

SUMMER SWIM 2025

JUNE 9 - AUG 10

aquatics@wheatonsportcenter.com | 630-315-5325



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.



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



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Registration tip: Register online under Programs and enter the Program Code into the search bar



THE SWIM ACADEMY

SWIMMER LEVELS

Level 1 (Ages 6 months-2 years⁺)

Swimmer/Instructor Ratio - 6:1

This parent/tot class is made for the toddler who is learning to follow directions. A parent is required to be in the water with the child. Songs & games will be used to keep the class engaging for the child, while learning the basics of swimming. Parents will learn water safety as kids begin to learn to use equipment to kick, scoop, blow bubbles, and float.

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. 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 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.

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, and will also continue to learn basic safety skills appropriate for their ability level.

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.

Level 2 (Ages 2-3 years⁺)

Swimmer/Instructor Ratio - 6:1

These classes 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 and the parent is required to be in the water with the child.

Level 4 (Ages 3-5 years⁺)

Swimmer/Instructor Ratio - 4:1

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.

Level 6 (Ages 5-8 years⁺)

Swimmer/Instructor Ratio - 4:1

Children will perfect their freestyle and backstroke to swim for 1 length of the pool. They will add breathing to their freestyle, and continue to learn basic safety skills appropriate for their ability level.

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 to tread water for longer periods of time. After Level 8, swimmers will be ready for a competitive swim team.



THE SWIM ACADEMY CANNONBALL CAMPS

PG 5

Cannonball Camps are one-week intensive camps that provide instruction and development and meet daily, Monday-Thursday in the mornings. Kids ages 3-8, join us for splashing fun in Wheaton Sport Center's recently renovated natatorium to learn water safety and proper swimming techniques.



WEEKLY SUMMER CAMP SESSIONS

Session 1: June 9-June 12

Session 2: June 16-June 19

Session 3: June 23-June 26

NO CAMPS: June 30-July 3

Session 4: July 7-July 10

Session 5: July 14-July 17

Session 6: July 21-July 24

Session 7: July 28-July 31

Each session is four classes, one per day.

Cannonball Camps: Monday - Thursday

Schedule Monday-Thursday		Sess 1 Program Code	Sess 2 Program Code	Sess 3 Program Code	Sess 4 Program Code	Sess 5 Program Code	Sess 6 Program Code	Sess 7 Program Code
8:30-9:00am	Level 3	86101	86102	86103	86104	86105	86106	86107
9:00-9:30am	Level 3	86201	86202	86203	86204	86205	86206	86207
9:30-10:00am	Level 4	86301	86302	86303	86304	86305	86306	86307
10:00-10:30am	Level 4	86401	86402	86403	86404	86405	86406	86407
10:30-11:00am	Level 5	86501	86502	86503	86504	86505	86506	86507
11:00-11:30am	Level 6	86601	86602	86603	86604	86605	86606	86607

Session Fee: Members: \$88 | Guests \$128

Registration tip: Register online under Programs and enter the Program Code into the search bar

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

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



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

JUNE/JULY (4 weeks) NO CLASSES JUNE 30 - JULY 6	JULY/AUG (4 weeks)
Dates: JUNE 9 - JULY 13	Dates: JULY 14 - AUG 10
Registration Opens: May 15	Registration Opens: May 15
Session Fees* (Member / Guest)	Session Fees (Member / Guest)
1 lesson per week \$88 / \$128 (30 min) \$132/ \$192 (45 min)	1 lesson per week \$88 / \$128 (30 min) \$132/ \$192 (45 min)

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



THE SWIM ACADEMY

GROUP LESSONS

PARENT/TOT Ages 6-36 months*

Swimmer/Instructor Ratio - 6:1

Parent Tot class is a great introduction to water and perfect for more hesitant swimmers to get more familiar with various swim positions. Songs and games will be used to keep the class fun and entertaining while learning the basics and becoming more comfortable in the water. Water safety will be discussed with parents as kids begin to kick, scoop, blow bubbles and float. They will then progress so they are comfortable working directly with the instructor. This class is 30 minutes. A parent/guardian is required to be in the water with the child.

WEEKDAY	TIME	SESSION 1	SESSION 2
Thursday	10am-10:30am	88100	88200
Saturday	8:30am-9am	88101	88201

Registration tip: Register online under Programs and enter the Program Code into the search bar

PLEASE SEE BACK PAGE FOR LESSON AND CANCELLATION POLICIES



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THE SWIM ACADEMY GROUP LESSONS

PG 8



LEVEL 3 STARFISH 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
Tuesday	4:30-5pm	88103	88203
Tuesday	5-5:30pm	88104	88204
Thursday	3:30-4pm	88105	88205
Thursday	6-6:30pm	88106	88206
Saturday	8-8:30am	88107	88207
Saturday	9-9:30am	88108	88208
Saturday	10:30-11am	88109	88209

PLEASE SEE BACK PAGE FOR LESSON AND CANCELLATION POLICIES

GROUP SWIM LESSON SESSION DATES & FEES

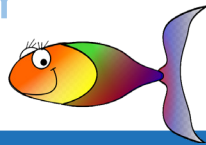
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Dates: JUNE 9 - JULY 13	Dates: JULY 14 - AUG 10
Registration Opens: May 15	Registration Opens: May 15
Session Fees* (Member / Guest)	Session Fees (Member / Guest)
1 lesson per week \$88 / \$128 (30 min) \$132/ \$192 (45 min)	1 lesson per week \$88 / \$128 (30 min) \$132/ \$192 (45 min)

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



THE SWIM ACADEMY GROUP LESSONS

PG 9



LEVEL 4 MINNOWS Ages 3 years+

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
Tuesday	4:30-5pm	88110	88210
Tuesday	5:30-6pm	88111	88211
Thursday	10:30-11am	88112	88212
Thursday	11-1130am	88131	88231
Thursday	4:30-5pm	88113	88213
Thursday	5-5:30pm	88114	88214
Saturday	9-9:30am	88115	88215
Saturday	9:30-10am	88116	88216
Saturday	10-10:30am	88117	88217

PLEASE SEE BACK PAGE FOR LESSON AND CANCELLATION POLICIES

Registration tip: Register online under Programs and enter the Program Code into the search bar



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



THE SWIM ACADEMY GROUP LESSONS

PG 10



LEVEL 5 TURTLES 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
Tuesday	6-6:30pm	88118	88218
Tuesday	6:30-7pm	88119	88219
Thursday	11-1130	88120	88220
Thursday	4-4:30pm	88121	88221
Thursday	5-5:30pm	88122	88222
Thursday	5:30-6pm	88123	88223
Saturday	8:30-9am	88124	88224
Saturday	9-9:30am	88125	88225
Saturday	9:30-10am	88126	88226
Saturday	10:30-11am	88127	88227

PLEASE SEE BACK PAGE FOR LESSON AND CANCELLATION POLICIES



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



THE SWIM ACADEMY GROUP LESSONS

PG 11



LEVEL 6 OTTERS 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
Tuesday	6-6:30pm	88128	88228
Tuesday	6:30-7pm	88129	88229
Tuesday	7-7:30pm	88130	88230
Thursday	4:30-5pm	88132	88232
Thursday	6:30-7pm	88133	88233
Saturday	10-10:30am	88134	88234

Registration for Registration Online Under Programs and enter the Registration Code Only. [Click here to search bar](#)

GROUP SWIM LESSON SESSION DATES & FEES

JUNE/JULY
(4 weeks)
NO CLASSES
JUNE 30 - JULY 6

Dates:
JUNE 9 - JULY 13

Registration Opens:
May 15

Session Fees*
(Member / Guest)

1 lesson per week
\$88 / \$128 (30 min)
\$132/ \$192 (45 min)

JULY/AUG
(4 weeks)

Dates:
JULY 14 - AUG 10

Registration Opens:
May 15

Session Fees
(Member / Guest)

1 lesson per week
\$88 / \$128 (30 min)
\$132/ \$192 (45 min)

*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

GROUP LESSONS

LEVEL 7 SEA LIONS 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
Tuesday	6:30-7pm	88135	88235
Thursday	12-12:30pm	88136	88236
Thursday	6-6:30pm	88137	88237
Saturday	10-10:30am	88137	88238



LEVEL 8 Ages 7-12 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
Tuesday	7-7:30pm	88138	88238
Thursday	6:30-7pm	88139	88239
Saturday	11:30-12pm	88140	88240



GROUP SWIM LESSON SESSION DATES & FEES

JUNE/JULY
(4 weeks)
NO CLASSES
JUNE 30 - JULY 6

Dates:
JUNE 9 - JULY 13

Registration Opens:
May 15

Session Fees*
(Member / Guest)

1 lesson per week
\$88 / \$128 (30 min)
\$132/ \$192 (45 min)

JULY/AUG
(4 weeks)

Dates:
JULY 14 - AUG 10

Registration Opens:
May 15

Session Fees
(Member / Guest)

1 lesson per week
\$88 / \$128 (30 min)
\$132/ \$192 (45 min)

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



THE SWIM ACADEMY GROUP LESSONS

PG 13



LEVEL 9 Ages 8-13years+ (45 minutes)

Swimmer/Instructor Ratio - 4:1

Sharks is for participants who have successfully completed the LEVEL 8 Belugas course or are able to swim 50 yards of freestyle, backstroke and 25 yards of breaststroke and side-stroke without assistance. The Sharks class refines and promotes proficiency and endurance in freestyle, backstroke, breaststroke, and butterfly. Participants will be introduced to swimming for fitness, approach strokes, starts, and flip turns, and surface dives.

WEEKDAY	TIME	SESSION 1	SESSION 2
Tuesday	6:30-7:15pm	88140	88240
Saturday	10:30-11:15am	88141	88241

PLEASE SEE BACK PAGE FOR LESSON AND CANCELLATION POLICIES

Registration tip: Register online under Programs and enter the Program Code into the search bar

ADULT NOVICE STROKE CLINIC

Swimmer/Instructor Ratio - 6:1

Ready to take your swimming to the next level? Join us for the Adult Novice Stroke Clinic, designed to improve your stroke techniques and build endurance. Refine your strokes, improve your efficiency in the water, and prepare for longer distance swims.

Our instructors will focus on technique, form, and stamina to help you swim smarter and stronger. All skill levels welcome!

WEEKDAY	TIME	SESSION 1	SESSION 2
Monday	6:30-7pm	88142	88242
Saturday	8:30-9am	88143	88243



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



THE SWIM ACADEMY

GROUP & PRIVATE LESSONS

Group Lessons

The WSC 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 swim team ready.

To learn more about our Swim Academy small group & private lessons, scan here:



Private Lessons

Mornings/Afternoons/Evenings/Weekends

One-on-One Lesson

1:1 Swimmer-to-Instructor Ratio

Participants receive tailored lessons based on their strengths and areas of improvement.

Semi-Private

2:1 Swimmer-to-Instructor Ratio

Children from two different families can register for a class together. This does not apply to siblings (see *Sibling Private*). Participants are responsible for finding his or her classmate(s) for the class to run.

Sibling Private

2:1 Swimmer-to-Instructor Ratio

One lesson shared between 2 siblings per one instructor. Siblings must be closely matched in swimming ability.

Email aquatics@wheatonsportcenter.com for more information!



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



THE SWIM ACADEMY INSTRUCTORS



Ashley Moos
*Aquatics
Manager*



Abby Jury
*Swim Instructor
- Master*



Anne Schillinger
*Swim Instructor
- Premier*



Haley Phillips
*Swim Instructor
- Premier*



Hannah Van Cleave
*Swim Instructor
- Premier*



Quinn Peter
*Swim Instructor
- Premier*

PREMIER INSTRUCTORS

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.

MASTER INSTRUCTORS

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.



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.

EACH MONTH THERE WILL BE ONE THIRTY MINUTE SESSION PER WEEK, TOTALING FOUR (4) OR MORE FOR MOST MONTHS. *Registration tip:* Register online under Programs and enter the Program Code into the search bar

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.

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.
- ◆ Class are subject to cancel if no registrations are enrolled upon the 1st week of each 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.