

SWIM LESSONS Spring 2010

Dates: January 23 –February 27 (6 Consecutive Saturdays)

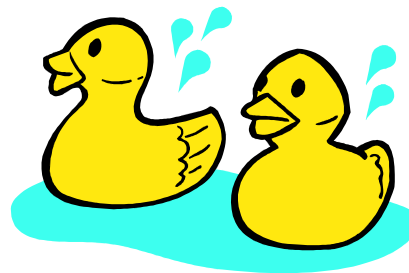
***\$60 for members**

\$63 for affiliates

\$65 for non-members

**Registration starts Saturday November 7th, 2009
at 8am**

No Refunds or make up lessons will be given.



Classes Offered:

Parent/Infant: (Ages 6 months– 17 months) An introduction to the water for parents and their infants. Songs and games with basic skills will be taught to make pool time fun and safe. * NEW CLASS*

Parent Toddler: With the support of a parent, toddlers (18-36 months) expand upon the skills taught in Parent/Infant

Level 1: This introductory class is for young swimmers who have never taken swim lessons, or who are too timid to let go of the wall. This class focuses on the basic swimming skills while swimming with assistance. Maximum age for this class is 6 years old.

Level 2: This class introduces different strokes such as freestyle, breast stroke and back stroke. This class focuses on learning to swim unassisted. Maximum age for this class is 8 years old

Level 3: An intermediate class designed for those who struggle to swim the length of the pool. This level works on refining the freestyle stroke while practicing the breast and back stroke. Maximum age for this class is 10 years old

Level 4: This class is for swimmers who can comfortably swim the length of the pool using the freestyle stroke, and who know the basics of the back and breast stroke.

Adult Swim: This class is for swimmers age 13 and above who wish to learn the correct stroke techniques. No swimming experience required!

Register at Halas Sports Center!

All registration must be done in person!

**Questions?
Contact**

**Allyson
akoppelman@luc.edu or
773-508-2608**

Lesson Times:

**NEW* Parent/Infant: 9:00 - 9:25 am or
10:00 - 10:25 am**

Parent/Tot: 9:30 - 9:55am or 10:30 - 10:55am

Level 1: 9:00 - 9:45am

Level 2: 9:00 - 9:45am or 9:50 - 10:35am

Level 3: 9:50 - 10:35am or 10:40 - 11:25am

Level 4: 10:40 - 11:25am

Adult Lessons: 11:00 - Noon

