THE SWIM ACADEMY



WINTER 2026 - 2027

NOV 30 - MAR 7

Aquatics, *x325*

aquatics@wheatonsportcenter.com

Wheaton Sport Center
Your Netghborhood Club

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

Non Member Escort Policy. To support a positive environment for all members; non-member escorts accompanying swimmers for group and private swim lessons will be limited to one adult escort per child.

Group Swim sessions are now 6 weeks in length

THE SWIM ACADEMY SWIMMER LEVELS

Level 1/2 (Ages 6 months-3 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 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 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 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 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 8 (Ages 8-13 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. . .

Level 9 (Ages 8-13 years+)
Swimmer/Instructor Ratio - 4:1

Designed for the swimmer who is thinking about joining a swim team, has no prior team experience, and is in need of endurance and technique work in the basic strokes. This level focuses on perfecting the foundations of freestyle and backstroke. Practice sessions will include intro to streamlining, circle swimming, breathing, understanding and applying entry level drills..

Non Member Escort Policy. To support a positive environment for all members; non-member escorts accompanying swimmers for group and private swim lessons will be limited to one adult escort per child.

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

THE SWIM ACADEMY GROUP LESSONS

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
Tuesday	6-6:30pm	81000	82000
Saturday	9-9:30am	81001	82001

SESSION 1 TAKES A 2 WEEK BREAK FOR WINTER BREAK

PLEASE SEE BACK PAGE FOR LESSON AND CANCELLATION POLICIES



GROUP SWIM LESSON SESSION DATES & FEES

SESSION 1* (6 weeks)	WINTER BREAK (2 weeks)	SESSION 2 (6 weeks)
Dates: NOV 30 - DEC 20; JAN 4 - 24	Dates: NO LESSONS DEC 21 -JAN 3	Dates: JAN 25 - MAR 7
Registration Opens: Oct 15		*Registration Opens:* Nov 15
Session Fees* *(Member / Guest)*		**Session Fees** *(Member / Guest)*
1 lesson per week		1 lesson per week
30 Min: $132 / $192 45 Min: $198 / $288		30 Min: $132 / $192 45 Min: $198 / $288

*SESSION 1 TAKES A 2-WEEK BREAK FOR WINTER BREAK

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

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THE SWIM ACADEMY GROUP LESSONS

LEVEL 1/2 PARENT/TOT Ages 6-36 mths* *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	81004	82004
Saturday	8:30am-9am	81005	82005

SESSION 1 TAKES A 2 WEEK BREAK FOR WINTER BREAK

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

Non Member Escort Policy. To support a positive environment for all members; non-member escorts accompanying swimmers for group and private swim lessons will be limited to one adult escort per child.

PLEASE SEE BACK PAGE FOR LESSON AND CANCELLATION POLICIES



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

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*
Wednesday	4-4:30pm	81007	82007
Saturday	8-8:30am	81009	82009
Sunday	8:30-9am	81010	82010
Sunday	11-11:30am	81011	82011

SESSION 1 TAKES A 2 WEEK BREAK FOR WINTER BREAK

PLEASE SEE BACK PAGE FOR LESSON AND CANCELLATION POLICIES

GROUP SWIM LESSON SESSION DATES & FEES

SESSION 1* (6 weeks)	WINTER BREAK (2 weeks)	SESSION 2 (6 weeks)
Dates: NOV 30 - DEC 20; JAN 4 - 24	Dates: NO LESSONS DEC 21 -JAN 3	Dates: JAN 25 - MAR 7
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*SESSION 1 TAKES A 2-WEEK BREAK FOR WINTER BREAK

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

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 learni ng 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*
Wednesday	4:30-5pm	81012	82012
Thursday	9:30-10am	81013	82013
Saturday	10-10:30am	81014	82014
Sunday	9am-9:30am	81015	82015

SESSION 1 TAKES A 2 WEEK BREAK FOR WINTER BREAK

PLEASE SEE BACK PAGE FOR LESSON AND CANCELLATION POLICIES

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

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†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

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	5:30-6pm	81017	82017
Wednesday	5-5:30pm	81018	82018
Thursday	6-6:30pm	81019	82019
Saturday	9:30-10am	81020	82020
Sunday	9:30-10am	81021	81021

SESSION 1 TAKES A 2 WEEK BREAK FOR WINTER BREAK

PLEASE SEE BACK PAGE FOR LESSON AND CANCELLATION POLICIES

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

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+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 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	6:30-7pm	81022	82022
Thursday	6-6:30pm	81024	82024
Saturday	10-10:30am	81025	82025
Sunday	10-10:30am	81026	82026

SESSION 1 TAKES A 2 WEEK BREAK FOR WINTER BREAK

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

GROUP SWIM LESSON SESSION DATES & FEES

SESSION 1* (6 weeks)	WINTER BREAK (2 weeks)	SESSION 2 (6 weeks)
Dates: NOV 30 - DEC 20; JAN 4 - 24	Dates: NO LESSONS DEC 21 -JAN 3	Dates: JAN 25 - MAR 7
Registration Opens: Oct 15		*Registration Opens:* Nov 15
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1 lesson per week		1 lesson per week
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*SESSION 1 TAKES A 2-WEEK BREAK FOR WINTER BREAK

+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	7-7:30pm	81027	82027
Thursday	5:30-6pm	81029	82029

SESSION 1 TAKES A 2 WEEK BREAK FOR WINTER BREAK



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	7:30-8pm	81032	82032
Wednesday	5:30-6pm	81033	82033
Sunday	10:30-11am	81036	82036

SESSION 1 TAKES A 2 WEEK BREAK FOR WINTER BREAK



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

THE SWIM ACADEMY PRE TEAM



LEVEL 9/PRETEAM Ages 8-13years+

(45 minutes) *Swimmer/Instructor Ratio - 6:1*

Designed for the swimmer who is thinking about joining a swim team, has no prior team experience, and is in need of endurance and technique work in the basic strokes. This level focuses on perfecting the foundations of freestyle and backstroke. Practice sessions will include intro to streamlining, circle swimming, breathing, understanding and applying entry level drills. Upon graduation of our Belugas/Level 8 swim class, you are set to register for PreTeam! If you are new to WSC Group swim, please email aquatics@wheatonsportcenter.com to schedule your assessment before registering. Level 9 lessons are held in the lap pool and are 45-minutes in length.

WEEKDAY	*TIME*	*SESSION 1*	*SESSION 2*
Thursday	6:30-7:15pm	81037	82037
Sunday	12:30-1:15pm	81038	82038

SESSION 1 TAKES A 2 WEEK BREAK FOR WINTER BREAK

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

Non Member Escort Policy. To support a positive environment for all members; non-member escorts accompanying swimmers for group and private swim lessons will be limited to one adult escort per child.

GROUP SWIM LESSON SESSION DATES & FEES

SESSION 1* (6 weeks)	WINTER BREAK (2 weeks)	SESSION 2 (6 weeks)
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Registration Opens: Oct 15		*Registration Opens:* Nov 15
Session Fees* *(Member / Guest)*		**Session Fees** *(Member / Guest)*
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*SESSION 1 TAKES A 2-WEEK BREAK FOR WINTER BREAK

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

Particpants 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

WINTER OPEN SWIM

THERAPY POOL OPEN SWIM SCHEDULE

Winter 2026

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

Tuesday
5am - 11:45am
1:45pm - 10pm

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

Thursday
5am - 10am
10:30am - 6pm
6:30pm - 10pm

Friday
5am - 12pm
1pm - 9pm

Saturday
6am - 8am
10:30am - 6pm

Sunday
6am - 6pm

schedule effective 11.1.26

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

Questions about Aquatics?
Email aquatics@wheatonsportcenter.com to learn more!

THE SWIM ACADEMY STAFF BIOS

Coming Soon
Aquatics Manager



Abby Jury
Swim Instructor - Master

Abby's extensive swimming career began in high school, where she competed in Breaststroke, Backstroke, the 200-meter Individual Medley, and the Individual Medley Relay. During this time, she qualified for Nationals, Regional, Sectionals, and State. She also competed in lifeguard competitions, both locally and out of state. Abby continued swimming throughout college and went on to compete in triathlons, an Ironman, and numerous other swimming competitions across the nation. Abby's love of swimming led her to pursue a career in instructing, where she accepted a position as an assistant coach for a community swim team. She later became an assistant coach working with a Special Olympics swim team. Abby has several years of experience working as an Elite Swim Instructor. She instructs both children and adults at all levels. Her passion is to inspire anyone that wants to improve their abilities, whether that is being competitive on a swim team or learning lifesaving skills. She hopes to be there every step of the way. *At the club since 2022*



Anne Schillinger
Swim Instructor - Master

Anne has taught swim lessons since middle school by way of helping her mother, getting her first paycheck at 15. She swam for a YMCA and in high school in Southwest Ohio. Upon becoming a mother she started teaching swim lessons at Glass Courts Swim and Fitness in Lombard until its closing in March 2025. *At the club since 2025*



David Doerr
Masters Swim Coach

I've been involved in swimming basically my whole life, from swim lessons as a little kid, to summer league swimming, age-group club swimming, high school, college at Indiana University, back to club and Masters swimming where I still enjoy training and competing. I've had success at each level from high school record holder and Missouri high school state champion, to being honored as an Academic All Big-Ten at IU, and now Illinois Masters State meet champion and former high point winner. I've coached at the summer league, age group, and Masters Levels for over 7 years and enjoy sharing my love of the sport with others of all abilities! *At the club since 2021*

THE SWIM ACADEMY
STAFF BIOS



At the club since 2024

Evangeline Bechtle
Swim Instructor
- Premier



At the club since 2025

Ashley Chex
Swim Instructor
- Premier



At the club since 2026

Brendan Maguire
Swim Instructor
- Premier



At the club since 2025

David Hume
Swim Instructor
- Premier



At the club since 2025

Liz Kettleson
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.

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)* *1:1 Swimmer-to-Instructor Ratio* *Mornings/Afternoons/Evenings/Weekends*	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)* *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. *Mornings/Afternoons/Evenings/Weekends*	Semi-Private *Packages not available*	$45	$55
Sibling Private *(30 minutes, priced per family)* *2:1 Swimmer-to-Instructor Ratio* Shared between 2 siblings per one instructor. Siblings must be closely matched in swimming ability. *Mornings/Afternoons/Evenings/Weekends*	Sibling *Packages not available*	$66	$88



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

THE SWIM ACADEMY PRIVATE LESSONS

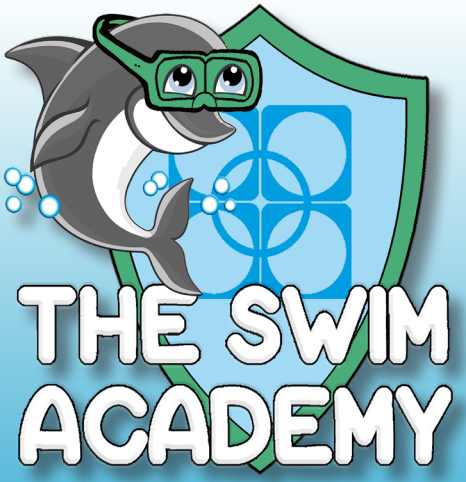
MASTER LESSON RATES

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)* *1:1 Swimmer-to-Instructor Ratio* *Mornings/Afternoons/Evenings/Weekends*	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)* *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. *Mornings/Afternoons/Evenings/Weekends*	Semi-Private *Packages not available*	$50 per participant per lesson	$60 per participant per lesson
Sibling Private *(30 minutes, priced per family)* *2:1 Swimmer-to-Instructor Ratio* Shared between 2 siblings per one instructor. Siblings must be closely matched in swimming ability. *Mornings/Afternoons/Evenings/Weekends*	Sibling *Packages not available*	$76 per family per lesson	$100 per family per lesson



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



LESSON POLICIES

- Parents are welcome in the lounge during lessons.*
  **In order to provide a productive lesson environment, we kindly request that swim lesson participants be accompanied only by 1 adult and remain in the 1st floor lounge during lesson time.*
- 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.
- We provide equipment for use in lessons only.
- Non Member Escort Policy - 1 adult to accompany each non-member swimmer into club/lessons, please remain in the lounge during lesson time.

EACH MONTH THERE WILL BE ONE THIRTY MINUTE SESSION PER WEEK.

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.
- Classes with less than 3 participants will be cancelled 72 hours prior to the start of a new 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 guarantee make-up classes in the event of missed classes. If makeups are granted, they must be completed within the same session of registration.
- No refunds or credits will be given for classes missed.

PRIVATE SWIM LESSON CANCELLATION POLICIES

- Private lesson participants who cancel 24 hours or less, will be charged the full price of the lesson regardless of reason.