Contact Us

3551 Highland Ave.
Downers Grove, IL 60515
630-275-2640
www.goodsamaritanhwc.com

Hours of Operation

Monday – Thursday:	5 a.m. – 10 p.m.
Friday:	5 a.m. – 8 p.m.
Saturday and Sunday:	6 a.m. – 7 p.m.

Advocate Good Samaritan Hospital
Health & Wellness Center

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Children's Group Swim Lessons



Session 1: January 9 – February 28
Session 2: March 6 – May 2

Advocate Good Samaritan Hospital
Health & Wellness Center

Session Dates

Saturday Tadpoles

S1: January 9 – February 27 (8 weeks)
Registration: December 7 – 17
Members: $112 | **Non-Members:** $160

S2: March 6 – May 1 (8 weeks)
Registration: February 15 – 26
Members: $112 | **Non-Members:** $160
No class on 3/27

Sunday Tadpoles

S1: January 10 – February 28 (8 weeks)
Registration: December 7 – 17
Members: $112 | **Non-Members:** $160

S2: March 7 – May 2 (8 weeks)
Registration: February 15 – 26
Members: $112 | **Non-Members:** $160
No class on 3/28

Saturday Frogs

S1: January 9 – February 27 (8 weeks)
Registration: December 7 – 17
Members: $136 | **Non-Members:** $184

S2: March 6 – May 1 (8 weeks)
Registration: February 15 – 26
Members: $136 | **Non-Members:** $184
No class on 3/27

Preschool, School Age and Pre-Swim Team

S1: January 10 – February 28 (8 weeks)
Registration: December 7 – 17
Members: $144 | **Non-Members:** $200

S2: March 7 – May 2 (8 weeks)
Registration: February 15 – 26
Members: $144 | **Non-Members:** $200
No class on 3/28

About Swim Lessons

6 months – 14 years old

Small groups are used to enhance your child's Learn to Swim experience. Our programs allow children to progress through our levels at their own pace, perfect their swimming skills and achieve their own swimming goals. Our swim lessons will teach your children the importance of water safety, provide physical exercise, develop motor skills, improve concentration as well as build self-confidence and provide a fun swim experience.

Aquatic and Club Basics

Classes may be combined as determined by enrollment.

A swim diaper is required for any participant that is not potty-trained.

Group swim lesson parents should drop their child off on the pool deck and check-in with the on-deck coordinator. Unless participating in a child/parent class, lessons can be viewed from the hallway. Private/semi-private swim lesson parents should drop off their child on the pool deck then proceed to the hallway viewing area.

Tadpoles and Frogs must use family changing rooms. Sunday Preschool, School Age and Pre-Swim Team may use locker rooms or family changing rooms.

Please bring a towel from home.

Group Descriptions

Tadpoles

Ages 6 – 36 months
Saturday | 9:30 a.m.
Sunday | 5:15 p.m.
These classes encourage water exploration through songs and games as parent and child participate together. Classes are 30 minutes and taught in the warm water pool. One parent per child. 1:15 ratio

Frogs

Ages 30 – 60 months
Saturday | 10:15 a.m. and 10:45 a.m.
These classes are designed for the preschooler who is ready to learn to swim, but not ready to swim without you. Individual instruction given for bobs, glides and kicks and working toward independent swimming. Classes are 30 minutes and taught in the warm water pool. One parent per child. 1:12 ratio

Preschool

Guppies, Clownfish, Goldfish and Betta
Ages 3 – 5
Sunday
Levels 1 – 3 | 2:15p.m., 3 p.m., 3:45 p.m. and 4:30 p.m.
Level 4 | 2:15 p.m.
These group lessons focus on building self-confidence, independent swimming and learning water safety. Lessons are 30 minutes and children must be potty-trained. Classes are taught in the warm water pool. 1:4 ratio

School Age

Turtles, Dolphins, Octopus, Squids and Sharks
Ages 5 – 14
Sunday | 3 p.m., 3:45 p.m. and 4:30 p.m.
These group lessons are for beginner and intermediate swimmers and consist of mastering six levels (Freestyle and Backstroke). Lessons are 40 minutes and taught in the lap pool. 1:5 ratio

Pre-Swim Team

Whales, Tidal Waves, Hurricanes, Typhoons and Tsunamis
Ages 5 – 14
Sunday | 2:15 p.m. and 5:15 p.m.
These classes are offered to children who have mastered levels 1 – 6 and are ready for the next challenge. In the following levels, students will build endurance while perfecting freestyle, backstroke, butterfly, breaststroke and turns. This class is a great option to prepare for a future in swim team. Lessons are 40 minutes and taught in our lap pool.

Private and Semi-Private Lessons

Children or Adult-Ages 4+
Work one-on-one with a qualified swim coach to learn to swim or refine your skills. Lessons are 25 minutes in length, tailored to meet your individual needs and taught in the lap pool. Semi-private lessons are available for two people of similar age/skill. Lessons are scheduled during our block swim lesson times for children. Adult lessons are scheduled around availability of the coach and student. Visit the front desk for pricing.

Registration

To register, contact Colleen at colleen.oneill@hfit.com.

We do not offer make up lessons for lessons missed unless we cancel them. We do not offer refunds.

