

# SWIM LESSONS

## SUMMER 2026



### REGISTER TODAY!



### 5 WEEK SESSSION

**MONDAY SESSION**  
JULY 6, 13, 20, 27, AUGUST 3

**WEDNESDAY SESSION**  
JULY 8, 15, 22, 29, AUGUST 5

DAYS	LEVELS	TIME	FEE
MONDAYS	1-2-3-4	9:00AM-9:45AM	BERWYN RESIDENT: \$85 NON-RESIDENT: \$95
MONDAYS	1-2-3-4	10:00AM-10:45AM	BERWYN RESIDENT: \$85 NON-RESIDENT: \$95
WEDNESDAYS	1-2-3-4	9:00AM-9:45AM	BERWYN RESIDENT: \$85 NON-RESIDENT: \$95
WEDNESDAYS	1-2-3-4	10:00AM-10:45AM	BERWYN RESIDENT: \$85 NON-RESIDENT: \$95

## YOUTH SWIM LESSONS AGES 6-12

CLASS	DESCRIPTION	PREREQUISITES
LEVEL 1	Beginner/No Experience	<u>AGE 6-12</u> Face above 3 feet of water → ability to enter/exit the water without assistance
LEVEL 2	Basic Swim Movement & Safety	<u>Glide-Float-Swim</u> Submerge → front glide 5 yards → roll into a back float for 5 seconds → paddle back to wall
LEVEL 3	Introduction to Swim Strokes	<u>Swim-Float-Swim</u> Jump into water → front crawl 15 yards → roll into a back float 15 seconds → elementary backcrawl to wall
LEVEL 4	Advanced Swim Strokes & Stamina	<u>Swim-Tread-Swim</u> Sitting dive → freestyle 25yards → tread water for 30 seconds → backstroke to wall



CANCELLED LESSONS WILL BE MADE UP IF POOL SCHEDULE ALLOWS  
FOR POOL INFO (708) 749-6531 | POOL CLOSING (708) 749-6536

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