

Learn to Swim

SPRING 2018 | MARCH 1-MAY 31

PARENT & CHILD SWIM LESSONS (AGES 6 MONTHS TO 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.

Parent & Child A Swim Lessons (AGES 6-18 MONTHS)

Mondays & Wednesdays 9:30-10:00am, 5:00-5:30pm
Tuesdays 10:00-10:30am & 5:30-6:00pm
Saturdays & Sundays 9:30-10:00am, 10:30-11:00am, 11:30am-12 Noon

Parent & Child B Swim Lessons (AGES 18 MONTHS-3 YEARS)

Mondays & Wednesdays 10:00-10:30am, 5:30-6:00pm
Tuesdays 9:30-10:00am & 5:00-5:30pm
Thursdays 4:30-5:00pm & 5:00-5:30pm
Saturdays & Sundays 9:00-9:30am, 10:00-10:30am, 11:00-11:30am

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.

Mondays 9:30-10:00am, 4:30-5:00pm & 5:30-6:00pm
Tuesdays 10:00-10:30am & 6:00-6:30pm
Wednesdays 10:00-10:30am, 4:00-4:30pm & 5:00-5:30pm
Thursdays 4:00-4:30pm & 5:30-6:00pm
Saturdays 11:00-11:30am, 11:30am-12 Noon & 12 Noon-12:30pm
Sundays 9:00-9:30am, 9:30-10:30am, 10:30-11:00am & 12 Noon-12:30pm

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.

Mondays 10:00-10:30am
Mondays & Tuesdays 4:00-4:30pm
Tuesdays 9:30-10:00am & 10:30-11:00am
Mondays, Tuesdays & Thursdays 5:00-5:30pm
Mondays & Wednesdays 10:30-11:00am, 6:00-6:30pm
Wednesdays 9:30-10:00am & 4:30-5:00pm
Saturdays 9:00-9:30am, 9:30-10:00am, 10:00-10:30am, 10:30-11:00am & 12 Noon-12:30pm
Sundays 10:00-10:30am & 11:30am-12 Noon

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.

Mondays & Tuesdays 6:00-6:30pm
Mondays, Tuesdays & Wednesdays 10:30-11:00am
Wednesdays & Thursdays 5:30-6:00pm
Mondays & Thursdays 4:00-4:30pm
Saturdays 9:00-9:30am & 10:30-11:00am
Sundays 9:30-10:00am & 12 Noon-12:30pm

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

See *Aquatics Guide* for detailed class descriptions.

MIDTOWN
ATHLETIC CLUB®

Learn to Swim

YOUTH SWIM LESSONS LEVEL 3 (AGES 6+)

Youth Level 3 is designed for new swimmers to promote confidence and comfort in the water while learning safe swimming practices.

Mondays, Tuesdays & Wednesdays 4:00-4:30pm

Tuesdays 5:30-6:00pm

Thursdays 5:00-5:30pm

Sundays 11:00-11:30am & 11:30am-12 Noon

YOUTH SWIM LESSONS LEVEL 4 (AGES 5-12)

Youth Level 4 sets the stage for stroke introduction while still reinforcing water safety.

Mondays 4:00-4:30pm & 4:30-5:00pm

Tuesdays, Wednesdays & Thursdays 4:30-5:00pm

Wednesdays 5:00-5:30pm

Wednesdays & Thursdays 6:00-6:30pm

Saturdays 11:00-11:30am & 12 Noon-12:30pm

Sundays 10:00-10:30am

YOUTH SWIM LESSONS LEVEL 5 (AGES 5-12)

Youth Level 5 reinforces water stamina and stroke introduction, which further expands into stroke development.

Mondays 5:00-5:30pm

Tuesdays 4:30-5:00pm

Tuesdays & Wednesdays 5:30-6:00pm

Wednesdays & Thursdays 4:00-4:30pm

Thursdays 6:00-6:30pm

Saturdays 9:30-10:00am

Sundays 9:00-9:30am & 10:30-11:00am

Saturdays & Sundays 12 Noon-12:30pm

YOUTH SWIM LESSONS LEVEL 6 (AGES 5-12)

Youth Level 6 is the final stage of our youth level classes. Proper stroke technique is reinforced through well-developed skills.

Mondays & Wednesdays 4:30-5:00pm

Tuesdays 5:00-5:30pm

Wednesdays 6:00-6:30pm

Mondays & Thursdays 5:30-6:00pm

Saturdays 10:00-10:30am & 11:30am-12 Noon

Sundays 9:30-10:00am & 11:00-11:30am

ADULT SWIM LESSONS (AGES 18+)

Adult Swim is designed for adults motivated to learn how to swim while improving their stroke technique and stamina while gaining confidence in the water.

Mondays & Wednesdays 9:00-9:30am

Tuesdays & Thursdays 6:00-6:30pm

Saturdays & Sundays 12:30-1:00pm

FEES

Mondays, Thursdays & Sundays \$198 (11-weeks)

Tuesdays, Wednesdays & Saturdays \$216 (12-weeks)

**No classes December 24-January 1*