

AQUATICS AT MIDTOWN

Whether you swim to escape the stress of the day, to achieve your fitness goals, or you love watching your kids become safe and confident swimmers, Midtown's pools are calling. We offer a myriad of aquatics programs including youth swim lessons and competitive swim teams. For adults, we offer Masters swim team, lap swim, and fitness classes. Private and semi-private lessons are also available for swimmers of all ages and abilities.

At Midtown, we believe it's important for our swimmers to be part of a community that promotes learning through socialization. Our small class ratios allow our students to work together and build relationships while still getting the individualized attention and recognition they deserve.

The Midtown Aquatics team is comprised of highly trained and certified swim coaches who not only instruct swimmers, but also passionately motivate them to improve through our challenging, yet fun curriculum. We encourage our coaches and swimmers to bring their own personality and spirit to the pool each and everyday.

LEARN TO SWIM GROUP SWIM LESSONS (AGES 6 MONTHS+)

Whether your kids will be swimming at Midtown's pools or in the ocean on your next vacation, helping them learn to swim has never been easier. Our group swim lessons use limited floatation devices, which allows quicker progression among students and no false sense of securities. Midtown's certified swim coaches will turn kids of all ages and abilities into safe and confident swimmers. Students meet once per week at the same day and time.

Parent & Child Swim Lessons (Ages 6 months - 3 years):

Parent & Child is an introductory level that emphasizes water discovery. It's a great bonding experience for a parent (or caregiver) and child. Basic swim and safety skills are taught while helping new swimmers feel comfortable and secure in the water. No prior aquatic experience is required. Maximum coach-to-swimmer ratio is 1:6.

Preschool Swim Lessons Level 1 (Ages 3-5): *Preschool Level 1* is for children who are ready to swim without a parent (or caregiver) but are still cautious in the water. Basic swim and safety skills are taught while helping swimmers build confidence in the pool. Maximum coach-to-swimmer ratio is 1:4.

Preschool Swim Lessons Level 2 (Ages 3-5): *Preschool Level 2* is for children who feel confident in the water and are ready for new challenges. Basic swim and safety skills are reinforced through assisted and unassisted learning. Maximum coach-to-swimmer ratio is 1:4.

Preschool Swim Lessons Level 3 (Ages 3-5): *Preschool Level 3* is for children who can perform longer swimming distances unassisted and are ready to focus on stamina. Basic swim and safety skills are mastered. Maximum coach-to-swimmer ratio is 1:4.

Youth Swim Lessons Level 4 (Ages 5-12): *Youth Level 4* sets the stage for stroke introduction while still reinforcing water safety. Water stamina must be proficient to be able to properly perform the fundamentals of freestyle and backstroke. Maximum coach-to-swimmer ratio is 1:6.

Youth Swim Lessons Level 5 (Ages 5-12): *Youth Level 5* reinforces water stamina and stroke introduction, which further expands into stroke development. Our focus is to refine freestyle and backstroke while introducing breaststroke and butterfly. Swimmer will build endurance in the water to effectively swim across the pool (shallow to deep) safely. Maximum coach-to-swimmer ratio is 1:6.

Youth Swim Lessons Level 6: *Youth Level 6* is the final stage of our youth level classes. Proper stroke technique is reinforced through well-developed skills. Whether the swimmer has competitive dreams or not, this level will allow for efficient and effective stroke techniques for both recreational and competitive swimming settings. Maximum coach-to-swimmer ratio is 1:6.

Teen Swim Lessons (Ages 13-17): *Teen Swim* is for teenagers of all swimming abilities. This class offers a social group lesson setting with individualized attention from the coach. Maximum coach-to-swimmer ratio is 1:6.

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MIDTOWN MARLINS YOUTH SWIM TEAM (AGES 6+)

The Midtown Marlins youth swim team is for graduates of our *Learn to Swim* program who want to continue refining their skills in a fun, competitive environment. We practice twice per week and offer practice groups for all ability levels, led by a certified coach. Swimmers must tryout for the swim team prior to joining.

Beginner Swim Team (Bronze Group):

Bronze Group is for swimmers with no competitive experience. Swimmers will learn all four strokes (freestyle, backstroke, butterfly, breaststroke) in addition to swim team basics and etiquette. Must be able to swim a minimum of 100 yards continuous freestyle.

Intermediate Swim Team (Silver Group): *Silver Group* is for returning swim team members. Swimmers will improve endurance and polishing stroke techniques for successful competitive swimming. Must be able to swim a minimum of 150 yards continuous freestyle.

Advanced Swim Team (Gold Group): *Gold Group* is for experienced swim team members. Swimmers will focus on stroke technique and endurance for all four strokes to become more successful in competitive swimming. Must be able to swim a minimum of 200 yards continuous freestyle.

MIDTOWN MASTERS SWIM TEAM (AGES 18+)

The Midtown Masters swim team offers organized swim workouts for adult swimmers who are looking to train and compete. We practice weekday mornings, led by a certified swim coach. Members must be able to swim at least 200 yards freestyle without stopping and be familiar with all four strokes (freestyle, backstroke, breaststroke, butterfly). Masters swim team is perfect for the retired collegiate swimmer, fitness swimmer, or triathlete.

PRIVATE & SEMI-PRIVATE LESSONS (ALL AGES)

Private and semi-private lessons are available for all ages and abilities. *Private lessons* offer 1:1 ratio instruction and *semi-private lessons* offer 1:2 ratio instruction. These lessons are intended for swim coaches to help you achieve your personalized goals. Please note that private and semi-private lessons are only available during specific times of the day and all communication will be done directly through your swim coach.

FEES:

Private Lesson	\$35 per person/per lesson
Semi-Private Lesson	\$22 per person/per lesson



KELLIE AYRES, AQUATICS DIRECTOR

Kellie joined the Midtown team in May 2017. Originally from the Philadelphia area, Kellie moved to Chicago in February 2016. She attended Bloomsburg University of PA where she was a four-year scholarship collegiate swimmer. After graduating, Kellie became the full-time Assistant Men's & Women's Swim Coach at Dickinson College and Carnegie Mellon University. She then obtained her Master's Degree in Sport Management - Intercollegiate Athletic Administration from California University of PA. Most recently, Kellie was the Aquatics Director for the Jewish Community Center of Greater Pittsburgh and Director of Aquatics for YMCA Metro Chicago - Leaning Tower. She has led various teams and coached swimmers of all ages and abilities. For Kellie, the ability to see someone excel at swimming is what keeps her coming back each day.

For more information and to register, contact Kellie Ayres, Aquatics Director, at 773.687.7336 or kellie.ayres@midtown.com

MIDTOWN
ATHLETIC CLUB®