**GROUP LESSONS**

The Wheaton Swim Club provides group swimming lessons to the community in June and July. Wheaton lessons are instructed by professional adult instructors and assisted by high school and college aged swimmers, many of whom are members of the Wheaton Swim Club National Team. We do not have a minimum age requirement but do require all participants to be potty trained. Please read below for full information about our group lessons and contact us with any questions you may have.

Our summer children’s swimming lessons are taught at the Wheaton College Student Recreation Center. The pool is indoors so you don’t need to worry about the weather!

To register online, go to the registration tab and click on swim lessons. Note – registrations usually close online the Friday before lesson begins.

**BASIC INFORMATION – SUMMER LESSONS 2022**

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| --- | --- | --- | --- |
| **Session** | **Summer 1** | **Summer 2** | **Summer 3** |
| **Dates** | **June 6-17** | **June 20-July 1** | **July 5-July 15** |
| **Days** | **M-F** | **M-F** | **M-F** |
| **Location** | **Wheaton College** | **Wheaton College** | **Wheaton College** |
| **Times Offered** | **1:45-2:15 or 2:20-2:50** | **1:45-2:15 or 2:20-2:50** | **1:45-2:15 or 2:20-2:50** |
| **Levels Offered** | **See Below** | **See Below** | **See Below** |
| **Cost** | **$170** | **$170** | **$153** |

**LESSON LEVELS**

**Beginner**

Front float and glide, back float and glide, jumping into deep water, submerging face into water, introduction to arms and rhythmic breathing for crawl stroke, treading water for safety (15 sec). Note that we ask children in Beginner and Advanced beginner to swim without the use of goggles.

**Advanced Beginner**

Continued work on crawl stroke with rhythmic breathing, introduction to back stroke, treading water for safety (30 sec).

**Intermediate**

Review crawl and back stroke, diving, treading water, introduction to butterfly, introduction of breaststroke kick.

**Advanced** Review of crawl and backstroke. Introduction to breaststroke arms, review of butterfly, treading water for safety (2 min).

**Intro to Competitive Swimming** Build endurance for crawl and backstroke, flip turns, diving review, introduction to other elements of competitive swimming