

SPRING 2024
MARCH 4 - MAY 25

Aquatics, x325
aquatics@wheatonsportcenter.com



630-690-0887 | www.wheatonsportcenter.com



Welcome to The Swim Academy at Wheaton Sport Center!

The Swim Academy is dedicated to teaching children lifelong swimming skills and safety. We are an all-inclusive program for ages 6 months and up. Our progression based system takes children from introduction to water to competitive swim team ready. From small group classes to individual lessons, we can tailor lessons to meet everyone's needs.

With two state-of-the-art pools at the Wheaton Sport Center, there's no better place to come swim year-round! The recreation pool is perfect for relaxing with a waterslide and 3 marked lanes. The lap pool is 25 yards long with 6 lap lanes.

Please note : All persons under the age of 16 must have direct adult supervision while in the pool area and no person under the age of 16 may use the hot tub, with or without direct adult supervision.





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GROUP LESSONS / PRE TEAM / PRIVATE LESSONS



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EMAIL: aquatics@wheatonsportcenter.com

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THE SWIM ACADEMY GROUP LESSONS



GROUP SWIM LESSON REGISTRATION

Group swim lessons are available for ages 6 months and older; students may be registered to take lessons up to three times per week within the same level.

Registration for all group swim lessons can be completed on the WSC app or online at www.WheatonSportCenter.com. To register for multiple days, reference the Session Program Code for EACH separate day.

GROUP SWIM LESSON SESSION DATES & FEES

MAR *(3 weeks)
Dates: March 4 - March 23
Registration Opens: Feb 15
Session Fees (Member / Guest)
1 lesson per week \$51/ \$75 (\$17/day member; \$25/day Guest)

APR (4 weeks)
Dates: April 1 - April 27
Registration Opens: March 1
Session Fees (Member / Guest)
1 lesson per week \$68 / \$100 (\$17/day member; \$25/day Guest)

MAY (4 weeks)
Dates: April 29 - May 25
Registration Opens: April 1
Session Fees (Member / Guest)
1 lesson per week \$68 / \$100 (\$17/day member; \$25/day Guest)



THE SWIM ACADEMY

GROUP LESSONS

PG 5

LEVEL 1 Ages 6-24 months*

Swimmer/Instructor Ratio - 6:1

In this introduction to water class, we will focus on getting children more familiar with swim positions: on their fronts and backs. Songs and games will be used to keep the class fun and entertaining for the child, while learning the basics of swimming. Water safety will be discussed with parents as kids begin to learn to use equipment to kick, scoop, blow bubbles and float. This class is 30 minutes, and is a parent/child class. A parent is required to be in the water with the child.

WEEKDAY	TIME	SESSION 1	SESSION 2	SESSION 3
Thursday	10:30am - 11am	86101*	87101	88101
Saturday	8:30am - 9am	86102*	87102	88102

LEVEL 2 Ages 24-36 months*

Swimmer/Instructor Ratio - 6:1

Level 2 classes are perfect for more hesitant swimmers who still rely heavily on a parent being in the water. We will work on getting the child comfortable in the water with an instructor and begin to become more independent. They will learn to blow bubbles, float, kick, and jump with a parent, then we will progress so they are comfortable working directly with the instructor. This class is a parent/tot class. A parent is required to be in the water with the child.

WEEKDAY	TIME	SESSION 1	SESSION 2	SESSION 3
Wednesday	5pm - 5:30pm	86103*	87103	88103
Thursday	10am - 10:30am	86104*	87104	88104
Thursday	11:30am - 12pm	86105*	87105	88105
Saturday	8:30am - 9am	86106*	87106	88106



PLEASE SEE BACK PAGE FOR LESSON AND CANCELLATION POLICIES

*Group swim lesson placement is based on skill; ages indicated are

FOR REFERENCE ONLY. Child may be placed in a different level according to ability.

Register on the WSC App or online at www.wheatonsportcenter.com



THE SWIM ACADEMY

GROUP LESSONS

LEVEL 3 Ages 3 years & up*

Swimmer/Instructor Ratio - 3:1

Level 3 is for children who can be in the water without a parent. In this level, children will learn to float on their front and back with assistance, put their face in the water and blow bubbles, and jump into the water comfortably with assistance. They will also learn to kick their feet and paddle their arms in preparation for the front and back stroke. They will begin to learn basic safety skills appropriate for their age level.

WEEKDAY	TIME	SESSION 1	SESSION 2	SESSION 3
Monday	4:30pm - 5pm	86107*	87107	88107
Tuesday	4:30pm - 5pm	86108*	87108	88108
Tuesday	5pm - 5:30pm	86109*	87109	88109
Wednesday	4:30pm - 5pm	86110*	87110	88110
Thursday	12pm - 12:30pm	86111*	87111	88111
Thursday	12:30pm - 1pm	86112*	87112	88112
Thursday	4:30pm - 5pm	86113*	87113	88113
Thursday	5pm - 5:30pm	86114*	87114	88114
Saturday	8:30am - 9am	86115*	87115	88115
Saturday	9am - 9:30am	86116*	87116	88116
Saturday	10am - 10:30am	86117*	87117	88117

GROUP SWIM LESSON SESSION DATES & FEES

MAR

*(3 weeks)

Dates:
March 4 - March 23

Registration Opens:
Feb 15

Session Fees (Member / Guest)

1 lesson per week
\$51/ \$75
(\$17/day member; \$25/day Guest)

APR

(4 weeks)

Dates:
April 1 - April 27

Registration Opens:
March 1

Session Fees (Member / Guest)

1 lesson per week
\$68 / \$100
(\$17/day member; \$25/day Guest)

MAY

(4 weeks)

Dates:
April 29 - May 25

Registration Opens:
April 1

Session Fees (Member / Guest)

1 lesson per week
\$68 / \$100
(\$17/day member; \$25/day Guest)

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THE SWIM ACADEMY

GROUP LESSONS

LEVEL 4 Ages 3 years & up*

Swimmer/Instructor Ratio - 4:1

In Level 4, children will learn the front and back float without assistance for 5 seconds. From there, they will begin freestyle and backstroke by learning to paddle and kick at the same time. Children will also continue to learn basic safety skills appropriate for their ability level.

WEEKDAY	TIME	SESSION 1	SESSION 2	SESSION 3
Monday	5pm - 5:30pm	86118*	87118	88118
Tuesday	4:30pm - 5pm	86119*	87119	88119
Tuesday	5pm - 5:30pm	86120*	87120	88120
Wednesday	5pm - 5:30pm	86121*	87121	88121
Wednesday	6pm - 6:30pm	86122*	87122	88122
Thursday	4:30pm - 5pm	86123*	87123	88123
Thursday	5:30pm - 6pm	86124*	87124	88124
Saturday	9am - 9:30am	86125*	87125	88125
Saturday	9:30am - 10am	86126*	87126	88126
Saturday	11am - 11:30am	86127*	87127	88127



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THE SWIM ACADEMY

GROUP LESSONS

LEVEL 5 Ages 4-6 years*

Swimmer/Instructor Ratio - 4:1

This is an introductory level for freestyle and backstroke. Children who have passed floating will begin to learn arm strokes and kicks for the first time. They will learn to swim 1 full length of the pool with equipment assistance and a half-length without assistance. Children will also continue to learn basic safety skills appropriate for their ability level.

WEEKDAY	TIME	SESSION 1	SESSION 2	SESSION 3
Monday	5:30pm - 6pm	86128*	87128	88128
Tuesday	5:30pm - 6pm	86129*	87129	88129
Wednesday	5:30pm - 6pm	86130*	87130	88130
Thursday	5:30pm - 6pm	86131*	87131	88131
Saturday	9:30am - 10am	86132*	87132	88132
Saturday	11am - 11:30am	86133*	87133	88133

PLEASE SEE BACK PAGE FOR LESSON AND CANCELLATION POLICIES



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THE SWIM ACADEMY

GROUP LESSONS

LEVEL 6 Ages 5-8 years*

Swimmer/Instructor Ratio - 4:1

In Level 6, the children will perfect their freestyle and backstroke to swim for 1 length of the pool. They will add breathing to their freestyle.

WEEKDAY	TIME	SESSION 1	SESSION 2	SESSION 3
Monday	6pm - 6:30pm	86134*	87134	88134
Tuesday	5:30pm - 6pm	86135*	87135	88135
Wednesday	5:30pm - 6pm	86136*	87136	88136
Thursday	5:30pm - 6pm	86137*	87137	88137
Saturday	10am - 10:30am	86138*	87138	88138

PLEASE SEE BACK PAGE FOR LESSON AND CANCELLATION POLICIES

GROUP SWIM LESSON SESSION DATES & FEES

MAR

*(3 weeks)

Dates:

March 4 - March 23

Registration Opens:

Feb 15

Session Fees
(Member / Guest)

1 lesson per week
\$51/ \$75

(\$17/day member; \$25/day Guest)

APR

(4 weeks)

Dates:

April 1 - April 27

Registration Opens:

March 1

Session Fees
(Member / Guest)

1 lesson per week
\$68 / \$100

(\$17/day member; \$25/day Guest)

MAY

(4 weeks)

Dates:

April 29 - May 25

Registration Opens:

April 1

Session Fees
(Member / Guest)

1 lesson per week
\$68 / \$100

(\$17/day member; \$25/day Guest)

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THE SWIM ACADEMY

GROUP LESSONS

LEVEL 7 Ages 6-9 years*

Swimmer/Instructor Ratio - 4:1

After perfecting their freestyle and backstroke, kids will work on their endurance to be able to swim the strokes for 25 yards. They will also learn the breaststroke in this level, as well as start treading water.

WEEKDAY	TIME	SESSION 1	SESSION 2	SESSION 3
Tuesday	6pm - 6:30pm	86139*	87139	88139
Thursday	6pm - 6:30pm	86140*	87140	88140
Saturday	10:30am - 11am	86141*	87141	88141

PLEASE SEE BACK PAGE FOR LESSON AND CANCELLATION POLICIES

GROUP SWIM LESSON SESSION DATES & FEES

MAR

**(3 weeks)*

Dates:
March 4 - March 23

Registration Opens:
Feb 15

Session Fees (Member / Guest)

1 lesson per week
\$51/ \$75

(\$17/day member; \$25/day Guest)

APR

(4 weeks)

Dates:
April 1 - April 27

Registration Opens:
March 1

Session Fees (Member / Guest)

1 lesson per week
\$68 / \$100

(\$17/day member; \$25/day Guest)

MAY

(4 weeks)

Dates:
April 29 - May 25

Registration Opens:
April 1

Session Fees (Member / Guest)

1 lesson per week
\$68 / \$100

(\$17/day member; \$25/day Guest)

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THE SWIM ACADEMY

GROUP LESSONS

LEVEL 8 Ages 7-12 years**Swimmer/Instructor Ratio - 4:1*

In our most advanced level, kids will keep working on endurance on all 3 strokes, freestyle, backstroke and breaststroke. They will learn to swim the butterfly and tread water for longer periods of time. After graduating from Level 8, they will be ready to go to a competitive swim team.

WEEKDAY	TIME	SESSION 1	SESSION 2	SESSION 3
Tuesday	6pm - 6:30pm	86142*	87142	88142
Thursday	6pm - 6:30pm	86143*	87143	88143
Saturday	10:30am - 11am	86144*	87144	88144

PLEASE SEE BACK PAGE FOR LESSON AND CANCELLATION POLICIES



*Group swim lesson placement is based on skill; ages indicated are FOR REFERENCE ONLY. Child may be placed in a different level according to ability.

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THE SWIM ACADEMY

PRIVATE LESSONS

LESSON RATES

Our instructors have a passion for swimming, instruction, and helping children and adults get comfortable in the water. They have at least 1 year of competitive swim experience, lifeguarding, swim instruction, or the equivalent training time.

	# Lessons	Member	Guest
One-on-One Lesson (30 minutes) <i>1:1 Swimmer-to-Instructor Ratio</i> <i>Mornings/Afternoons/Evenings/Weekends</i>	Single	\$47	\$57
	6-Pack	\$274 \$46 per lesson	\$332 \$56 per lesson
	12-Pack	\$536 \$45 per lesson	\$650 \$55 per lesson
	18-Pack	\$787 \$44 per lesson	\$954 \$54 per lesson
Semi-Private (30 minutes, priced per person) <i>2:1 Swimmer-to-Instructor Ratio</i> Children from two different families can register for a class together. This does not apply to siblings (see <i>Sibling Private</i>). Participants are responsible for finding his or her classmate(s) for the class to run. <i>Mornings/Afternoons/Evenings/Weekends</i>	Semi-Private <i>Packages not available</i>	\$40 per participant per lesson	\$50 per participant per lesson
Sibling Private (30 minutes, priced per family) <i>2:1 Swimmer-to-Instructor Ratio</i> Shared between 2 siblings per one instructor. Siblings must be closely matched in swimming ability. <i>Mornings/Afternoons/Evenings/Weekends</i>	Sibling <i>Packages not available</i>	\$60 per family per lesson	\$80 per family per lesson





SPRING BREAK SWIM CAMPS

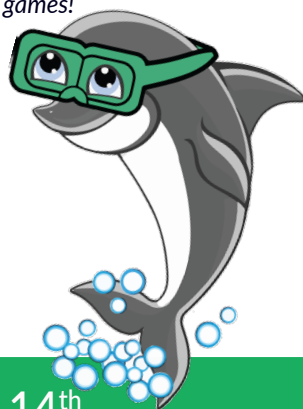
SPRING BREAK CAMPS

March 25th - 28th Monday - Thursday

MEMBER \$100 | GUEST \$150 each day is 45 minutes in length.

Join us for a 30 minute lesson, then practice your skills with water games!

LEVEL	WEEKDAY	TIME	SESS 1
LEVEL 3	Mon - Thurs	10am - 10:45am	81000
LEVEL 4	Mon - Thurs	10am - 10:45am	81001
LEVEL 5	Mon - Thurs	10:45am - 11:30am	81002
LEVEL 6	Mon - Thurs	10:45am - 11:30am	81003
LEVEL 7	Mon - Thurs	11:30am - 12:15pm	81004
LEVEL 8	Mon - Thurs	11:30am - 12:15pm	81005



Registration opens Feb 14th



Register on the WSC App or online at www.wheatonsportcenter.com



WSC THERAPY POOL OPEN SWIM

PG 14

THERAPY POOL OPEN SWIM SCHEDULE

EFFECTIVE JANUARY 1ST

MONDAY

5AM - 11:45AM
12:45PM - 4:30PM
6:30PM - 10PM

TUESDAY

5AM - 11:45AM
1:45PM - 4:30PM
6:30PM - 10PM

WEDNESDAY

5AM - 11:45AM
12:45PM - 4:30PM
6:30PM - 10PM

THURSDAY

5AM - 10AM
2PM-4:30PM
6:30PM - 10PM

FRIDAY

5AM - 12PM
1PM - 9PM

SATURDAY

6AM - 8:30AM
12PM - 6PM

SUNDAY

6AM - 6PM

All other times, open swim in the Therapy Pool
is unavailable due to WSC Programs.



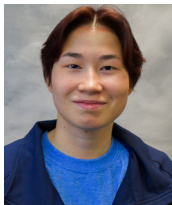
WSC SWIM ACADEMY INSTRUCTORS



Kathy Nkhoma
Aquatics
Manager



Abby Jury
Swim Instructor



Christina Schierhorn
Swim Instructor



Christopher Davis
Swim Instructor



Emily Feldstein
Swim Instructor



Hannah Julian
Swim Instructor



Hannah Holzworth
Swim Instructor



Haley Phillips
Swim Instructor



Gemma Alumbaugh
Swim Instructor



Kate Wleklinski
Swim Instructor

MASTERS SWIM COACHES



David Doerr
Masters Swim
Coach



Heather Brown
Masters/Clinics
Coach

Instructor Levels

Elite Instructors have 10 plus years of swim experience in competitive swimming, coaching, training, and safety instruction. They are certified with USA swimming, and have obtained safety training for swim coaches. Instructors have worked with all ages; infant through adult, and have helped people of all skill levels obtain swim skills. They have worked with Masters swim programs training for fitness, competitive swimming, and triathlon training.

Premier Instructors have a passion for swimming, instruction, and helping children and adults get comfortable in the water. They have at least 1 year of competitive swim experience, lifeguarding, swim instruction, or the equivalent training time.

Register on the WSC App or online at www.wheatonsportcenter.com



LESSON POLICIES

- ◆ Parents are welcome on the pool deck during lessons.*
**In order to provide a productive lesson environment, we kindly request that swim lesson participants be accompanied only by adults.*
- ◆ Please cover street shoes with the blue booties provided in the locker rooms.
- ◆ Please leave strollers outside of pool area.
- ◆ Instead of eating on the pool deck, please enjoy food and drink in our lounge or outside patio area.
- ◆ We are unable to offer make-up classes in the event of missed classes.
- ◆ While Starfish level does utilize the shallow step area, we do keep a portion of the pool available for open swim.
- ◆ We provide equipment for use in lessons only.

AUTO ENROLLMENT POLICY

ONCE YOU SIGN UP - YOU ARE AUTOMATICALLY ENROLLED INTO EACH SUBSEQUENT MONTHLY SESSION AND BILLED ON THE 1ST OF EVERY MONTH.

EACH MONTH THERE WILL BE ONE THIRTY MINUTE SESSION PER WEEK, TOTALING FOUR (4) OR MORE FOR MOST MONTHS.

REFUNDS WILL NOT BE GIVEN ONCE ATTENDANCE HAS BEGUN. IF YOU NEED TO CANCEL OUT YOUR LESSONS, PLEASE DO SO VIA EMAIL TO AQUATICS@WHEATONSPORTCENTER.COM NO LESS THAN 72 HOURS PRIOR TO THE START OF YOUR FIRST CLASS.

WHEN YOUR SWIMMER LEVELS UP, WE WILL MAKE THAT CHANGE AND THEN GOING FORWARD, THEY WOULD BE AUTO ENROLLED INTO THE NEW LEVEL.

GROUP SWIM CLASS CANCELLATION POLICIES

Unless otherwise noted, Wheaton Sport Center's cancellation policy is in effect for all fee-based programs.

- ◆ To qualify for a refund of group lessons, participants are required to give at least 72-hour written notice prior to the start of the program/session.
- ◆ After the session starts, no refunds will be given.
- ◆ Students are responsible for attending the class in which they have registered.
- ◆ We are unable to offer make-up classes in the event of missed classes.
- ◆ No refunds or credits will be given for classes missed.

PRIVATE SWIM LESSON CANCELLATION POLICIES

- ◆ Private lesson participants who cancel within 48-24 hours advance of lesson, will be charged 50% of the lesson fee.
- ◆ Private lesson participants who cancel 24 hours or less, will be charged the full price of the lesson.