

# WINTER 2020 SWIM LESSONS

## FOR KIDS

Our certified swim instructors will turn kids of all ages and abilities into safe and confident swimmers.  
See reverse for swim level descriptions.

**SESSION 1**  
**JANUARY 7- FEBRUARY 13**  
TUESDAY & THURSDAY = 6 WEEK SESSION  
SUNDAY = 5 WEEK SESSION

**SESSION 2**  
**FEBRUARY 16 - MARCH 19**  
ALL DAYS= 5 WEEK SESSION

### STARFISH SWIM SCHOOL

#### TUESDAY/THURSDAY SCHEDULE

10:30-11:00am **YELLOW** (Ages 3-4)  
11:00-11:30am **RED** (Ages 4-5)  
11:30-12:00pm **YELLOW** (Ages 3-4)  
4:00-4:30pm **RED** (Ages 3-4)  
4:00-4:30pm **BLUE** (Ages 5-6)  
4:30-5:00pm **YELLOW** (Ages 4-5)  
4:30-5:00pm **GREEN** (Ages 6-8)

ONE 30-MINUTE LESSON A WEEK PER  
6-WEEK SESSION FOR \$114

#### SUNDAY SCHEDULE

11:00-11:30am **STROKE SCHOOL** (Ages 6+)  
11:00-11:30am **RED** (Ages 3-4)  
11:30-12:00pm **BLUE** (Ages 5-6)  
11:30-12:00pm **RED** (Ages 3-4)  
12:00-12:30pm **GREEN** (Ages 6-8)  
12:00-12:30pm **YELLOW** (Ages 4-5)  
12:30-1:00pm **RED** (Ages 3-4)  
12:30-1:00pm **BLUE** (Ages 5-6)

ONE 30-MINUTE LESSON A WEEK PER  
5-WEEK SESSION FOR \$95

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For more information and to register, contact Kaitlin Kulick  
at 847.496.2490 or [kaitlin.kulick@midtown.com](mailto:kaitlin.kulick@midtown.com)

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## **STARFISH SWIM SCHOOL** (Ages 3-8)

Designed to meet the needs of children ages 3+, this course will develop a high comfort level in the water and a readiness to swim, and for those children who are developmentally ready, it will teach functional swim skills. This class approaches teaching swimming through creative, fun activities in the water. Students work towards the five competencies and progress toward achieving the benchmarks at their own pace in a small group setting.

### **RED** (Ages 3-4)

If the student can't swim without support but loves the water, will get face wet and will jump in, sign up for **RED GROUP**.

### **YELLOW** (Ages 4-5)

If the student is not afraid, can float on front and back, and can jump in and return to surface, sign up for **YELLOW GROUP**.

### **BLUE** (Ages 5-6)

If the student can swim underwater or on the surface, and can get an occasional breath, sign up for **BLUE GROUP**.

### **GREEN** (Ages 6-8)

If the student can tread water for at least 15 seconds and can swim freestyle with rotary (side) breathing, sign up for **GREEN GROUP**.

### **STROKE SCHOOL** (Ages 6+)

Students will refine freestyle and learn stroke technique for backstroke, butterfly, breaststroke, and develop endurance. If the student has achieved a **GREEN** Starfish Swim School award patch and needs to learn or refine backstroke, breaststroke, and butterfly, sign up for **STROKE SCHOOL**.

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