

# Learn to Swim Spring 2 2026

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

CLASS	DAY	TIME	SESSION DATES
PARENT TOT	TUESDAY	5:00-5:35 PM	April 28- June 2
	SATURDAY	9:00-9:35 AM	May 2- June 6
TINY TINY TOTS	TUESDAY	5:40-6:15 PM	April 28- June 2
	SATURDAY	9:40-10:15 AM	May 2- June 6
TINY TOTS	TUESDAY	6:20-6:55 PM	April 28- June 2
	WEDNESDAY	5:40-6:15 PM	April 29- June 3
	WEDNESDAY	6:20-6:55 PM	April 29- June 3
	SATURDAY	10:20-10:55 AM	May 2- June 6
LEVEL 1	TUESDAY	5:00-5:35 PM	April 28- June 2
	TUESDAY	5:40-6:15 PM	April 28- June 2
	WEDNESDAY	5:00-5:35 PM	April 29- June 3
	WEDNESDAY	6:20-6:55 PM	April 29- June 3
	SATURDAY	9:00-9:35 AM	May 2- June 6
	SATURDAY	9:40-10:15 AM	May 2- June 6
	SATURDAY	11:00-11:35 AM	May 2- June 6
LEVEL 2	TUESDAY	5:40-6:15 PM	April 28- June 2
	TUESDAY	6:20- 6:55 PM	April 28- June 2
	WEDNESDAY	5:00-5:35 PM	April 29- June 3
	WEDNESDAY	5:40-6:15 PM	April 29- June 3
	WEDNESDAY	6:20-6:55 PM	April 29- June 3
	SATURDAY	9:00-9:35 AM	May 2- June 6
	SATURDAY	10:20-10:55 AM	May 2- June 6
	SATURDAY	11:00-11:35 AM	May 2- June 6
LEVEL 2.5	TUESDAY	5:00-5:35 PM	April 28- June 2
	TUESDAY	6:20-6:55 PM	April 28- June 2
	WEDNESDAY	5:00-5:35 PM	April 29- June 3
	WEDNESDAY	5:40-6:15 PM	April 29- June 3
	SATURDAY	9:40-10:15 AM	May 2- June 6
	SATURDAY	10:20-10:55 AM	May 2- June 6
	SATURDAY	11:00-11:35 AM	May 2- June 6
LEVEL 3	TUESDAY	5:00-5:35 PM	April 28- June 2
	WEDNESDAY	5:40-6:15 PM	April 29- June 3
	SATURDAY	9:00-9:35 AM	May 2- June 6
	SATURDAY	11:00-11:35 AM	May 2- June 6
ADVANCED SKILLS	TUESDAY	6:20-6:55 PM	April 28- June 2
	SATURDAY	9:40-10:15 AM	May 2- June 6
STROKE DEVELOPMENT	WEDNESDAY	5:00-5:35 PM	April 29- June 3
	SATURDAY	10:20-10:55 AM	May 2- June 6
STROKE REFINEMENT	TUESDAY	5:40-6:15 PM	April 28- June 2
	WEDNESDAY	6:20-6:55 PM	April 29- June 3

\* Member Registration:

Monday, April 20

\$87 Program Fee

Non-Member Registration:

Wednesday, April 22

\$102 Program Fee

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

Placement Test Dates: **Tuesday 4/14 5:00-7:00pm** **Wednesday 4/15 5:00-7:00pm**  
**Saturday 4/18 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 April 30-June 18

### 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 April 28- June 16

Thursdays 7:00-8:15 pm April 30- June 18

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