

# SWIM LESSONS

## 2024-2025

**elite**  
sports clubs

## Table of Contents

**2** SESSIONS  
& RATES

**3** TOTS &  
TODDLERS

**4** SEAHORSES  
LEVEL 1

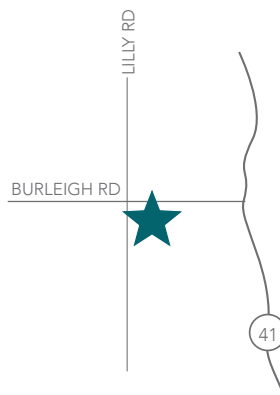
**5** STARFISH  
LEVEL 2

**6** SEALS  
LEVEL 3

**7** DOLPHINS  
LEVEL 4

**8** SWIM  
CLUB

**Questions?**  
Contact us by emailing  
[Aquatics@eliteclubs.com](mailto:Aquatics@eliteclubs.com)  
or visit  
[eliteclubs.com/swim-lessons](http://eliteclubs.com/swim-lessons)



### BROOKFIELD

13825 W. BURLEIGH RD

262.786.0880

[eliteclubs.com/brookfield](http://eliteclubs.com/brookfield)

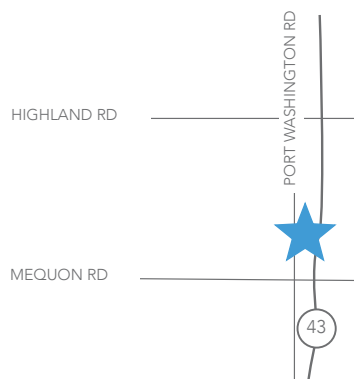


### RIVER GLEN

2001 W. GOOD HOPE RD

414.352.4900

[eliteclubs.com/river-glen](http://eliteclubs.com/river-glen)



### MEQUON

11616 N. PORT WASHINGTON RD

262.241.4250

[eliteclubs.com/mequon](http://eliteclubs.com/mequon)

# SESSIONS & RATES



## 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**

*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**

## \*New for 2025!\* Safe Splashing: Family Workshop

### 60-minute Lessons

**Members: FREE**

Get ready for a fun and informative summer with our Family Water Safety Workshop! As families prepare for sunny days at the pool or lake, this workshop will equip you with essential water safety skills.

*Safety Essentials (15 minutes):* Learn key topics like pool and lake safety, proper life jacket use, and recognizing distress in the water.

*Engaging Water Activities (30 minutes):* Participate in fun activities to practice swimming skills while reinforcing water safety techniques.

*Swim Assessment (15 minutes):* Each family member will have a swim assessment, with personalized recommendations to ensure a safe and enjoyable swimming season.

### Brookfield

Friday, April 25th, 6-7pm

Saturday, May 17th, 12:30-1:30pm

Thursday, May 22nd, 5:30-6:30pm

Saturday, June 8th, 2-3pm

### Mequon

Wednesday, April 23rd, 6-7pm

Tuesday, May 13th, 5-6pm

Saturday, May 31st, 10:30-11:30am

### River Glen

Thursday, May 15th, 10-11am

Sunday, June 1st, 10-11am

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

***Questions? Contact us by emailing [Aquatics@eliteclubs.com](mailto:Aquatics@eliteclubs.com)!***

# TOTS & TODDLERS

## Session Dates & Information

**Fall Session:** August 26-December 1

**Winter Session:** December 2-March 9

**Spring Session:** March 10-June 15

*As a courtesy, you will be automatically enrolled into the next session unless you opt out.*

No Lessons: 9/2/24 (Labor Day), 11/28/24 (Thanksgiving),  
12/24/24-1/1/25 (Winter Break), 4/20/25 (Easter),  
5/26/25 (Memorial Day)

- Register on the member app
- Children can "level up" mid-session

## Parent & Tot (Ages 6 months-3)

**30-minute Lessons**

**Members: \$196**

**Non-Members: \$266**

A parent-child water class. 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**

Saturdays 9:00-9:30am

**Mequon**

Thursdays 5:00-5:30pm

**River Glen**

Thursdays 4:00-4:30pm

Thursdays 9:00-9:30am



## Pre-School (Ages 3-5)

**30-minute Lessons**

**Members: \$196**

**Non-Members: \$266**

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 5:00-5:30pm

Wednesdays 5:00-5:30pm

Saturdays 9:30-10:00am

**Mequon**

Mondays 9:00-9:30am

Mondays 5:00-5:30pm

Wednesdays 4:00-4:30pm

**River Glen**

Thursdays 4:30-5:00pm

Saturdays 9:30-10:00am

## Pre-School 2 (Ages 3-5)

**30-minute Lessons**

**Members: \$196**

**Non-Members: \$266**

Students must be able to float on their front and back for five seconds, glide two body lengths on front, and submerge for three seconds. We will work on bobbing, retrieving submerged objects with eyes open, treading water, and independent swimming on the front and back.

**Brookfield**

Thursdays 5:00-5:30pm

**Mequon**

Mondays 5:00-5:30pm

Mondays 9:30-10:00am

Wednesdays 4:00-4:30pm

# SEAHORSES (LEVEL 1)

**elite**  
SPORTS CLUBS

## Session Dates & Information

**Fall Session:** August 26-December 1

**Winter Session:** December 2-March 9

**Spring Session:** March 10-June 15

*As a courtesy, you will be automatically enrolled into the next session unless you opt out.*

No Lessons: 9/2/24 (Labor Day), 11/28/24 (Thanksgiving),  
12/24/24-1/1/25 (Winter Break), 4/20/25 (Easter),  
5/26/25 (Memorial Day)

- Register on the member app
- Children can "level up" mid-session

## (Ages 5+)

**45-minute Lessons - Members: \$294 / Non-Members: \$399**

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

Thursdays 5:30-6:15pm

Saturdays 10:00-10:45am

### Mequon

Mondays 5:30-6:15pm

Wednesdays 4:30-5:15pm

Thursdays 5:30-6:15pm

Saturdays 9:00-9:45am

### River Glen

Mondays 4:00-4:45pm

Tuesdays 4:00-4:45pm

Thursdays 5:00-5:45pm

Saturdays 10:00-10:45am





# STARFISH (LEVEL 2)



## Session Dates & Information

**Fall Session:** August 26-December 1

**Winter Session:** December 2-March 9

**Spring Session:** March 10-June 15

*As a courtesy, you will be automatically enrolled into the next session unless you opt out.*

No Lessons: 9/2/24 (Labor Day), 11/28/24 (Thanksgiving),  
12/24/24-1/1/25 (Winter Break), 4/20/25 (Easter),  
5/26/25 (Memorial Day)

- Register on the member app
- Children can "level up" mid-session

## (Ages 5+)

**45-minute Lessons - Members: \$294 / Non-Members: \$399**

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 5:30-6:15pm

Saturdays 10:45-11:30am

### Mequon

Mondays 5:30-6:15pm

Wednesdays 5:15-6:00pm

Thursdays 5:30-6:15pm

Saturdays 9:45-10:15am

### River Glen

Mondays 4:45-5:30pm

Tuesdays 4:45-5:30pm

Thursdays 5:45-6:30pm



# SEALS (LEVEL 3)

## Session Dates & Information

**Fall Session:** August 26-December 1

**Winter Session:** December 2-March 9

**Spring Session:** March 10-June 15

*As a courtesy, you will be automatically enrolled into*

*the next session unless you opt out.*

No Lessons: 9/2/24 (Labor Day), 11/28/24 (Thanksgiving),

12/24/24-1/1/25 (Winter Break), 4/20/25 (Easter), 5/26/25 (Memorial Day)

- Register on the member app
- Children can "level up" mid-session

## (Ages 5+)

**45-minute Lessons**

**Members: \$294**

**Non-Members: \$399**

### Brookfield

Wednesdays 6:15-7:00pm

Saturdays 11:30-12:15pm

### Mequon

Mondays 6:15-7:00pm

Wednesdays 5:15-6:00pm

Thursdays 6:15-7:00pm

Saturdays 9:00-9:45am

### River Glen

Mondays 5:30-6:15pm

Tuesdays 5:30-6:15pm

Saturdays 11:30-12:15pm





# DOLPHINS (LEVEL 4)



## Session Dates & Information

**Fall Session:** August 26-December 1

**Winter Session:** December 2-March 9

**Spring Session:** March 10-June 15

*As a courtesy, you will be automatically enrolled into the next session unless you opt out.*

No Lessons: 9/2/24 (Labor Day), 11/28/24 (Thanksgiving),

12/24/24-1/1/25 (Winter Break), 4/20/25 (Easter),

5/26/25 (Memorial Day)

- Register on the member app
- Children can "level up" mid-session

## (Ages 5+)

**45-minute Lessons - Members: \$294 / Non-Members: \$399**

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

Thursdays 6:15-7:00pm

### Mequon

Mondays 5:00-5:45pm

Thursdays 6:15-7:00pm

Saturdays 9:45-10:30am

### River Glen

Mondays 6:15-7:00pm

Tuesdays 6:15-7:00pm



# SWIM CLUB

## Session Dates & Information

**Fall Session:** August 26-December 1

**Winter Session:** December 2-March 9

**Spring Session:** March 10-June 15

*As a courtesy, you will be automatically enrolled into the next session unless you opt out.*

No Lessons: 9/2/24 (Labor Day), 11/28/24 (Thanksgiving),  
12/24/24-1/1/25 (Winter Break), 4/20/25 (Easter),  
5/26/25 (Memorial Day)

- Register on the member app
- Children can "level up" mid-session

## (Ages 7+)

**60-minute Lessons - Members: \$392 / Non-Members: \$532**

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 5:30-6:30pm

### River Glen

Wednesdays 5:00-6:00pm

**typhoons**  
SWIM CLUB







# Summer 2025 Swim Lessons



## Parent/Tot

**Ages 6mo-3years • 30-minute class**

**Members: \$70 & Non-members: \$99**

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	Tuesday	5pm
Mequon	Thursday	5pm
River Glen	Thursday	4pm
River Glen	Saturday	9am

## Preschool

**Ages 3-4 • 30-minute class**

**Members: \$70 & Non-members: \$99**

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	Tuesday	5:30pm
Brookfield	Wednesday	5pm
Mequon	Wednesday	4pm
Mequon	Thursday	5pm
River Glen	Thursday	4:30pm
River Glen	Saturday	9:30am

## Preschool 2

**Ages 3-4 • 30-minute class**

**Members: \$70 & Non-members: \$99**

Students must be able to float on their front and back for five seconds, glide two body lengths on front, and submerge for three seconds. We will work on bobbing, retrieving submerged objects with eyes open, treading water, and independent swimming on the front and back.

Brookfield	Thursday	5pm
Mequon	Wednesday	4pm

**June 16-July 20  
July 21-August 24**  
**Contact us to sign up today!**  
**[aquatics@eliteclubs.com](mailto:aquatics@eliteclubs.com)**  
**[eliteclubs.com/summer-swim](http://eliteclubs.com/summer-swim)**



## Swim Club

**Ages 5+ • 60-minute class**

**Members: \$140 & Non-members: \$198**

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	Tuesday	6pm
River Glen	Wednesday	5pm

## Level 1 - Seahorses

**Ages 5+ • 45-minute class • Members: \$105 & Non-members: \$149**

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	Thursday 5:30pm
Mequon	Wednesday 4:30pm
Mequon	Thursday 5:30pm
River Glen	Monday 4pm
River Glen	Tuesday 4pm
River Glen	Thursday 5pm
River Glen	Saturday 10am

## Level 2 - Starfish

**Ages 5+ • 45-minute class • Members: \$105 & Non-members: \$149**

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	Wednesday 5:30pm
River Glen	Monday 4:45pm
Mequon	Wednesday 4:30pm
Mequon	Thursday 5:30pm
River Glen	Tuesday 4:45pm
River Glen	Thursday 5:45pm
River Glen	Saturday 10:45am

## Level 3 - Seals

**Ages 5+ • 45-minute class • Members: \$105 & Non-members: \$149**

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	Wednesday 6:15pm
Mequon	Wednesday 5:15pm
Mequon	Thursday 6:15pm
River Glen	Monday 5:30pm
River Glen	Tuesday 5:30pm
River Glen	Saturday 11:30am

## Level 4 - Dolphins

**Ages 5+ • 45-minute class • Members: \$105 & Non-members: \$149**

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	Thursday 6:15pm
River Glen	Monday 6:15pm
River Glen	Tuesday 6:15pm
Mequon	Wednesday 5:15pm
Mequon	Thursday 6:15pm

