

Niles Family Fitness Center

Fall 2 Swim Lessons 2024

Member Registration:	October 21-October 28
Non-Member Registration:	October 23-October 28

Placement Test \$6 testing fee Per Child

Tuesday	10/22	5:00-7:00 pm
Wednesday	10/23	5:00-7:00 pm
Saturday	10/26	9:00-11:00 am

Member: \$81

Non-Member: \$96

Swim Club

Thursday's 4:30-5:45 pm November 7- December 19th

No class on Halloween or Thanksgiving (6 week session)

8 Week class Member: \$95 Non-Member: \$110

Varsity Club

Tuesday's 7:00-8:15 pm October 29- December 17

No Class the week of Thanksgiving (7 week session)

8 Week Class Member: \$110 Non-Member: \$124

Thursday's 7:00-8:15pm November 7- December 19th

No class on Halloween or Thanksgiving (6 week session)

8 Week class Member: \$95 Non-Member: \$110

Learn to Swim

Fall 2 2024

CLASS	DAY	TIME	SESSION DATES
PARENT TOT	TUESDAY	5:00-5:35 PM	October 29-Dec. 10
	SATURDAY	9:00-9:35 AM	November 2-Dec. 14
TINY TINY TOTS	TUESDAY	5:40-6:15 PM	October 29-Dec. 10
	SATURDAY	9:40-10:15 AM	November 2-Dec. 14
TINY TOTS	TUESDAY	6:20-6:55 PM	October 29-Dec. 10
	WEDNESDAY	5:40-6:15 PM	October 30- Dec.11
	WEDNESDAY	6:20-6:55 PM	October 30- Dec.11
	SATURDAY	10:20-10:55 PM	November 2-Dec. 14
LEVEL 1	TUESDAY	5:00-5:35 PM	October 29-Dec. 10
	TUESDAY	5:40-6:15 PM	October 29-Dec. 10
	WEDNESDAY	5:00-5:35 PM	October 30- Dec.11
	WEDNESDAY	6:20-6:55 PM	October 30- Dec.11
	SATURDAY	9:00-9:35 AM	November 2-Dec. 14
	SATURDAY	9:40-10:15 AM	November 2-Dec. 14
	SATURDAY	11:00-11:35 AM	November 2-Dec. 14
LEVEL 2	TUESDAY	5:40-6:15 PM	October 29-Dec. 10
	TUESDAY	6:20- 6:55 PM	October 29-Dec. 10
	WEDNESDAY	5:00-5:35 PM	October 30- Dec.11
	WEDNESDAY	5:40-6:15 PM	October 30- Dec.11
	WEDNESDAY	6:20-6:55 PM	October 30- Dec.11
	SATURDAY	9:00-9:35 AM	November 2-Dec. 14
	SATURDAY	10:20-10:55 AM	November 2-Dec. 14
	SATURDAY	11:00-11:35 AM	November 2-Dec. 14
LEVEL 2.5	TUESDAY	5:00-5:35 PM	October 29-Dec. 10
	TUESDAY	6:20-6:55 PM	October 29-Dec. 10
	WEDNESDAY	5:00-5:35 PM	October 30- Dec.11
	WEDNESDAY	5:40-6:15 PM	October 30- Dec.11
	SATURDAY	9:40-10:15 AM	November 2-Dec. 14
	SATURDAY	10:20-10:55 AM	November 2-Dec. 14
	SATURDAY	11:00-11:35 AM	November 2-Dec. 14
LEVEL 3	TUESDAY	5:00-5:35 PM	October 29-Dec. 10
	WEDNESDAY	5:40-6:15 PM	October 30- Dec.11
	SATURDAY	9:00-9:35 AM	November 2-Dec. 14
	SATURDAY	11:00-11:35 AM	November 2-Dec. 14
ADVANCED SKILLS	TUESDAY	6:20-6:55 PM	October 29-Dec. 10
	SATURDAY	9:40-10:15 AM	November 2-Dec. 14
STROKE DEVELOPMENT	WEDNESDAY	5:00-5:35 PM	October 30- Dec.11
	SATURDAY	10:20-10:55 AM	November 2-Dec. 14
STROKE REFINEMENT	TUESDAY	5:40-6:15 PM	October 29-Dec. 10
	WEDNESDAY	6:20-6:55 PM	October 30- Dec.11

Member Registration :

October 21-28

\$81 Program Fee

Non-Member Registration:

October 23-28

\$96 Program Fee

Online or In-House Registration Available!

Nilesfitness.com 847.588.8400

DESCRIPTION OF LEVELS

Parent-Tot: 6 Months - 3 Years

Parents will accompany their child in the water for the full 6 weeks of class. The primary focus of this class is to help the child adapt to the water through games and songs. **Skills Taught:** Blowing bubbles, floating/kicking, submerging, and jumping into the water.

Tiny Tiny Tots: 1 - 3 Years

Parents will accompany their child in the water for at least the first 3 classes. Progression is based on whether the parent remains in the pool after the 3rd class and the child's overall adaptation to the water and class environment. **Skills Taught:** Floating/kicking on front and back, water entry and exit, submerging face.

Tiny Tots: 3 - 5 Years

The purpose of this class is to teach children how to become independent in the water while beginning to work on basic swimming skills and water safety. **Skills Taught:** Submerging face, floating/kicking on front and back, and alternating arms on front.

Level 1

Skills taught in this level provide a basic introduction to developing proper strokes. **Skills Taught:** Front and back floats, glides on front and back, kicking on front and back, alternating arms for front crawl and back crawl, and water adaptation.

Level 2

This class focuses on helping children gain a basic understanding of how to swim front and back crawls. **Skills Taught:** Front and back floats, front and back glides, front crawl, and back crawl (10 yards).

Level 2.5

This class further builds on the front and back crawls taught in Level 2 while incorporating rotary breathing for front crawl. **Skills Taught:** Front crawl (15 yards) with rotary breathing, back crawl (15 yards), breaststroke kick (10 yards), streamline position for front and back, and treading water.

Level 3

This class focuses on perfecting the front and back crawls while adding endurance. Children will begin to develop more advanced strokes. **Skills Taught:** Freestyle (25 yards), backstroke (25 yards), breaststroke (15 yards), open turns, and treading water.

Advanced Skills

This class continues to work on previous skills while introducing more advanced strokes. Endurance is gradually increased at this level. **Skills Taught:** Freestyle (50 yards), backstroke (50 yards), breaststroke (25 yards), butterfly kick (25 yards), open turns, and endurance.

Stroke Development

This class continues to work on previous skills while developing a greater level of endurance. **Skills Taught:** Freestyle (100 yards), backstroke (100 yards), breaststroke (50 yards), butterfly (25 yards), open turns, and endurance.

Stroke Refinement

This class will refine strokes to maximize participants' abilities while building endurance for swim club. **Skills Taught:** Freestyle (200 yards), backstroke (200 yards), breaststroke (100 yards), butterfly (50 yards), 100 yards freestyle timed in under 3 minutes, and flip turns.

Swim Club: Ages 7 - 14

This class will teach different training techniques used for competitive swimming, swim team etiquette, and provide an experience similar to a practice for a swim team. **Requirements:** Freestyle (200 yards), backstroke (200 yards), breaststroke (100 yards), butterfly (50 yards), 100 yards freestyle timed in under 3 minutes, and flip turns.

Varsity Club: Ages 7 - 14

This class is an extension of the Swim Club but at a higher difficulty level. **Requirements:** Freestyle (300 yards), backstroke (300 yards), breaststroke (200 yards), butterfly (100 yards), 100 yards freestyle timed in under 2 minutes, and flip turns.