

## LESSONS

Our instructors teach lessons to beginning and advanced swimmers of all ages. Lessons are offered at various times throughout the week based on availability of instructors. All lessons are 30 minutes.

Private Lesson	\$18
Semi-Private Lesson	\$20

## 100-MILE SWIM CLUB

Swim 100 miles (or more) between January 1 and December 31 and receive a prize. A log book is located at each of the indoor pools.

## GENERAL INFORMATION

To register for lessons and programs, contact the Reservation Desk, extension 222.

East Bank Club has two indoor pools and two outdoor pools. The First Level Indoor Pool and the North Outdoor Pool measure 25 yards, and the Fourth Level Indoor pool and the South Outdoor Pool measure 20 yards.

Lifeguards are on duty during the following times:

### First Level Pool

Weekdays 4:30 - 8 p.m.

Weekends 8 a.m. - noon

### Fourth Level Pool

Weekdays 6 a.m. - 9 p.m.

Weekends 7 a.m. - 7 p.m.

### South Outdoor Pool (Children's Pool)

Weekdays 10 a.m. - 6 p.m.

Weekends 9:30 a.m. - 5 p.m.

### North Outdoor Pool

Weekdays 8 a.m. - 8 p.m.

Weekends 8 a.m. - 6 p.m.

EAST BANK CLUB |   
AQUATICS

500 North Kingsbury Street / Chicago, Illinois 60610

Telephone: (312) 527-5800 / Fax: (312) 527-5666

Reservation Desk: extension 222

Aquatics: extension 361

[www.eastbankclub.com/sports/aquatics](http://www.eastbankclub.com/sports/aquatics)

## PROGRAMS

### Swim Club

EBC Master Swim coaches provide swimmers with a great workout and tips for improved technique.

Mondays 5:30 - 6:45 a.m.

Tuesdays and Thursdays 6:30 - 7:45 p.m.

Saturdays 7:45 - 9:15 a.m.

Complimentary

First Level Pool/North Outdoor Pool (summer)

### Beginner Triathlete Swim Workout

An EBC Swim Coach leads these workouts for groups of four swimmers. The basics necessary for triathlon competition are covered with a focus on interval pacing and freestyle technique. This program is offered periodically; check the Club calendar for dates and times.

\$10 per class

First Level Pool

### Adult Beginner Swim Clinic

Participants learn the skills necessary to become comfortable in the water, such as floating, breathing and front crawl. This program is offered periodically; check the Club calendar for dates and times.

\$50 per four-class session

First Level Pool

### Performance Swimming

Kristin MacGregor, a 13-time All-American swimmer, United States National Team member and former American record holder, leads these swim workouts designed to improve your stroke and efficiency in the water. Sign up with Nancy Burrows at [nburrows@eastbankclub.com](mailto:nburrows@eastbankclub.com) or ext. 281. This program is offered periodically; check the Club calendar for dates and times.

\$200 per once-weekly, 16-week session

First Level Pool

### Private Swim Clinics

All-American swimmer Kristin MacGregor teaches these 20-minute clinics. Participants learn how to increase speed and efficiency through training, evaluation and critique. This program is offered periodically; check the Club calendar for dates and times.

\$35 per 20-minute clinic

First Level Pool

## CHILDREN'S PROGRAMS

### Private & Semi-Private Lessons (ages 3 & above)

Lessons are offered at various times throughout the week based on availability of instructors. All lessons are 30 minutes.

Private: \$18

Semi-private: \$20

### Group Lessons (ages 3 - 7)

Children learn the basics through instruction, practice and games in the water. The class has an instructor to child ratio of one to four. The session lasts nine weeks, and meets once per week. This program is offered October through April; check the Club calendar for dates and times.

\$80 per nine-week session

Fourth Level Pool

### Junior Swim Club (ages 6 - 9)

Join two EBC coaches for this swim team-styled workout. All four major strokes are covered.

Participants must be advanced swimmers with the ability to swim laps. Instructors will test students on the first day for enrollment. This program is offered October through April; check the Club calendar for dates and times.

\$80 per nine-week session

Fourth Level Pool

### Water Babies (ages 6 months - 2 years)

Parents and instructors use holding techniques, songs and games to introduce little ones to the water. This program is offered May through August; check the Club calendar for dates and times.

\$12 per class

Fourth Level Pool

### Tot Babies (ages 2 - 3)

Parents and instructors promote comfort in the water with activities and games. This program is offered May through August; check the Club calendar for dates and times.

\$12 per class

Fourth Level Pool