

American Red Cross Health and Safety Courses/PADI Courses

Registration begins upon receipt of catalog

Water Safety Instructor
(10-12 sessions)

Resident Fee: \$445 *
Non-Resident Fee: \$495 *

*Fee includes book and materials

Minimum Class Size: 6

This Course is designed to provide potential swim instructors with the basic knowledge to teach American Red Cross Swimming and Water Safety Courses. Participants can earn certification upon successful completion of this course. The fundamentals of Instructor Training Course is included in this class. Please come prepared to swim daily. A meal break is included each day of class. **Must be 16 years old before the end of this class and must attend all sessions.**

Code	Date	Time
AQF—180	Sundays, Sept. 25—Nov.13 No Class Oct. 9 & 30	1 pm—9 pm
AQW—181	Sundays, January 29— March 18 No class February 19 & 26	1 pm—9 pm

A prerequisite swimming skill test is required for this course (25 yards each of front crawl, back stroke, breast stroke, elementary backstroke, sidestroke, and 15 yards of butterfly), 1 minute stationary back float and 1 minute of treading water. If participant fails the prerequisite test, a full refund for the course will be issued. Dates/times are subject to change based on program needs.

PADI Scuba Diving Snorkeling and Discovering Scuba Courses are offered by Chicago Diving Schools (CDS) and Frogg Pond Dive Shop. The PADI Instructors are Mike Ginter and Jack Donoval. To register for these courses or for more information, please contact the Frogg Pond Dive Shop at 847-432-5055 or classes@chicagodivingschools.com. LFHS does not register students for these classes. Further Scuba certifications and specialties are available.

PADI Scuba Diving Class
(3 pool sessions)

Resident Fee: \$159*
Non Resident Fee: 209 *

*Requires additional purchase of on-line classroom training (\$120), classroom materials,(\$51.20 plus tax). Each student must have their own mask, fins, and snorkel.

From exploring the teeming reefs in the warm waters of the Caribbean to the historic shipwrecks of the Great Lakes, this class puts you well on your way to a lifetime of adventure. Completion of this course meets the requirements for the classroom learning and the pool skills instruction portions of a PADI Open Water certification. After completing this course, you will need to separately schedule the Open Water training portion of the certification, usually completed in one weekend across two days.

Date	Time
Tuesdays, Oct. 4, 11, 18	7:30pm—9:30pm
Tuesdays, Nov. 22, Dec. 6, 13	7:30pm—9:30 pm
Tuesdays, Jan. 10, 17, 24	7:30pm—9:30 pm
Tuesdays, Feb. 7, 21, 28	7:30pm—9:30 pm
Saturdays, March 3, 10, 17	6:30pm—8:30 pm

Requirements: minimum age 10; ability to swim 200 yards and tread water for 10 minutes; completed medical statement and release forms. We recommend you do NOT purchase new mask,

PADI Snorkeling
(only 1 pool session)
Resident Fee: \$39*
Non Resident Fee: \$49*

PADI Discovering Scuba
(only 1 pool session)
Resident Fee: \$49*
Non Resident Fee: \$59*

Snorkeling Make the most of your next sun and surf getaway by honing and practicing your snorkeling skills with dive professionals. Skills covered include: selecting snorkel equipment, using and clearing your snorkel, mask equalization, surface dives, and maximizing your dive time with a snorkel.

Discovering Scuba Have you ever had an interest in Scuba Diving and you're looking for an opportunity to give it a try? This class is for you! For your diving experience you will only need to bring your swimming suit and towel, all other equipment will be provided along with a professional team of PADI Instructors and Dive Masters. Dates and times are the same as the above dates for the Snorkeling Class.

Date	Time
Tuesday, Oct. 4	7:30 pm—9:30 pm
Tuesday, Nov. 22	7:30 pm—9:30 pm
Tuesday, Jan. 10	7:30 pm—9:30 pm
Tuesday, Feb. 7	7:30 pm—9:30 pm
Saturday, March 3	6:30 pm—8:30 pm

Requirements for both Snorkeling and Discovering Scuba: minimum age 8; ability to swim 200 yards and tread water for 10 minutes; completed medical statement and release forms. Skills instruction only, no certification is issued.

* All materials and equipment provided.