

# Learn to Swim

## Winter 2026

**Niles Family Fitness Center**  
Online or In-House Registration Available!  
Nilesfitness.com 847.588.8400

| CLASS              | DAY       | TIME           | SESSION DATES        |
|--------------------|-----------|----------------|----------------------|
| PARENT TOT         | SATURDAY  | 9:00-9:35 AM   | Jan. 10- February 14 |
| TINY TINY TOTS     | TUESDAY   | 5:40-6:15 PM   | Jan. 6-February 10   |
|                    | SATURDAY  | 9:40-10:15 AM  | Jan. 10- February 14 |
| TINY TOTS          | TUESDAY   | 6:20-6:55 PM   | Jan. 6-February 10   |
|                    | WEDNESDAY | 5:40-6:15 PM   | Jan. 7- February 11  |
|                    | WEDNESDAY | 6:20-6:55 PM   | Jan. 7- February 11  |
|                    | SATURDAY  | 10:20-10:55 AM | Jan. 10- February 14 |
| LEVEL 1            | TUESDAY   | 5:00-5:35 PM   | Jan. 6-February 10   |
|                    | TUESDAY   | 5:40-6:15 PM   | Jan. 6-February 10   |
|                    | WEDNESDAY | 5:00-5:35 PM   | Jan. 7- February 11  |
|                    | WEDNESDAY | 6:20-6:55 PM   | Jan. 7- February 11  |
|                    | SATURDAY  | 9:00-9:35 AM   | Jan. 10- February 14 |
|                    | SATURDAY  | 9:40-10:15 AM  | Jan. 10- February 14 |
|                    | SATURDAY  | 11:00-11:35 AM | Jan. 10- February 14 |
| LEVEL 2            | TUESDAY   | 5:40-6:15 PM   | Jan. 6-February 10   |
|                    | TUESDAY   | 6:20- 6:55 PM  | Jan. 6-February 10   |
|                    | WEDNESDAY | 5:00-5:35 PM   | Jan. 7- February 11  |
|                    | WEDNESDAY | 5:40-6:15 PM   | Jan. 7- February 11  |
|                    | WEDNESDAY | 6:20-6:55 PM   | Jan. 7- February 11  |
|                    | SATURDAY  | 9:00-9:35 AM   | Jan. 10- February 14 |
|                    | SATURDAY  | 10:20-10:55 AM | Jan. 10- February 14 |
|                    | SATURDAY  | 11:00-11:35 AM | Jan. 10- February 14 |
| LEVEL 2.5          | TUESDAY   | 5:00-5:35 PM   | Jan. 6-February 10   |
|                    | TUESDAY   | 6:20-6:55 PM   | Jan. 6-February 10   |
|                    | WEDNESDAY | 5:00-5:35 PM   | Jan. 7- February 11  |
|                    | WEDNESDAY | 5:40-6:15 PM   | Jan. 7- February 11  |
|                    | SATURDAY  | 10:20-10:55 AM | Jan. 10- February 14 |
| LEVEL 3            | TUESDAY   | 5:00-5:35 PM   | Jan. 6-February 10   |
|                    | WEDNESDAY | 5:40-6:15 PM   | Jan. 7- February 11  |
|                    | SATURDAY  | 9:00-9:35 AM   | Jan. 10- February 14 |
|                    | SATURDAY  | 11:00-11:35 AM | Jan. 10- February 14 |
| ADVANCED SKILLS    | TUESDAY   | 6:20-6:55 PM   | Jan. 6-February 10   |
|                    | SATURDAY  | 9:40-10:15 AM  | Jan. 10- February 14 |
| STROKE DEVELOPMENT | WEDNESDAY | 5:00-5:35 PM   | Jan. 7- February 11  |
|                    | SATURDAY  | 10:20-10:55 AM | Jan. 10- February 14 |
| STROKE REFINEMENT  | TUESDAY   | 5:40-6:15 PM   | Jan. 6-February 10   |
|                    | WEDNESDAY | 6:20-6:55 PM   | Jan. 7- February 11  |

\*Member Registration:

Monday, December 15th

\$87 Program Fee

Non-Member Registration:

Wednesday, December 17th

\$102 Program Fee

\*Only Individual Child Members or Parent Members of Participants are eligible to register during Member-Registration

Placement Test Dates: **Tuesday 12/16 5:00-7:00pm**   **Wednesday 12/17 5:00-7:00pm**  
**Saturday 12/20 9:00-11:00am**

Placement Test is required for anyone trying to get into level 2 or above. \$6 testing fee per child

### PARENT TOT: 6 months- 2 Years

Primary focus is to help child adapt to the water through games and songs. Parent will accompany their child in the water the entire session. **Skills taught:** blowing bubbles, floating, kicking, submerging face.

### TINT TINY TOTS: 1-3 Years

This class aims to get children comfortable in a class setting without their parent with them. Parents will accompany their child in the water for at least the 1<sup>st</sup> 3 classes. **Skills taught:** floating, kicking, water entry, submerging face, & blowing bubbles.

### TINY TOTS: 3-4 YEARS

The purpose of this class is to teach children how to become independent in the water while beginning to work on basic swimming. No Parents in the water. **Skills taught:** floating, kicking, water entry, submerging face, blowing bubbles, & water safety.

### Level 1: 5 Years and up

Skills taught in this level will provide basic introduction to developing proper strokes. **Skills taught:** Front & Back Floats, Front & Back Glides, Front & Back Kicks, and Water Adaptation.

### Level 2

This class will focus on getting children to have a basic understanding of how to swim Front and Back crawl unassisted. **Skills taught:** Front & Back Floats, Front & Back Glides, Front & Back Crawl 10 yards.

### Level 2.5

This class further builds on the front and back crawl taught in Level 2 while incorporating rotary breathing. **Skills taught:** Front Crawl 15 yards with rotary breathing, Back Crawl 15 yards, streamline position on front and back, treading water.

### Level 3

Class focus' on perfecting the front and back crawl while adding an element of endurance. Introduction to Breaststroke. **Skills taught:** Freestyle 25 yards, Back Stroke 25 yards, Breaststroke 15 yards.

### Advanced Skills

This class continues to work on previous skills while introducing more advanced strokes. Endurance is gradually increased in this level. **Skills taught:** 50 yards Freestyle, 50 yards Backstroke, 25 yards Breaststroke, 25 yards Dolphin kick, & open turns.

### Stroke Development

This class continues to work on previous skills while developing a greater level of endurance. **Skills taught:** 100 yards Freestyle, 100 yards Backstroke, 50 yards Breaststroke, 25 yards Butterfly, & Flip Turns.

### Stroke Refinement

The final class of this program will refine strokes to maximize the participants ability while building up endurance for swim club. **Skills taught:** 200 yards Freestyle, 200 yards Backstroke, 100 yards Breaststroke, 50 yards Butterfly, Flip Turns, & 100 yards Freestyle timed in under 3 minutes.

### Swim Club

A non-competitive club for advanced swimmers to learn swim team etiquette, work on drills, sprints, and longer swimming sets. **Requirements:** 200 yards Freestyle, 200 yards Backstroke, 100 yards Breaststroke, 50 yards Butterfly, Flip Turns, & 100 yards Freestyle timed in under 3 minutes.

**Member:** \$124

**Non-Member:** \$142

Thursdays 4:30-5:45pm   January 8- February 26<sup>th</sup>

### Varsity Club

The last and final level of the learn to swim program. This non-competitive club will further push participants to expand their swimming skills and endurance. **Requirements:** 300 yards Freestyle, 300 yards Backstroke, 200 yards Breaststroke, 100 yards Butterfly, Flip Turns, & 100 yards Freestyle timed in under 2 minutes.

**Member:** \$124

**Non-Member:** \$142

Tuesdays 7:00-8:15pm   January 6-February 24<sup>th</sup>

Thursdays 7:00-8:15 pm   January 8-February 26<sup>th</sup>

No "make-up" classes available. Refunds are not given after the first class.