

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 1st 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 26th

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 24th

Thursdays 7:00-8:15 pm January 8-February 26th

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