

Fox Valley Swim Program

The Fox Valley Country Club is committed to producing capable swimmers who have the opportunity to achieve their highest level of success possible. With a focus on individualized attention and quality, our instructors build on the foundations of swimming to create skilled swimmers who are prepared for all situations, ranging from recreational swimming to competing at a competitive level.



Come join us for some summer fun in our heated pool!

- Our Learn to Swim Program is open to ages 4-18 (3 year olds will be accepted on a case by case basis).
- Our Advanced Swimmer Program is for those who already know how to swim and are looking to master the strokes or build endurance. This program will feed into our Swim Team next summer, competing against other teams, so if you are interested in swim team next year join our Advanced Swimmer Program this summer to brush up on your skills!
- Can't make every class? Have a vacation planned? No problem! Attend when you can! Our program is fluid, based on meeting each swimmer's individual needs, so you will not miss anything when missing a class
- To register, email Kristy at foxvalleyswim@gmail.com

**Session 1: June 26th- July 28th,
8am-8:45am or 9am-9:45am
M/W/F- \$60 /(\$80 non members)
T/TH- \$45 /(\$60 non members)
M/T/W/TH/F- \$93 /(\$125 non members)**

**Session 1: June 26th- July 28th,
7:15pm-8:00pm
T/W- \$53 (\$70 non members)**

**Session 2: July 31st- August 18th,
8am-8:45am or 9am-9:45am
M/W/F- \$38 (\$50 non members)
T/TH- \$30 (\$40 non members)
M/T/W/TH/F- \$57 (\$75 non members)**

**Session 2: July 31st- August 18th,
7:15pm-8:00pm
T/W- \$30 (\$40 non members)**

(Discount given for more than two children registered per family)

Interested in swim lessons but need different days/ more flexibility? Sign up for private lessons!

Toddler Swim



Want to spend some quality time with your little one while helping them learn new skills? Join our toddler swim program!

- **This class is for infants to age 5**
- **Parents will work with an instructor in the water to acclimate their child to the water and help them become comfortable in an aquatic environment**
- **Age based skills will be taught throughout the summer to introduce your child to the joys of swimming!**

Session 1: June 26th- July 28th, 10am-10:45am

M/W- \$30 (\$40 non members)

Session 2: July 31st- August 18th, 10am-10:45am

M/W- \$30 (\$40 non members)

To register, email Kristy at foxvalleyswim@gmail.com

Water Aerobics



Water aerobics uses the natural resistance of water to help tone and sculpt without causing stress to your joints. Water exercise helps to increase your energy, stamina, and strength, and is a great way to cool off in the summer! No prior experience is needed, and class members can take things at their own pace, using modified movements when necessary.

Classes will be held Tue/Thur/Fri, 10am-10:45am

Session 1- June 26th- July 28th

1 class per week: \$18 for the session(\$25 non member)

2 classes per week: \$26 for the session (\$35 non member)

3 classes per week: \$34 for the session (\$45 non member)

Session 2- July 31st – August 18th

1 class per week: \$11 for the session (\$15 non member)

2 classes per week: \$18 for the session (\$25 non member)

3 classes per week: \$26 for the session (\$35 non member)

To register, email Kristy at foxvalleyswim@gmail.com

Registration is required. Space is limited.