30	\$40/\$50	480005-01
0-2	Mon-Fri	10:00-10:30A	Jun 21-Jun 30	\$40/\$50	480005-02
0-2	Mon-Fri	9:15-9:45A	Jul 5-14	\$40/\$50	480005-03
0-2	Mon-Fri	10:00-10:30A	Jul 5-14	\$40/\$50	480005-04
0-2	Mon-Fri	9:15-9:45A	Jul 19-28	\$40/\$50	480005-05
0-2	Mon-Fri	10:00-10:30A	Jul 19-28	\$40/\$50	480005-06
0-2	Sun	9:30-10:00A	Jun 13-Jul 18	\$30/\$40	480005-07

StarTots

Activity #480006 | Age: 3-4 years

An introduction to swimming directed toward improving the child's comfort level in water while learning basic water skills such as blowing bubbles, submerging face, retrieving objects submerged in shallow water, and water safety. Participants sing songs and play games to become more comfortable in the water while becoming familiar with trust and comfort, body position, submersion, air recovery, rollover, forward movement, wearing a lifejacket, and entering/exiting the pool safely. This course does not teach children to become accomplished swimmers or to survive in the water; it does provide a confidence building, fun and loving experience for tots!

Location: Mango Bay

Instructor: Staff

Aquatics (nr)

MIN/MAX: 2/3

Age	Day	Time	Date	R/NR Fee	Code #
3-4	Mon-Fri	9:15-9:45A	Jun 21-Jun 30	\$45/\$55	480006-01
3-4	Mon-Fri	10:00-10:30A	Jun 21-Jun 30	\$45/\$55	480006-02
3-4	Mon-Fri	9:15-9:45A	Jul 5-14	\$45/\$55	480006-03
3-4	Mon-Fri	10:00-10:30A	Jul 5-14	\$45/\$55	480006-04
3-4	Mon-Fri	9:15-9:45A	Jul 19-28	\$45/\$55	480006-05
3-4	Mon-Fri	10:00-10:30A	Jul 19-28	\$45/\$55	480006-06
3-4	Sun	9:30-10:00A	Jun 13-Jul 18	\$34/\$44	480006-07

Swim School Benchmarks					Stroke School
White	Red	Yellow	Blue	Green	
If the student...	If the student...	If the student...	If the student...	If the student...	If the student...
Is afraid of water...	Can't swim without support but loves the water...	Is not afraid...	Can swim underwater or on the surface, and can get an occasional breath...	Can tread water for at least 15 seconds...	Has passed Level 3 - Dolphin benchmarks.
Can't swim at all...	Will get face wet...	Can float on front and back...		Can swim freestyle with rotary (side) breathing...	and
Will not get face wet...	Will jump in...	Can jump in and return to surface...			Needs to learn or refine backstroke, butterfly, and breaststroke...
SIGN UP FOR LEVEL 1 – TURTLE	SIGN UP FOR LEVEL 2 – OTTER	SIGN UP FOR LEVEL 2 – OTTER	SIGN UP FOR LEVEL 3 – DOLPHIN	SIGN UP FOR LEVEL 3 – DOLPHIN	SIGN UP FOR STROKE SCHOOL
Age: 5-7 years	Age: 5-7 years	Age: 5-7 years	Age: 7-10 years	Age: 7-10 years	Age: 8+



Level 1 – Turtle

Activity #480007 | Age: 5-7 years

This class's stage is White: Trust and Submersion. For the child who is afraid of water, cannot swim, or will not get his/her face wet.

Safety Skill Benchmark: Always ask permission before getting in the water.

Swim Skill Benchmark: Assisted submersion, relaxed, for 5 seconds; then come up to breathe.

Location: The Oasis
Instructor: Staff

Aquatics (nr)
MIN/MAX: 3/5

Age	Day	Time	Date	R/NR Fee	Code #
5-7	Mon-Fri	9:15-9:45A	Jun 21-Jun 30	\$40/\$50	480007-01
5-7	Mon-Fri	10:00-10:30A	Jun 21-Jun 30	\$40/\$50	480007-02
5-7	Mon-Fri	10:45-11:15A	Jun 21-Jun 30	\$40/\$50	480007-03
5-7	Mon-Fri	11:30A-12:00P	Jun 21-Jun 30	\$40/\$50	480007-04
5-7	Mon-Fri	9:15-9:45A	Jul 5-14	\$40/\$50	480007-05
5-7	Mon-Fri	10:00-10:30A	Jul 5-14	\$40/\$50	480007-06
5-7	Mon-Fri	10:45-11:15A	Jul 5-14	\$40/\$50	480007-07
5-7	Mon-Fri	11:30A-12:00P	Jul 5-14	\$40/\$50	480007-08
5-7	Mon-Fri	9:15-9:45A	Jul 19-28	\$40/\$50	480007-09
5-7	Mon-Fri	10:00-10:30A	Jul 19-28	\$40/\$50	480007-10
5-7	Mon-Fri	10:45-11:15A	Jul 19-28	\$40/\$50	480007-11
5-7	Mon-Fri	11:30A-12:00P	Jul 19-28	\$40/\$50	480007-12
5-7	M,Tu,Th,F	7:00-7:30P	Jun 21-Jul 2	\$40/\$50	480007-13
5-7	M,Tu,Th,F	7:45-8:15P	Jun 21-Jul 2	\$40/\$50	480007-14
5-7	M,Tu,Th,F	7:00-7:30P	Jul 12-23	\$40/\$50	480007-15
5-7	M,Tu,Th,F	7:45-8:15P	Jul 12-23	\$40/\$50	480007-16
5-7	Sun	9:30-10:00A	Jun 13-Jul 18	\$34/\$44	480007-17
5-7	Sun	10:15-10:45A	Jun 13-Jul 18	\$34/\$44	480007-18

Level 2 - Otter

Activity #480008 | Age: 5-7 years

This class's stage is Red: Body Position and Air Recovery and Yellow: Submersion. For the child who enjoys water, gets his/her face wet, and will jump into the water.

Safety Skill Benchmarks: Put on a lifejacket, float on back, kick 6m/20 ft, use flotation to help someone who is in trouble in the water and know how to call emergency services.

Swim School Benchmarks: Jump in, submerge, recover for air, roll on back for 5 seconds, or kick and pull forward on front and back.

Location: The Oasis
Instructor: Staff

Aquatics (nr)
MIN/MAX: 3/5

Age	Day	Time	Date	R/NR Fee	Code #
5-7	Mon-Fri	9:15-9:45A	Jun 21-Jun 30	\$40/\$50	480008-01
5-7	Mon-Fri	10:00-10:30A	Jun 21-Jun 30	\$40/\$50	480008-02
5-7	Mon-Fri	10:45-11:15A	Jun 21-Jun 30	\$40/\$50	480008-03
5-7	Mon-Fri	11:30A-12:00P	Jun 21-Jun 30	\$40/\$50	480008-04
5-7	Mon-Fri	9:15-9:45A	Jul 5-14	\$40/\$50	480008-05
5-7	Mon-Fri	10:00-10:30A	Jul 5-14	\$40/\$50	480008-06
5-7	Mon-Fri	10:45-11:15A	Jul 5-14	\$40/\$50	480008-07
5-7	Mon-Fri	11:30A-12:00P	Jul 5-14	\$40/\$50	480008-08
5-7	Mon-Fri	9:15-9:45A	Jul 19-28	\$40/\$50	480008-09
5-7	Mon-Fri	10:00-10:30A	Jul 19-28	\$40/\$50	480008-10
5-7	Mon-Fri	10:45-11:15A	Jul 19-28	\$40/\$50	480008-11
5-7	Mon-Fri	11:30A-12:00P	Jul 19-28	\$40/\$50	480008-12
5-7	M,Tu,Th,F	7:00-7:30P	Jun 21-Jul 2	\$40/\$50	480008-13
5-7	M,Tu,Th,F	7:45-8:15P	Jun 21-Jul 2	\$40/\$50	480008-14
5-7	M,Tu,Th,F	7:00-7:30P	Jul 12-23	\$40/\$50	480008-15
5-7	M,Tu,Th,F	7:45-8:15P	Jul 12-23	\$40/\$50	480008-16
5-7	Sun	9:30-10:00A	Jun 13-Jul 18	\$34/\$44	480008-17
5-7	Sun	10:15-10:45A	Jun 13-Jul 18	\$34/\$44	480008-18

Swim Lessons

Level 3 – Dolphin

Activity #480009 | Ages: 7-10 years

This class's stage is Blue: Body Rotation and Green: Integrated Movement. For the child who can swim 10 feet while taking an occasional breath and can swim underwater or on the surface with no help.

Safety Skill Benchmarks: Tread water for 15-30 seconds and use survival float.

Swim School Benchmarks: Jump in, recover to side glide and kick 3m/10ft. Start in side glide, swim overarm pulls with kick using the 1-2-3 breath pattern.

Location: The Oasis

Instructor: Staff

Aquatics (nr)

MIN/MAX: 3/5

Age	Day	Time	Date	R/NR Fee	Code #
7-10	Mon-Fri	9:15-9:45A	Jun 21-Jun 30	\$40/\$50	480009-01
7-10	Mon-Fri	10:00-10:30A	Jun 21-Jun 30	\$40/\$50	480009-02
7-10	Mon-Fri	10:45-11:15A	Jun 21-Jun 30	\$40/\$50	480009-03
7-10	Mon-Fri	11:30A-12:00P	Jun 21-Jun 30	\$40/\$50	480009-04
7-10	Mon-Fri	9:15-9:45A	Jul 5-14	\$40/\$50	480009-05
7-10	Mon-Fri	10:00-10:30A	Jul 5-14	\$40/\$50	480009-06
7-10	Mon-Fri	10:45-11:15A	Jul 5-14	\$40/\$50	480009-07
7-10	Mon-Fri	11:30A-12:00P	Jul 5-14	\$40/\$50	480009-08
7-10	Mon-Fri	9:15-9:45A	Jul 19-28	\$40/\$50	480009-09
7-10	Mon-Fri	10:00-10:30A	Jul 19-28	\$40/\$50	480009-10
7-10	Mon-Fri	10:45-11:15A	Jul 19-28	\$40/\$50	480009-11
7-10	Mon-Fri	11:30A-12:00P	Jul 19-28	\$40/\$50	480009-12
7-10	M,Tu,Th,F	7:00-7:30P	Jun 21-Jul 2	\$40/\$50	480009-13
7-10	M,Tu,Th,F	7:45-8:15P	Jun 21-Jul 2	\$40/\$50	480009-14
7-10	M,Tu,Th,F	7:00-7:30P	Jul 12-23	\$40/\$50	480009-15
7-10	M,Tu,Th,F	7:45-8:15P	Jul 12-23	\$40/\$50	480009-16
7-10	Sun	9:30-10:00A	Jun 13-Jul 18	\$34/\$44	480009-17
7-10	Sun	10:15-10:45A	Jun 13-Jul 18	\$34/\$44	480009-18

Starfish Stroke School

Activity #480010 | Ages: 8-15 years

Stroke School is for students of all ages who achieve the Green Swim School Benchmark and pass Level 3–Dolphin. Students refine freestyle and learn stroke technique for backstroke, butterfly, breaststroke, and develop endurance. If your child is younger than 10 but can swim underwater and take an occasional breath with no help and knows how to tread water for 30 seconds, they will be allowed in the class.

Location: The Oasis

Instructor: Staff

Aquatics (nr)

MIN/MAX: 3/6

Age	Day	Time	Date	R/NR Fee	Code #
8-15	Mon-Fri	10:00-10:30A	Jun 21-Jun 30	\$40/\$50	480010-01
8-15	Mon-Fri	10:45-11:15A	Jun 21-Jun 30	\$40/\$50	480010-02
8-15	Mon-Fri	11:30A-12:00P	Jun 21-Jun 30	\$40/\$50	480010-03
8-15	Mon-Fri	10:00-10:30A	Jul 5-14	\$40/\$50	480010-04
8-15	Mon-Fri	10:45-11:15A	Jul 5-14	\$40/\$50	480010-05
8-15	Mon-Fri	11:30A-12:00P	Jul 5-14	\$40/\$50	480010-06
8-15	Mon-Fri	10:00-10:30A	Jul 19-28	\$40/\$50	480010-07
8-15	Mon-Fri	10:45-11:15A	Jul 19-28	\$40/\$50	480010-08
8-15	Mon-Fri	11:30A-12:00P	Jul 19-28	\$40/\$50	480010-09
8-15	M,Tu,Th,F	7:00-7:30P	Jun 21-Jul 2	\$40/\$50	480010-10
8-15	M,Tu,Th,F	7:45-8:15P	Jun 21-Jul 2	\$40/\$50	480010-11
8-15	M,Tu,Th,F	7:00-7:30P	Jul 12-23	\$40/\$50	480010-12
8-15	M,Tu,Th,F	7:45-8:15P	Jul 12-23	\$40/\$50	480010-13
8-15	Sun	9:30-10:00A	Jun 13-Jul 18	\$34/\$44	480010-14
8-15	Sun	10:15-10:45A	Jun 13-Jul 18	\$34/\$44	480010-15

Private Swim Lessons

R/NR \$20/\$30 per lesson

Private swim lessons offer 30-minute sessions of exclusive instruction specific to each swimmer's needs and goals. Private lessons occur during regular swim lesson times, or during open swim hours, and are led by Starfish Swimming certified instructors. Upon registering, the Swim Lesson Coordinator will contact you to arrange a date and time for your lesson(s). Private lessons are held between June 14th and August 6th. You may register for more than one lesson. Private lesson registration is only available at the front desk of the Johnston Recreation Center and not online.

Student Drop-Off

Upon arrival, check the lesson locator at The Oasis admission desk. Escort your child(ren) to the deck area designated for his/her level and remain with him/her until their name has been called and the instructor has arrived.

Temperatures will be taken prior to entry. Anyone with a temperature 100.4 degrees or higher will be refused admittance.

Parents/guardians may wait for their child(ren) in the designated waiting area. Social distancing and face masks are required.

A mask is required for parents/guardians, spectators, and participants 2 years and older. Participants must wear a mask until the lesson begins and they are instructed to remove it by the instructor.





Teen & Adult Semi-Private Lessons

This course is designed to improve comfort and skill in the water, regardless of past swimming experience. Perfect for teens and adults who desire to learn or improve strokes and water skills for fitness or fun. Beginners and advanced students welcome.

Rain Dates will be made up as time permits.

Location: The Oasis
Instructor: Oasis Staff

Aquatics (nr)
MIN/MAX: 2/4

Age	Day	Time	Date	R/NR Fee	Code #
15+	Tue & Thu	10-10:30A	Jul 6-29	\$45/\$55	405501-F1

Diving Lessons

This class covers the basics of diving as well as more advanced skills. Learn springboard diving from the beginning. Class focuses on the basics of diving from the approach to the entry. As students begin to master basic skills, they progress to more advanced dives and positions.

Location: The Oasis
Instructor: Oasis Staff

Aquatics(ct)
MIN/MAX: 3/6

Age	Day	Time	Date	R/NR Fee	Code #
7-14	Mon-Fri	10-10:30A	Aug 2-6	\$45/\$55	405116-A1

Aqua Bootcamp

Get your cardio and toning at the same time! Strengthen abs, arms and legs while getting your heart pumping. No drop-ins.

Location: Cuda Cove
Instructor: Lee Anne

Adult Fitness (rd)
MIN/MAX: 5/10

Age	Day	Time	Date	R/NR Fee	Code #
18-99	Tue & Thu	12:15-1:15P	Jun 15-Jul 8	\$89/\$109	405412-A1
18-99	Tue	12:15-1:15P	Jun 15-Jul 6	\$45/\$65	405412-A2
18-99	Thu	12:15-1:15P	Jun 17-Jul 8	\$45/\$65	405412-A3
18-99	Tue & Thu	12:15-1:15P	Jul 13-Aug 5	\$89/\$109	405412-B1
18-99	Tue	12:15-1:15P	Jul 13-Aug 3	\$45/\$65	405412-B2
18-99	Thu	12:15-1:15P	Jul 15-Aug 5	\$45/\$65	405412-B3

Private rentals at The Oasis

The Oasis Water Park is available for rental Friday, Saturday and Sunday evenings. Detailed information is on The Oasis private rental application available at the Johnston Recreation Center Front Desk, Oasis Admission Desk or online at bloomingdaleparks.org.

Number of Guests: 0-50
(Fees are per hour)

	R/NR
Entire Facility (up to 100 guests)	\$300/\$390
Mango Bay (without slides)	\$90/\$120
Mango Bay (with slides)	\$140/\$170
'Cuda Cove (without Drop Slide)	\$125/\$155
'Cuda Cove (with Drop Slide)	\$175/\$205
Adventure Island	\$60/\$75
Adventure Island (add-on)	\$30/\$45

Contact oisisparties@bloomingdaleparks.org for more information or visit bloomingdaleparks.org for more details. Make your reservation early as dates fill quickly.

