

Learn to Swim

Summer 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	June 23- July 28
	SATURDAY	9:00-9:35 AM	June 27-August 8
TINY TINY TOTS	TUESDAY	5:40-6:15 PM	June 23- July 28
	SATURDAY	9:40-10:15 AM	June 27-August 8
TINY TOTS	TUESDAY	6:20-6:55 PM	June 23- July 28
	WEDNESDAY	5:40-6:15 PM	June 24-July 29
	WEDNESDAY	6:20-6:55 PM	June 24-July 29
	SATURDAY	10:20-10:55 AM	June 27-August 8
LEVEL 1	TUESDAY	5:00-5:35 PM	June 23- July 28
	TUESDAY	5:40-6:15 PM	June 23- July 28
	WEDNESDAY	5:00-5:35 PM	June 24-July 29
	WEDNESDAY	6:20-6:55 PM	June 24-July 29
	SATURDAY	9:00-9:35 AM	June 27-August 8
	SATURDAY	9:40-10:15 AM	June 27-August 8
	SATURDAY	11:00-11:35 AM	June 27-August 8
LEVEL 2	TUESDAY	5:40-6:15 PM	June 23- July 28
	TUESDAY	6:20- 6:55 PM	June 23- July 28
	WEDNESDAY	5:00-5:35 PM	June 24-July 29
	WEDNESDAY	5:40-6:15 PM	June 24-July 29
	WEDNESDAY	6:20-6:55 PM	June 24-July 29
	SATURDAY	9:00-9:35 AM	June 27-August 8
	SATURDAY	10:20-10:55 AM	June 27-August 8
	SATURDAY	11:00-11:35 AM	June 27-August 8
LEVEL 2.5	TUESDAY	5:00-5:35 PM	June 23- July 28
	TUESDAY	6:20-6:55 PM	June 23- July 28
	WEDNESDAY	5:00-5:35 PM	June 24-July 29
	WEDNESDAY	5:40-6:15 PM	June 24-July 29
	SATURDAY	9:40-10:15 AM	June 27-August 8
	SATURDAY	10:20-10:55 AM	June 27-August 8
	SATURDAY	11:00-11:35 AM	June 27-August 8
LEVEL 3	TUESDAY	5:00-5:35 PM	June 23- July 28
	WEDNESDAY	5:40-6:15 PM	June 24-July 29
	SATURDAY	9:00-9:35 AM	June 27-August 8
	SATURDAY	11:00-11:35 AM	June 27-August 8
ADVANCED SKILLS	TUESDAY	6:20-6:55 PM	June 23- July 28
	SATURDAY	9:40-10:15 AM	June 27-August 8
STROKE DEVELOPMENT	WEDNESDAY	5:00-5:35 PM	June 24-July 29
	SATURDAY	10:20-10:55 AM	June 27-August 8
STROKE REFINEMENT	TUESDAY	5:40-6:15 PM	June 23- July 28
	WEDNESDAY	6:20-6:55 PM	June 24-July 29

*Member Registration: Monday, June 15 \$87 Program Fee
Non-Member Registration: Wednesday, June 17 \$102 Program Fee

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

Placement Test Dates: **Tuesday 6/9 5:00-7:00pm** **Wednesday 6/10 5:00-7:00pm**
Saturday 6/13 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: \$126

Non-Member: \$142

Thursdays 4:30-5:45pm June 25-August 13

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: \$126

Non-Member: \$142

Tuesdays 7:00-8:15pm June 23- August 11

OR

Thursdays 7:00-8:15 pm June 25-August 11

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