

## Swim Lesson Information

Our goal is to teach participants proper swimming lesson techniques and safety procedures when they are in and around water of any kind. We believe that with patience, positive encouragement and frequent repetition of skills your child will have a happy, safe and successful swimming experience.

### **Weather/Make Up Policies**

We try very hard to run classes rain or shine. Due to severe weather conditions, sometimes we do have to cancel classes. Please always plan on having class unless you have heard otherwise from your instructor. In the case of poor weather, we reserve Fridays as a potential make up day.

We do not have room in our schedules for makeup days due to illness, vacations or other various activities. There will be **NO** make ups allowed to things of this nature.

### **During your Child's Lesson**

As we know you enjoy watching your child's progress throughout their lessons we do encourage you to come and watch. However, we ask that you watch at a distance and allow the instructors to work with your child. It is much easier for the kids and the instructors to focus when parents are out of sight line. It can become a distraction to the kids as they will want to look, listen and talk to you instead of their instructor.

### **Moving up Levels**

It is normal for a child to spend more than one or more sessions in the same level. There are a lot of skills incorporated in each level and at such young ages it can take time to learn and master the skills well enough to move to the next. We will not move your child up until we feel comfortable with them moving on to new skills. We strongly encourage bringing your kids to the pool and working on the skills they're practicing in class. The constant reinforcement and practice of skills will only help them grow and learn faster.

### **Progress and Report Cards**

Children will receive a report card after each session. This will go over in detail what they are doing well on and what they need to continue working on. We strongly encourage all parents to talk to the instructor throughout the session with any questions and concerns. We also encourage asking what you can do to assist in teaching them outside of class.

Teaching water safety skills is our number #1 goal and we enjoy doing it. If you have any questions please follow up with your instructor, facility swim lesson coordinator or do not hesitate to call Leslie Clark at our main office. She can be reached by email at [leslie.clark@chicagoland-pmg.com](mailto:leslie.clark@chicagoland-pmg.com) or by phone at 630-651-7197

### Group Lessons:

Group lessons are a great way for children to learn swimming skills while also learning to work in a group environment and meet great new friends!!

- **\$65.00 per child per session of 8 Lessons**
- Classes are held Monday-Thursday for two weeks, a total of 8 classes will be held.
- Each class is 30 minutes in length
- Maximum of 5 Participants per instructor

\*\*\*all group lessons must have a minimum of 3 participants signed up in order to run

### **Group Lesson Level Objectives**

<b>Level 1-Tadpoles</b> Blowing Bubbles Fully submerging face Supported front and back float Front and Back Arm Action Supported front and back kick supported front glide pool safety	<b>Level 4-Guppies</b> Front Crawl 25 yards Alternate breathing Backstroke 15 yards dolphin kick Treading water change direction at wall
<b>Level 2-Frogs</b> Fully submerging entire head unsupported front and back float unsupported kick front and back Front crawl( min. 5 yards) Beginning stages of breathing Beginning stages of back crawl	<b>Level 5-Dolphins</b> Freestyle with alternate breathing Backstroke Breaststroke Sidestroke Streamline Diving(if pool depth allows) open turn front and back beginning butterfly
<b>Level 3-Minnows</b> jumping into deep water bobbing to safety front and back crawl w/ breathing (min. 15 yards) front and back glide elementary backstroke	

### Semi-Private Lessons:

Semi-Private lessons are offered as a session of 6 half hour classes. They are designed for 2-3 kids and give you the ability to have create your own group lesson with the fellow kids of your choosing. They are great for siblings or friends with similar abilities!!

- **\$105 per child for a group of 6 lessons**
- **Pay per Lesson: \$25 per child per 30 min Lesson**
- Two-three participants per instructor

### Private Lessons:

Private lessons are offered as a session of 6 half hour classes. Private lessons give you the one on one attention to work on your child's specific needs! Lessons are adapted to the specific skills a child needs to improve on. They are great for new swimmers who are uncomfortable in the water or for advanced swimmers wanting to perfect their skills!

- **\$160 for a group of 6 lessons**
- **Pay per Lesson: \$30 per 30 min Lesson**
- One participant per instructor