

Swim

Lessons 101

Swim Lesson FAQ

How long are the sessions?: Our swim lesson sessions are eight weeks long. They are held once a week at a set day and time, with the exception of Swim Team Training, which runs twice a week. Registration will open for the next session of swim lessons two weeks prior to the final week of the current session.

I missed the first class of the session, can I still register for the upcoming classes?: Yes. As long as there is an open spot in the class you can register at any time during the session. Classes that have occurred before registration will be prorated, so that you only pay for the classes you will be attending.

Can I make up a missed class?: Due to our small class sizes, we are unable to offer make-ups for missed classes. If you believe you have an extenuating circumstance, approval for a make up class must be granted by the Aquatics Director. In the event that a class is canceled, a make-up will be organized or a credit will be given for the cost of the class.

I'm going to be going out of town during the session. Will I have to pay for the classes I won't be attending?: Because registering for a session reserves your spot in the class for the whole session, we are unable to give a discount for classes that will be missed.

Can I receive a refund for canceling a session?: Should a cancellation occur before the start of a session, full tuition minus a \$25 processing fee will be refunded. Should a cancellation occur after classes have started, no refund will be given. Please allow two weeks for processing.

What should I bring?: Bring a swimsuit and a towel. Goggles are optional. Children who are not potty trained are required to wear a swim diaper. Long hair should be tied back and out of the face.

Can my child practice their swimming before/after their lesson?: For safety reasons, no one is allowed in the pool during swim lessons without the direct permission from an instructor. Only students enrolled in classes are allowed in the water. Open swim is available on Saturdays and Sundays should a child wish to practice their swimming.

Do I have to stay for my child's lesson?: All children must be accompanied to and from class by a parent or guardian, per DCFS regulations. All children under the age of 14 must be accompanied in the pool area by a parent or guardian.

What is a Progressive Back Float?: A progressive back float is a floatation device used to assist in learning how to swim. It has an adjustable belt and the level of floatation is customizable, offering more support to beginners which can then be decreased as swimming skills increase.

Can you give me more information about Baby Sharks?: Baby sharks is an instructor-led group class. A parent or guardian must accompany the child in the water while an instructor leads the group in activities designed to acclimate the student to the water with a focus on fun. This class has a maximum of 7 students. Baby sharks is the right class for you if your child is afraid of the water or too young to be able to safely participate in a group class. This class is 30 minutes and the cost of this class is \$95, with a maximum of 7 participants.

Can you give me more information about the Squirts Classes?: Squirts classes are a beginner lesson for younger children who are new to swimming. In this class, students will learn to swim under the direct supervision of an instructor while using a Progressive Back Float. In this class, students learn water safety and practice swimming on their front and back. Concepts such as floating, kicking, and using arms to swim are introduced. Squirts is the right class for you if your child is a beginner swimmer and is able to safely participate in a group class without a parent or guardian accompanying them in the water. This class is 30 minutes and the cost of this class is \$140, with a maximum of 5 participants.

Can you tell me more about the Sailfish Classes?: Sailfish class is for independent beginners. In this class, students will learn the fundamentals of freestyle and backstroke. Students will continue to learn water safety while using a Progressive Back Float. In this class, students will swim under the direct supervision of an instructor. Sailfish is the correct class for you if your student is an independent beginner swimmer who can begin to understand the concepts of swimming, such as how head position affects buoyancy. This class is 30 minutes and the cost of this class is \$140, with a maximum of 6 participants.

Can you tell me more about Barracudas Classes?: Barracudas classes are for intermediate swimmers. In this class, we continue working on freestyle and backstroke while introducing breast and butterfly strokes. While still swimming under supervision from an instructor, students will continue to practice skills while the instructor is working with other students in the class. This is the correct class for your student if they can do freestyle and backstroke but need more experience before they can begin to swim longer distances. This class is 30 minutes and the cost of this class is \$140, with a maximum of 6 participants.

Can you tell me more about Dolphins Class?: In this class, students will work on perfecting their freestyle, backstroke, breaststroke, and butterfly stroke, as well as learn the fundamentals of open and flip turns. This is the correct class for your student if they know the previously mentioned four strokes and want to work on refining swimming technique. This class is 45 minutes and the cost of this class is \$140, with a maximum of eight participants.

Can you tell me more about the Fins Up Adults Class?: The Fins Up Adults Class is tailored to the specific goals of individual participants, from the basics of swimming to perfecting the different strokes. This class is 45 minutes and the cost of this class is \$140, with a maximum of eight participants.

Can you tell me more about Swim Team Training?: Swim team training is for students who are comfortable in all four strokes. In this class students are given a swim workout which they complete with feedback from a coach. This class is an hour long and held twice a week. The cost per session of team training is \$175, with a maximum of 20 participants.

If Barracudas is 30 min and Dolphins is 45 min, why do they cost the same?:

The cost for the classes is the same because of the ratio of students to the instructor. Barracudas has a maximum of 6 participants while Dolphins has a maximum of 10.

Can I get more information on private and semi-private lessons?: We offer private and semi-private lessons where you or your child can work one-on-one with an instructor. These lessons can be 30 min, 45 min, or one hour long. These lessons are scheduled on an individual basis with the instructor. The prices for privates are: 30 min - \$35, 45 min -\$45, 60 min \$60. Semi private lessons are 30 min-\$30, 45 min \$37, and 60 min \$60 **PER CHILD.**