

Aquatic Center Information

Swim Lessons

AGES 3-15 COST: \$58 MEMBERS, \$72 NON-MEMBERS

Coach Eve Learn to Swim is committed to providing quality service to the community and believe a reputation as a progressive accommodating program, focused on the individual swimmer is the recipe for success. In these progressive classes, swimmers are introduced to basic water skills, breath holding and a number of submerging progressions, which eventually lead the participant to unassisted swimming. The curriculum is broken into 5 concepts which are advanced and developed through each level using different techniques and skills. We offer 10 levels ranging from novice to advanced swimmers.

TUESDAY	6:00-6:40 PM	6:40-7:20 PM
THURSDAY	6:00-6:40 PM	6:40-7:20 PM
TUESDAY/THURSDAY	6:00-6:40 PM	6:40-7:20 PM
SATURDAY	8:40-9:20 AM	9:20-10:00 AM

Youth/Adult Private Lessons

COST: \$142

Our private lessons follow the general skill progression of our group lesson curriculum; however it is customized based on the student goals.

TUESDAY	5:30-6:00 PM
WEDNESDAY	7:00-7:30 PM
THURSDAY	5:30-6:00 PM
SUNDAY	9:30-10:00 AM

Youth/Adult Semi Private Swim Lessons

COST: \$108

Classes of 2 swimmers follow the general skill progression of our group lesson curriculum; however it is customized based on the students goals.

TUESDAY	5:30-6:00 PM
WEDNESDAY	7:00:7:30 PM
THURSDAY	5:30-6:00 PM
SUNDAY	9:30-10:00 AM

Adult Swim Lessons

AGES 16 & UP COST: \$58 MEMBERS, \$72 NON-MEMBERS

Small class sizes allow for individualization of lessons and promoting swimming, water safety, education, skill promotion, stroke development and ongoing fitness evaluations.

TUESDAY	8:00-8:40 AM	7:20-8:00 PM
THURSDAY	8:00-8:40 AM	7:20-8:00 PM
TUESDAY/THURSDAY	8:00-8:40 AM	7:20-8:00 PM
SATURDAY	8:00-8:40 AM	

Baby & Me

6 MONTHS - 3 YEARS COST: \$58 MEMBERS, \$72 NON-MEMBERS

This program is designed to introduce the parent and young child to water safety and the beginning skills of swimming.

WEDNESDAY	6:30-7:00 PM
SUNDAY	10:00-10:30 AM

Junior Life Guard

AGES 9-14 10:00-11:30 AM

DATES: 1/14, 1/28, 2/11, 2/25, 3/10, 3/24

3/31 SPECIAL EVENT BOAT DIVISION CHALLENGE

Junior Lifeguard Club (JLC) is serious fun with serious purpose and offers a unique alternative for those who love the water and who want more than swimming lessons. JLC keeps children interested and active in aquatics especially quick learners and those between skill levels or programs. It is perfect for youth that thrive in an energetic learning environment.

CSAT Master Swimming

AGES 18 & UP COST PER MONTH: \$97.50

Want a little more than just swim lessons? Then CSAT Master Swimming is for you. A professionally managed program offering the highest level of coaching instruction. We provide all levels of adult swimmers with structured workouts, stroke technique and the enthusiasm an individual needs to achieve their goals from the competitive swimmer to the non-competitive swimmer. For registration, please contact coacheve@coachevelearntoswim.com.

Youth & Adult CSAT Tri Athlete Team

COST PER MONTH: \$97.50

Triathlon on your bucket list? Need to get started training or are you an experienced tri-athlete who would like to take it to another level? CSAT offers personal training for beginners to advanced athletes. Training can be complex, demanding and sometimes an overwhelming task. Our certified coaches will work with your running, swimming, and biking techniques. Our coaches and program will personalize your training and nutrition to fit your busy lifestyle. For registration, please contact coacheve@coachevelearntoswim.com.



Aquatic Center Information

Chicago Southland Aquatics Team

AGES 6-18

At CSAT, we are committed to offering a program where beginners and nationally ranked swimmers can enjoy a great swimming experience. The mission of the Chicago Southland Aquatics Team is to provide all participating swimmers with the opportunity to reach their maximum potential, and to foster an atmosphere of superior sportsmanship, spirited competition, positive attitude, in an environment that fosters personal growth and development. At CSAT "We're not building better swimmers, we're building better kids." For registration, please contact coacheve@coachevelearntoswim.com.

Adult Underwater Hockey

COST PER MONTH: \$97.50

Underwater hockey is a very fast moving game that quickly builds swimming and free diving capability. It is played on the bottom of a swimming pool by two teams of six. Players wear fins, mask, snorkel, and a protective glove and headgear. The rules are "non-contact." Success ultimately depends on teamwork, since no single person can hold their breath forever. Individual strength is less of an advantage than it is in many other sports. The water nullifies pure mass advantage and emphasizes clever use of torque. For registration, please contact coacheve@coachevelearntoswim.com.

Kids SCUBA

5-7 YEAR OLD PROGRAM (2-3 HOURS) COST: \$35

DATES 1/9, 2/13, 3/5, 4/9, 5/7 6:30 - 8:30 PM

For children who love the water. A safe, non-descending SCUBA experience (a SCUBA unit that floats).

Kids SCUBA

8-10 YEAR OLD PROGRAM (2-3 HOURS) COST: \$35

DATES: 1/9, 2/13, 3/5, 4/9, 5/7 6:30 - 8:30 PM

For children who love the water. Get them into the pool to experience the underwater world. Fun, easy and safe (over 10 years old can participate in the same program with their friends).

Adult Discover SCUBA

10 & OLDER (2-3 HOURS) COST: \$35

DATES: 1/9, 2/13, 3/5, 4/9, 5/7 6:30 - 8:30 PM

This program introduces you to SCUBA diving in a highly supervised and relaxed manner. Participants learn basic safety concepts, get familiar with SCUBA gear and learn to relax and enjoy the underwater world.

Adult 'SCUBA Diver' Course

(10 & OLDER) COST: \$239 6:30 - 9:30 PM

DATES: 1/16 & 1/23, 2/20 & 2/27, 3/12 & 3/26, 4/16 & 4/23, 5/14 & 5/21

Upon completion of the classroom, pool training and open water dives you will be qualified to dive to depths of 40' under the supervision of a dive professional. This is not the full certification but is the initial step to the entry level class. You will need to complete 2 dives with an instructor locally or their travel destination. Rental of mask, fins and snorkel will be included at no extra charge. We encourage you to purchase your own mask, fins and snorkel. This "personal gear" needs to be comfortable for all divers to enjoy their dives.

All participants must fill out the appropriate liability release and medical statement in addition to any forms. Any "Yes" answers on the medical form will require a doctor's signature to participate. All forms will be required to be returned to the Aquatic Center at least 7-10 days prior to any event. This will prevent the students being turned away from the class until the medical is signed by a doctor.

Pool Party

Scout Swim Party

COST: \$17 PER SCOUT

Does your scouting group need their aquatic merit badge? Let the professional aquatic staff at the Matteson Community Center lead your scout group through a night of aquatic safety activities. Each party is scheduled for two hours Monday-Thursday evenings between 6:00-9:00 PM and includes a maximum of 20 scouts, a merit badge pin, pizza and beverages, a reserved party room, paper products, a party host/hostess and swim instructor. Scout parties are held during regular open swim hours with certified lifeguards on duty. All pool rules apply during scout swim. An adult leader must accompany each scout group. All scout swim parties must make advance reservations. Min 6/Max 20 scouts.

Kids 'Bubblemaker Party'

COST: \$40 PER PARTICIPANT

(8 years old and older, 3 hours, up to 10 participants) - Why not SCUBA for your birthday party? Children and their friends and family who love the water can enjoy the pool experience together in the underwater world.

Training

First Aid/CPR/AED Training

DATES: 1/15, 8 AM - 2 PM OR 5/13, 8 AM - 2 PM COST: \$110

Gives individuals the knowledge and skills necessary to recognize and provide basic care for breathing, cardiac emergencies, injuries and sudden illnesses, including how to use an automated external defibrillator (AED) for victims of sudden cardiac arrest, until advanced medical personnel arrive and take over.

Lifeguard Course

DATES: 3/26 & 3/30, 8 AM - 5 PM OR

1/24, 2/5, 2/12, 2/19, 2/26, 8 AM - 5 PM COST: 350

Are you 15 or older and looking for a great summer job or a challenging career? American Red Cross Lifeguarding is the best place to start! Lifeguarding puts you in an exciting position, working as part of a team to help people safely enjoy the water. Lifeguarding will help you develop skills and experience that will be valued by colleges and future employers. It's a great way to demonstrate what you can offer. Colleges and employers look for applicants who can deal effectively with people, who have a take charge attitude and who are willing to work to develop new skills. Learn to be a life-saver.



Fitness Center Information

Fitness Center Membership Fees

MEMBERSHIP ENROLLMENT FEE: \$50.00 PER PERSON

(Includes a member T-shirt & a 30 minute personal training/body assessment)

PRICING:

RESIDENTS	PER MONTH
ADULT (18+)	\$35.00
SENIORS (55+) / STUDENT (14-17)	\$28.00
NON-RESIDENTS	PER MONTH
ADULT (18+)	\$47.00
SENIORS (55+) / STUDENT (14-17)	\$40.00

Each additional person in a household* is \$12 per month additional.

*Residing in same household (proof of residency required)

Massage

PRICING:

30 MINUTE	60 MINUTE	90 MINUTE
SWEDISH MASSAGE \$40	SWEDISH MASSAGE \$65	SWEDISH MASSAGE \$95
DEEP TISSUE \$50	DEEP TISSUE \$75	DEEP TISSUE \$105
	HOT STONE \$85	HOT STONE \$110
	PRE-NATAL \$ 70	
INTRO 20 MINUTE SEATED CHAIR MASSAGE \$25.00		
NON-MEMBERS PAY AN ADDITIONAL \$3.00 PER MASSAGE		

Swedish Massage Focused on relaxation using techniques such as effleurage and petrissage

Deep Tissue Focused on releasing particular areas of muscle tension by using specific techniques and methods

Hot Stone Is focusing on massaging with heated stones. The stones are placed on and around the body which is very comforting and relaxing.

Pre-natal Massage Is focused on helping the expecting Mother to relax and work through common areas of tension such as low back pain.

Matteson Community Center

CHILDCARE CENTER

HOURS:

Monday-Friday 9:00 a.m. to 1 p.m. and 5:30 p.m. to 8:30 p.m.

Unlimited Childcare

\$12.00 per month, per child, in addition to your membership
(2 hour maximum per visit)

Daily Drop-in Rate

\$2.50 per hour, per child, based on a 1 hour minimum
(2 hour maximum per visit)

Terms and Conditions

- Ages for Childcare are 18 months to 12 year olds
- Childcare reservation is not required. Availability is on a first come, first serve basis. You must sign in your child at the front reception desk and then proceed to the Childcare room.
- Members who have the unlimited childcare option on their membership must check-in at the front reception desk and sign your child in at the Childcare Center.
- Members who wish to pay cash must pre-pay at the front reception desk and submit the receipt to the Childcare attendant. Members will sign their child in at the Childcare Center. If a member uses more service time than what was originally purchased, they will be asked to return to the front reception desk and pay the extra time.
- Only parents, grandparents or legal guardians are allowed to bring children into the Childcare Center.
No one is allowed to leave the building when their child is in the Matteson Community Center Childcare center. No exceptions!

Personal Training

PRICING:

1 SESSION:	\$40.00
5 SESSIONS:	\$180.00
10 SESSIONS:	\$340.00
15 SESSIONS:	\$480.00

*MUST BUY AS A PACKAGE

*Each Session is 1 hour

Fitness memberships are available to persons 14 years and older, and include:

- Unlimited access to the fitness area during operating hours
- Indoor walking track (1/16 mile)
- Saunas and Steam rooms
- Open gym (when available)
- Open swim (when available)
- Equipment and amenities list available
- Group Exercise Classes (see page 11)

General Operating Hours:**

MON.-FRI.:	5:30 AM - 10:00 PM
SATURDAYS:	7:00 AM - 10:00 PM
SUNDAYS:	8:00 AM - 5:00 PM

**Hours are subject to change

Holiday Hours:

**New Years' Day
Memorial Day
7:00 a.m. to 12 noon**



Fitness Center Information

Group Exercise Classes For Members Only

Boot Camp Express (45 MINUTES) This intense 30 minute class combines the best of simple strength and cardio exercises. Basic sports drills and challenges will help you reach new levels of fitness.

Kickbox Core A 40 minute challenging non-contact cardio workout which includes throwing punches, kicking and experiencing new box training methods. An empowering experience that will surely get your heart rate up!! Followed by 15 minutes of working your core and back.

Sculpt And Beyond This action packed hour class will use all equipment to target every muscle group: weight, steps, tubes, etc., helping you to sculpt, tone and give you a complete body workout. Ending with a much needed stretching series.

Power Pilates Strength Core strength is where it all begins. Every move you make can be easier if your core muscles are strong! This is a back to basics strength and toning class for everyone. Flat Abs, arms that only wave good-bye once, and strong hips and legs for more secure balance!

Cardio Camp Hi/Lo This class is a mix of cardiovascular venues to tap into every energy system and torch calories for good! We don't move like we did when we were younger so let's shake it up for an hour to ignite our immune system and burn some serious fat! All levels of fitness will benefit.

Complete Strength This class is a weight training workout using all muscles to improve strength, muscle endurance, flexibility and range of motion. It burns calories and will raise your metabolism to burn calories more efficiently throughout the day. We also target the abs.

High Steppin' High energy step class that uses the bench for a great cardiovascular workout and weight loss. We will end the class with Abs.

Kick Box Conditioning This class uses Kick box and Tai Quan Do along with traditional aerobic conditioning in a Circuit format. Great for weight loss and cardiovascular conditioning.

Fit for Seniors is a Senior fitness class. It targets strength, flexibility, range of motion, and cardiovascular conditioning for the 55+ population. Although anyone is welcome!

Bosu Bootcamp Using the Bosu Balance Trainer, this full body workout combines cardio, sport drills, resistances and balance training to help you achieve your ultimate fitness goals. Come try something new, and be prepared to sweat!

Calorie Blast Cardio Blast the calories away with this high powered, energetic cardio class that includes plyometrics, circuit training, sports drills and more to give your heart & body an ultimate workout full of variety. Need to drop some pounds? This class is for you!

Cardio Kickbox Circuit Need to build endurance and release some stress in the process? Get your heart rate up with moves that combine boxing, kickboxing & cardio circuit training. Punch and kick your way to a fitter, healthier you.

Body Attack Take control of your health & fitness with challenging, but effective toning & cardio intervals that work every muscle from head to toe! Learn how to push yourself to the limit and be glad you did! All fitness levels welcome.

Core Commotion From standing to floor exercises, this class combines a variety of effective core strengthening & toning techniques that will result in a stronger, tighter, flatter core & tummy, that's sure to please!

Sculpt & Strength Targeting all major muscle groups with the use of resistance bands, weighted bars & your own body weight. This class is full of techniques to help you naturally accomplish a stronger & toner body from head to toe.

Weight Training Using studio barbells & dumbbells, this class primarily focuses on helping to reshape and strengthen all the major muscle groups. This will be achieved as members are taught how to gradually, effectively and safely increase weight lifting intensity over time. All fitness levels welcome.

Mat Pilates Based on the teachings of Joseph Pilates, this class is an excellent workout for strengthening and toning the entire body with specific focus on the abdominals & core. Come develop the powerhouse within.

Yogilates This class increases strength, endurance, flexibility, balance & coordination by combining a variety of Yoga & Pilates styles. Learn to breathe, stretch, connect mind, body & spirit, while also improving your core.

Zumba Zumba is an exhilarating, effective, easy-to-follow Latin-inspired, calorie-burning dance fitness party that will move you. Ditch the Workout -- Join the Party!

Cycle (SEAN) A one hour class filled with high energy and motivation, focusing on drills that will improve your overall fitness ability and technique. The music selection is generally old school, mixed with disco and other high energy rhythms. A unique and positive angle is the ultimate goal, while offering intense and rewarding cardio workouts.

Cycle (SHERRI & MARY) High energy aerobics class that builds stamina, endurance and leg strength. You can go at your own pace where you are in control of the stationary bike. Intervals are utilized to build endurance and promote weight loss. This class has a very high potential for fat burning. All are welcome from experienced rider to novice. Cycle shoes are not needed.

Cycle Boot Camp High energy cycle class combined with boot camp strategies. This class is a total body workout class. All major muscles are used and developed while building endurance. No experience necessary. This class is a good jump start to overcoming a plateau or just adding to your normal routine.

Cycle (SAM) The goal is Sam's spin class is to help participants achieve the following outcomes

- Improved cardiovascular fitness and endurance.
- Lower body muscular endurance, toning, and functional strength.
- Achieve the sheer enjoyment of working out on the spin bike.

Music is a big factor in the success of the class. Sam works hard to select music that will motivate, inspire, and help people forget they are actually working out. In addition, Sam will lead the class through the basic spin bike exercises with support and encouragement to all participants regardless of their level of fitness. Sam encourages class members to "Get in Where You Fit In," in other words, find your comfort level and we'll build you up from there!

Step Aerobics Plus Easy to follow step combinations and choreography, combined with high energy calorie blasting extras is what this class is all about! Learn how to use the step board to help you meet your fitness goals while having fun! All fitness levels welcome.

YOUTH OPEN GYM & SWIM PASS

Ages: 6 - 13 years old
Fees: \$10.00 Monthly (via EFT)
or \$120.00 Annually

PASS DEFINITION

- Pass can only be purchased by an adult (18 years or older) with an existing Matteson Community Center membership and must reside in same household.
- Pass can be used during the posted age appropriate Open Gym & Swim times. Matteson Community Center will provide supervision during these posted times.
- Open Gym & Swim schedules will be posted and available online at mattesoncommunitycenter.org or at the Member Services Desk.
- Pass can also be used during Member-only times as long as an adult (18 years or older) member is directly supervising the Youth pass holder.
- Adult (18 years or older) supervision is always required for a Youth Gym & Swim pass holder.
- Parent or Guardian must remain on premises for all youth age 9 years old and under.
- ID's, wristbands and or a stamp will be required during all Open Gym & Swim times.