Advocate Good Samaritan Health & Wellness Center offers swim options for all ages and levels through a variety of programs! Whether you are looking for baby & me classes, child learn to swim programs, private or semiprivate lessons, a team environment for masters, or to refine your skills, our esteemed instructors and coaches are here to help!

Masters Swim is designed for ages 18 and up who want to improve their fitness level in a team environment. Our coaches design the workout and provide tips to increase your technique, speed and endurance. A great class option for those training for a triathlon, looking to meet new people, or wanting to fine tune their skills. We recommend being able to swim at least 1 length of the pool in freestyle and know at least one other stroke (backstroke, breaststroke, or butterfly). 8 week sessions.

Tuesday & Thursday 5:30-6:30am
Thursday 7:30-8:30pm
Saturday 7:00-8:30am
M $88/NM $172
Drop in fee: M $8.50/NM $16.50 per practice

More about our natatorium:
Lap Pool: 5 lanes/25 yards/82 degrees
Therapy Pool: sloped shallow end, deep well/92 degrees
Whirlpool: 103 degrees
Sauna: Co-ed dry sauna on pool deck

3551 Highland Avenue
Downers Grove, IL 60515
Our location is on the North side of Advocate Good Samaritan Hospital Campus
630-275-2640 for Front Desk

Questions relating to aquatics programs or classes please contact:
jenny.showalter@advocatehealth.com
or call 630-275-2283

*Session dates are subject to change*

REGISTRATION
Registration opens at 5:00am one week before the session’s start date. Register in person or online at: www.advocatehealth.com/gsam-wellness
Click “class registration”

Swim Towards Your Goal

Aquatics~2018 Winter/Spring/Summer
PRIVATE AND SEMI PRIVATE LESSONS

Child 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. Semiprivate lessons are available for 2 persons of similar age/skill. Lessons are scheduled around the availability of the coach, student and open pool times.

Private Lesson: M $26/NM $31
Private 5 pack: M $125/NM $150
Private 10 pack: M $240/NM $290
Semiprivate: M $36/NM $43
Semi 5 Pack: M $171/NM $206
Semi 10 Pack: M $328/NM $398

Semi Private lessons require a singular payment (one person pays entire fee)