



SWIM LESSONS

2023-2024



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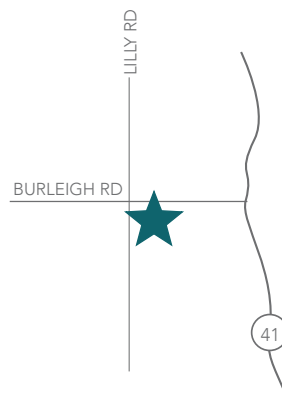
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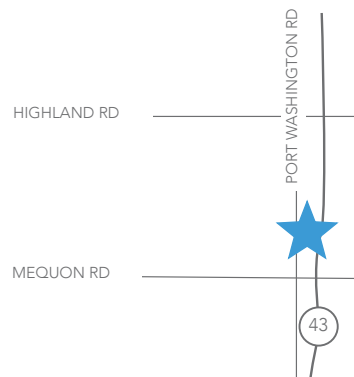
Questions?
 Contact us by emailing Aquatics@eliteclubs.com
 or visit eliteclubs.com/swim-lessons



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 13825 W. BURLEIGH RD
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 2001 W. GOOD HOPE RD
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MEQUON
 11616 N. PORT WASHINGTON RD
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SESSIONS & RATES



Schedule

Session 1: June 10-July 21 (off July 1-7)

Session 2: July 22-August 25

Priority Enrollment Registration begins May 20 for both summer sessions

Regular registration begins May 27 for session 1 and July 8 for session 2

Group Lesson & Swim Club Rates

60-minute Lessons - Members: \$140 / Non-Members: \$175

45-minute Lessons - Members: \$105 / Non-Members: \$135

30-minute Lessons - Members: \$70 / Non-Members: \$90

Semi-Private Lesson Rates

Price per person - Group of 2

60-minute Lesson - Members: \$38 / Non-Members: \$48

45-minute Lesson - Members: \$33 / Non-Members: \$42

30-minute Lesson - Members: \$28 / Non-Members: \$35

Price per person - Group of 3+

60-minute Lesson - Members: \$30 / Non-Members: \$38

45-minute Lesson - Members: \$25 / Non-Members: \$32

30-minute Lesson - Members: \$20 / Non-Members: \$25

Private Lesson Rates

Available for Adults & Children!

Price per person

60-minute Lesson - Members: \$60 / Non-Members: \$75

45-minute Lesson - Members: \$50 / Non-Members: \$63

30-minute Lesson - Members: \$40 / Non-Members: \$50

New this year:

- We're adding more options at each club to choose from
- Register on the member app
- Children can "level up" mid-session
- Swim Club - FUN, social, and now with cross-club meets and get-togethers
- Participants will be auto-enrolled into the next session unless you opt out by contacting Aquatics@eliteclubs.com prior to the first date of the session

Non-members are limited to one session or four private lessons within a 12-month period.

Questions? Contact us by emailing Aquatics@eliteclubs.com!

TOTS & TODDLERS

Parent & Tot

A parent-child water class for children 6 months-3 years. We will work on water adjustment, parent holds, getting in and out of the water, submersion, assisted floats, basic arm and leg motions, games, songs, and having fun in the water.

Brookfield

Tuesdays 4:15-4:45pm

Saturdays 9:00-9:30am

Mequon

Thursdays 5:00-5:30pm

River Glen

Thursdays 4:30-5pm

Saturdays 9:00-9:30am

Pre-School

Students will learn to feel comfortable and safely enjoy the water without their parents. Swimmers will work on the basics of swimming: bobbing, going underwater, supported front and back floating, supported rolling over from front to back and back to front, supported gliding, supported flutter kick, supported front crawl arms, and jumping in.

Brookfield

Tuesdays 4:45-5:15pm

Saturdays 9:30-10:00am

Mequon

Mondays 5:00-5:30pm

Tuesdays 5:00-5:30pm

Thursdays 5:00-5:30pm

River Glen

Tuesdays 5:00-5:30pm

Thursdays 5:00-5:30pm

Saturdays 9:30-10:00am



SEAHORSES (LEVEL 1) **elite** SPORTS CLUBS

A class for 5-year-olds and up. Students will be in the water without their parents. We will work on water entry and exit, submerging and holding breath underwater, opening eyes underwater and retrieving objects, floating on front and back, gliding on front and back, rolling over, treading water, arm and hand actions, and assisted swimming on the front and back.

Brookfield

Wednesdays 4:30-5:15pm
Wednesdays 6:00-6:45pm
Thursdays 5:15-6:00pm
Thursdays 6:00-6:45pm
Saturdays 10:00-10:45am

River Glen

Mondays 4:30-5:15pm
Tuesdays 4:30-5:15pm
Thursdays 5:30-6:15pm
Saturdays 10:00-10:45am

Mequon

Mondays 5:30-6:15pm
Wednesdays 5:45-6:30pm



STARFISH (LEVEL 2)

Students must be able to float on front and back for 5 seconds, glide 2 body lengths on front, and submerge for 3 seconds. We will work on bobbing, retrieving submerged objects with eyes open, rotary breathing, all of the front floats, gliding on front and back, rolling over, treading water, changing direction while swimming on front and back, finning, and independent swimming on the front and back.

Brookfield

Wednesdays 4:30-5:15pm
Wednesdays 5:15-6:00pm
Thursdays 4:30-5:15pm
Thursdays 6:00-6:45pm
Saturdays 10:45-11:30am

Mequon

Mondays 5:45-5:30pm
Tuesdays 5:30-6:15pm
Wednesdays 5:00-5:45pm
Thursdays 5:30-6:15pm

River Glen

Mondays 5:15-6:00pm
Tuesdays 5:15-6:00pm
Thursdays 6:15-7:00pm
Saturdays 10:45-11:30am



SEALS (LEVEL 3)

Students must be able to push off the bottom and move into a treading or floating position for at least 15 seconds, then swim 5 body lengths and swim independently using combined arm and leg actions for 5 body lengths. We will work on breathing to the side on front crawl, treading water for a minute, survival float, streamlined push-offs, increased distances for front and back crawl and elementary backstroke. We will also introduce breaststroke kick, scissors kick, dolphin kick, and basic survival and rescue skills.

Brookfield

Wednesdays 5:15-6:00pm
Wednesdays 6:00-6:45pm
Thursdays 4:30-5:15pm
Thursdays 6:45-7:45pm
Saturdays 11:30-12:15pm

Mequon

Mondays 6:15-7:00pm
Tuesdays 5:30-6:45pm
Wednesdays 5:00-5:45pm
Thursdays 6:15-7:00pm

River Glen

Mondays 6:00-6:45pm
Tuesdays 6:00-6:45pm



DOLPHINS (LEVEL 4)



Students must be able to swim the front crawl, back crawl, and elementary backstroke for 25 yards each and tread water for 1 minute. We will work on survival swimming, open turns, and increased distances for front crawl, back crawl, breaststroke, butterfly, sidestroke, and elementary backstroke.

Brookfield

Wednesdays 6:45-7:30pm
Thursdays 5:15-6:00pm

River Glen

Mondays 6:45-7:30pm
Tuesdays 6:45-7:30pm

Mequon

Mondays 5:00-5:45pm
Wednesdays 5:45-6:30pm
Thursdays 6:15-8:00pm



SWIM CLUB



Swim Club is for swimmers ages 7+ who have completed group swim lessons or equivalent and are interested in improving stroke technique, learning about competitive swimming, and building endurance in a fun and social team environment! Along with improving technique and endurance, participants will also learn about swimming as a sport, work on team-building activities, and have the opportunity to compete in swim meets throughout the year.

Brookfield

Tuesdays 5:15-6:15pm



typhoons

SWIM CLUB

