

Indoor Swim Lessons



Swim Lessons

**ALL CLASSES WILL BE HELD AT:
ADDISON PARK DISTRICT-CLUB FITNESS INDOOR POOL,
1776 W. CENTENNIAL PLACE, ADDISON, IL.**

We are pleased to again offer Indoor Swim Lessons in cooperation with the Addison Park District. The program is similar to the swim lessons we offer in the summer at Jefferson Pool.

All classes will be held at: Addison Park District-Club Fitness Indoor Pool, 1776 W. Centennial Place, Addison, IL. The Learn to Swim Program is designed to enhance each participant's ability to progress from one level to the next. Swimmers are evaluated on a daily basis and can move up at any point during the program. It is not unusual for a child to repeat a level more than once before passing.

The first class of each session will be the testing day that will allow us to put the child in the appropriate level. For exceptional results, students will be continually tested daily throughout the sessions and not just during the first and last day of each session. The swim coordinator reserves the right to reassign any students to a different ability level. Swimmers are separated by ability levels only, and not age. Swimmers will earn a new wristband indicating completion of level.



SWIM LEVEL DESCRIPTIONS

PARENT/TOT AGES: 4-24 mos.
Infants and toddlers will develop water comfort in a safe and fun environment. Using games, songs and repetition, they will work on developing basic assisted skills that will help them transition into swimming without their parents or guardians.

WATER EXPLORERS AGES: 3-6 years
Children will learn basic breathing skills, floating and the ability to jump in chest-deep water and recover.

SWIM LEVELS: 1-7
AGES: 3-13

LEVEL 1: TADPOLES Swimmers develop basic underwater explorations, supine and prone floating along with kicking..

LEVEL 2: MINNOWS Swimmers develop skills such as gliding, treading water and freestyle fundamentals.

LEVEL 3: SEAHORSES Swimmers will do glides with kicking, swim freestyle for 25 yards and learn backstroke fundamentals along with open turn push-offs.

LEVEL 4: PUFFER FISH Swimmers will be able to swim freestyle for 50 yards, backstroke for 25 yards and learn elementary backstroke fundamentals.

LEVEL 5: STINGRAYS Swimmers will be able to swim 75 yards freestyle, 50 yards of backstroke, 25 yards of elementary backstroke and learn sidestroke fundamentals.

LEVEL 6: SHARKS Swimmers will be able to swim freestyle for 100 yards, backstroke for 75 yards, elementary backstroke for 50 yards and will learn breaststroke fundamentals

LEVEL 7: DOLPHINS Swimmers will be able to swim freestyle for 100 yards, backstroke for 100 yards, breaststroke for 25 yards and will learn butterfly fundamentals.

Lesson Fees	NOVEMBER 21-DECEMBER 19 - 4 WEEK SESSION	5 WEEK SESSIONS
	Thursday Adult\$56	Tuesday OR Saturday\$67
	8 CLASSES	Thursday Adult\$67
	Tuesday/Thursday.....\$96	(NO CLASS 10/31, 11/26, 11/28, 11/30)

CLASS	DAY	TIMES	SESSION 1	SESSION 2	SESSION 3
Levels 1-6	Sa	10:45-11:25 am	Sep 7-Oct 5 AQS00-21	Oct 12-Nov 9 AQS00-22	Nov 16-Dec 21 AQS00-23
Levels 1-6	Tu	7:05-7:45 pm	Sep 3-Oct 1 AQS01-21	Oct 8-Nov 5 AQS01-22	Nov 12-Dec 17 AQS01-23
Levels 1-6	Tu/Th	6:20-7 pm	Sep 3-26 AQS02-21	Oct 1-24 AQS02-22	Nov 5-Dec 5 AQS02-23
Adult	Th	7:05-7:45 pm	Sep 5-Oct 3 AQS05-21	Oct 10-Nov 14 AQS05-22	Nov 21-Dec 19 AQS05-23 <i>4 classes</i>
Parent/Tot & Water Explorers	Sa	10-10:30 am	Sep 7-Oct 5 AQS03-21	Oct 12-Nov 9 AQS03-22	Nov 16-Dec 21 AQS03-23
Level 7	Sa	10-10:40 am	Sep 7-Oct 5 AQS04-21	Oct 12-Nov 9 AQS04-22	Nov 16-Dec 21 AQS04-23