

WINTER 2025
JAN 6 - MAR 30

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.



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



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GROUP LESSONS / PRIVATE LESSONS



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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

JAN (4 weeks)
Dates: Jan 6 - Feb 2
Registration Opens: Now
Session Fees* (Member / Guest)
1 lesson per week \$88 / \$128

FEB (4 weeks)
Dates: Feb 4 - March 2
Registration Opens: Jan 15
Session Fees (Member / Guest)
1 lesson per week \$88 / \$128

MARCH (4 weeks)
Dates: March 4 - March 30
Registration Opens: Feb 15
Session Fees (Member / Guest)
1 lesson per week \$88 / \$128



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	SESSION 3
Thursday	10am-10:30am	80101	80102	80103
Thursday	11:30am-12pm	80201	80202	80203
Saturday	8:30am-9am	80301	80302	80303
Sunday	8-8:30am	80401	80402	80403



PLEASE SEE BACK PAGE FOR AUTO ENROLLMENT, 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 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	SESSION 3
Tuesday	4:30-5pm	80501	80502	80503
Tuesday	5-5:30pm	80601	80602	80603
Tuesday	5:30-6pm	80701	80702	80703
Tuesday	6-6:30pm	80801	80802	80803
Thursday	11-11:30am	80901	80902	80903
Thursday	4:30-5pm	81001	81002	81003
Thursday	5-5:30pm	81101	81102	81103
Thursday	5:30-6pm	81201	81202	81203
Saturday	8-8:30am	N/A	81302	81303
Saturday	9-9:30am	81501	81502	81503
Saturday	10:30-11am	81601	81602	81603
Sunday	10-10:30am	N/A	81702	81703

GROUP SWIM LESSON SESSION DATES & FEES

JAN
(4 weeks)

Dates:
Jan 6 - Feb 2

Registration Opens:
Now

Session Fees*
(Member / Guest)

1 lesson per week
\$88 / \$128

FEB
(4 weeks)

Dates:
Feb 4 - March 2

Registration Opens:
Jan 15

Session Fees
(Member / Guest)

1 lesson per week
\$88 / \$128

MARCH
(4 weeks)

Dates:
March 4 - March 30

Registration Opens:
Feb 15

Session Fees
(Member / Guest)

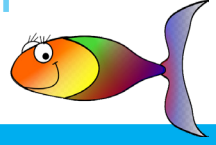
1 lesson per week
\$88 / \$128

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THE SWIM ACADEMY GROUP LESSONS



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	SESSION 3
Tuesday	4:30-5pm	81801	81802	81803
Tuesday	5:30-6pm	81901	81902	81903
Tuesday	6-6:30pm	82001	82002	82003
Tuesday	6:30-7pm	82101	82102	82103
Thursday	10:30-11am	82201	82202	82203
Thursday	12-12:30pm	82301	82302	82303
Thursday	4:30-5pm	82401	82402	N/A
Thursday	5-5:30pm	82501	82502	82503
Thursday	5:30-6pm	82601	82602	82603
Thursday	6-6:30pm	82701	82702	82703
Thursday	6:30-7pm	82801	82802	82803
Saturday	9:30-10am	82901	82902	82903
Saturday	10-10:30am	83001	83002	83003
Saturday	11-11:30am	83101	83102	83103
Sunday	10-10:30am	83301	N/A	N/A
Sunday	10:30-11am	N/A	83302	83303

PLEASE SEE BACK PAGE FOR LESSON AND CANCELLATION POLICIES



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THE SWIM ACADEMY GROUP LESSONS



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	SESSION 3
Tuesday	5:30-6pm	83401	83402	83403
Tuesday	6-6:30pm	83501	83502	83503
Tuesday	6:30-7pm	83601	83602	83603
Thursday	5-5:30pm	N/A	83702	N/A
Thursday	6-6:30pm	83801	83802	83803
Thursday	6:30-7pm	83901	83902	83903
Saturday	9:30-10am	N/A	84002	N/A
Saturday	10:30-11am	N/A	84102	N/A
Saturday	11-11:30am	N/A	84202	N/A
Sunday	9-9:30am	83201	83202	83203

PLEASE SEE BACK PAGE FOR LESSON AND CANCELLATION POLICIES



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THE SWIM ACADEMY GROUP LESSONS

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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	SESSION 3
Tuesday	5:30-6pm	84301	84302	N/A
Tuesday	6-6:30pm	N/A	84402	N/A
Tuesday	6:30-7pm	84501	84502	N/A
Thursday	6-6:30pm	84801	84802	N/A
Thursday	6:30-7pm	84901	N/A	N/A
Saturday	11:30am-12pm	85001	85002	N/A

GROUP SWIM LESSON SESSION DATES & FEES

JAN (4 weeks)	FEB (4 weeks)	MARCH (4 weeks)
Dates: Jan 6 - Feb 2	Dates: Feb 4 - March 2	Dates: March 4 - March 30
Registration Opens: Now	Registration Opens: Jan 15	Registration Opens: Feb 15
Session Fees* (Member / Guest)	Session Fees (Member / Guest)	Session Fees (Member / Guest)
1 lesson per week \$88 / \$128	1 lesson per week \$88 / \$128	1 lesson per week \$88 / \$128

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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	SESSION 3
Tuesday	6-6:30pm	N/A	88002	88003
Tuesday	6:30-7pm	N/A	86002	86003
Thursday	6:30-7pm	N/A	89104	89105
Sunday	8:30-9am	87001	87002	87003



PLEASE SEE BACK PAGE FOR LESSON AND CANCELLATION POLICIES

GROUP SWIM LESSON SESSION DATES & FEES

JAN (4 weeks)	FEB (4 weeks)	MARCH (4 weeks)
Dates: Jan 6 - Feb 2	Dates: Feb 4 - March 2	Dates: March 4 - March 30
Registration Opens: Now	Registration Opens: Jan 15	Registration Opens: Feb 15
Session Fees* (Member / Guest)	Session Fees (Member / Guest)	Session Fees (Member / Guest)
1 lesson per week \$88 / \$128	1 lesson per week \$88 / \$128	1 lesson per week \$88 / \$128

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THE SWIM ACADEMY GROUP LESSONS

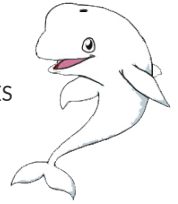
LEVEL 8 Ages 7-12 years*

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	7-7:30pm	89001	89002	89003
Saturday	11:30-12pm	89101	89102	89103

PLEASE SEE BACK PAGE FOR LESSON AND CANCELLATION POLICIES



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	SESSION 3
Monday	6:30-7pm	N/A	89106	89107
Saturday	8:30-9am	N/A	89108	89109



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



THE SWIM ACADEMY PRIVATE LESSONS

PREMIER LESSON RATES

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, life-guarding, swim instruction, or the equivalent training time. *Afternoons/Evenings/Weekends*

	# Lessons	Member	Guest
One-on-One Lesson (30 minutes) <i>1:1 Swimmer-to-Instructor Ratio</i> <i>Mornings/Afternoons/Evenings/Weekends</i>	Single	\$52	\$62
	6-Pack	\$306 3% Discount	\$366 3% Discount
	12-Pack	\$600 5% Discount	\$720 5% Discount
	18-Pack	\$882 7% Discount	\$1062 7% Discount
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>	\$45	\$55
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>	\$66	\$88





THE SWIM ACADEMY PRIVATE LESSONS

MASTER LESSON RATES

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. *Mornings/Afternoons/Evenings/Weekends*

	# Lessons	Member	Guest
One-on-One Lesson (30 minutes) <i>1:1 Swimmer-to-Instructor Ratio</i> <i>Mornings/Afternoons/Evenings/Weekends</i>	Single	\$60	\$70
	6-Pack	\$354 3% Discount	\$414 3% Discount
	12-Pack	\$696 5% Discount	\$816 5% Discount
	18-Pack	\$1026 7% Discount	\$1206 7% Discount
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>	\$50 per participant per lesson	\$60 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>	\$76 per family per lesson	\$100 per family per lesson





THERAPY POOL OPEN SWIM SCHEDULE

EFFECTIVE JANUARY 6TH

MONDAY

5am - 11:45am
12:45pm - 5:30pm
6pm - 10pm

TUESDAY

5am - 11:45am
1:45pm - 4:30pm
7:30pm - 10pm

WEDNESDAY

5am - 11:45am
12:45pm - 10pm

THURSDAY

5am - 10am
2pm - 4pm
7pm - 10pm

FRIDAY

5am - 12pm
1pm - 9pm

SATURDAY

6am - 8:30am
12pm - 6pm

SUNDAY

6am - 8am
11am - 6pm

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



WSC SWIM ACADEMY INSTRUCTORS



Ashley Moos
*Aquatics
Manager*



Abby Jury
*Swim Instructor
- Master*



Callie Lessing
*Swim Instructor
- Premier*



Christopher Davis
*Swim Instructor-
- Premier*



Emily Fahrman
*Swim Instructor
- Premier*



Evangeline Becthle
*Swim Instructor
- Premier*



Jack Watson
*Swim Instructor
- Premier*

MASTERS SWIM COACHES



David Doerr
*Masters Swim
Coach*

Instructor Levels

Master 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.

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.

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.