



**Orange County Sportsplex**  
 919-644-0339 • oc-sportsplex.com  
 101 Meadowlands Dr,  
 Hillsborough, NC 27278

## HILLSBOROUGH SWIM ACADEMY

# GROUP SWIM LESSON REGISTRATION: WINTER 2022-2023

*To register, go to [www.oc-sportsplex.com](http://www.oc-sportsplex.com) or visit the front desk for assistance. Registrations are nonrefundable.*

<b>GROUP SWIM LESSON LEVEL STRUCTURE</b>	
<b>PARENT/TOT CLASS (3 &amp; under)</b>	
For children 2 years old and under, this is an introduction to water and baby/toddler socialization class that focuses on water comfort. At least 1 parent/guardian must be in the water with each child during the class.	
<b>LEVEL 1: WATER ACCLIMATION</b>	<b>LEVEL 2: WATER SAFETY</b>
Level 1 introduces swimmers to skills needed to increase their ability to move in the water such as breath control, proper kicks, and body position. <u>Move-Up Requirements:</u> <ul style="list-style-type: none"> <li>✓ Be able to put face in the water</li> <li>✓ Willing to enter the water unassisted and, with assistance, swim up to the surface</li> <li>✓ Assisted 10 second front/back float</li> <li>✓ Exit the water without assistance</li> </ul>	Level 2 teaches swimmers basic principles of water safety and provides them with the foundational elements of freestyle and backstroke, while also introducing them to treading water and diving. <u>Move-Up Requirements:</u> <ul style="list-style-type: none"> <li>✓ Enter the water unassisted, swim up to the surface, and grab the wall</li> <li>✓ 20 second back float without assistance</li> <li>✓ Swim 12.5 yards freestyle/backstroke</li> <li>✓ Exit the water without assistance</li> </ul>
<b>LEVEL 3: STROKE BASICS</b>	<b>LEVEL 4: STROKE ENDURANCE</b>
Level 3 builds upon the skills swimmers have developed by teaching more advanced elements of freestyle/backstroke and introducing breaststroke. <u>Move-Up Requirements:</u> <ul style="list-style-type: none"> <li>✓ Tread water 30 seconds without assistance</li> <li>✓ Swim 12.5 yards freestyle, rotate onto back, and swim 12.5 yards backstroke</li> <li>✓ Exit the water without assistance</li> </ul>	Level 4 continues to improve overall stroke abilities while building their overall endurance and introducing them to butterfly. <u>Move-Up Requirements:</u> <ul style="list-style-type: none"> <li>✓ Unassisted, swim 25 yards freestyle</li> <li>✓ Unassisted, swim 25 yards backstroke</li> <li>✓ Able to complete a competition legal 25 yards of both breaststroke and butterfly kick</li> </ul>
<b>LEVEL 5: PRE-COMPETITIVE Hillsborough Aquatic Club (HAC) – Hammerheads Group</b>	
Level 5 is for swimmers who desire to pursue competitive swimming with the Hillsborough Aquatic Club (HAC). Swimmers who desire to participate in this group, must have successfully completed the Level 4 Move-Up Requirements and be approved by their swim instructor OR should schedule a swimmer evaluation with Head Coach Mark Franz via email at <a href="mailto:mfranz@oc-sportsplex.com">mfranz@oc-sportsplex.com</a> .	

**SESSION TYPES & FEES:**

- Monday/Wednesday & Tuesday/Thursday Sessions = \$160 (8, 30 Minute Lessons)
- Saturday Only Sessions = \$100 (5, 30 Minute Lessons)
- Level 5 Only: Monday/Wednesday/Friday = \$140 Monthly (\$100 HAC Registration Fee)

**GROUP LESSON POLICIES:**

- Registration fees are nonrefundable. Individual make-up classes cannot be provided to participants unable to attend scheduled class times.
- Classes cancelled before 50% of class time has occurred due to unforeseen circumstances will have a make-up class schedule on the next Friday for the group.
- Parents are required to stay on the pool deck for the duration of each class, but they are asked to not hover around the class area.
- If a participant registers for a class outside of their ability, aquatics staff reserves the right to move them to the appropriate class.

CLASS LEVEL	AGE GROUP	SESSIONS OFFERED	CLASS TIME
<i>*Please circle your desired class level, age group, session, and class time</i>			
<b>PARENT/TOT</b>	3yrs & Under	Saturday Only	9:15am
<b>LEVEL 1: WATER ACCLIMATION</b>	Preschool (3-6yrs)	Monday/Wednesday	4:45pm, 7:05pm
		Saturday Only	9:50am, 4:45pm
	Youth (7-12yrs)	Tuesday/Thursday	4:45pm, 7:05pm
		Saturday Only	10:25am
<b>LEVEL 2: WATER SAFETY</b>	Preschool (3-6yrs)	Monday/Wednesday	5:20pm, 6:30pm
		Saturday Only	11:00am
	Youth (7-12yrs)	Tuesday/Thursday	5:20pm, 6:30pm
		Saturday Only	5:55pm
<b>LEVEL 3: STROKE BASICS</b>	Preschool (3-6yrs)	Monday/Wednesday	5:20pm, 6:30pm
		Saturday Only	11:00am
	Youth (7-12yrs)	Tuesday/Thursday	5:20pm, 6:30pm
		Saturday Only	5:55pm
<b>LEVEL 4: STROKE ENDURANCE</b>	Preschool (3-6yrs)	Monday/Wednesday	5:55pm
		Saturday Only	11:35am
	Youth (7-12yrs)	Tuesday/Thursday	5:55pm
		Saturday Only	5:20pm
<b>LEVEL 5: PRE-COMPETITIVE (HAC HAMMERHEADS)</b>	12yrs & Under	Monday/Wednesday/Friday	5:30pm – 6:15pm

**WINTER SESSIONS:**

*\*Please check desired session*

Monday/Wednesday (Preschool):

- November 14 – December 12  
*(no class 11/23)*
- January 4 – January 30  
*(no class 1/16, make-up 1/20)*
- February 1 – February 27

Tuesday/Thursday (Youth):

- November 15 – December 13  
*(no class 11/24)*
- January 5 – January 31
- February 2 – February 28

Saturday Only (Preschool & Youth):

- January 14 – February 18  
*(no class 2/11)*
- February 25 – March 25

**PARTICIPANT INFORMATION:**

Name of Participant: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Special Needs: \_\_\_\_\_

**CONTACT INFORMATION:**

Name of Parent/Guardian: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**Waiver:** As a participant or guardian/parent of a participant, I knowingly and freely assume all risks, both known and unknown, and whether or not such risks are foreseeable, in connection with participation in the Program. Even if such risks arise from the negligence of the participant, releases, as defined below, or others. Participant assumes the risk of injury or death and takes full responsibility for participation in the Program. I consider myself and/or my dependents adequately trained and with sufficient knowledge to participate in the activities offered by Recreation Factory Partners, LLC: dba Orange County Sportsplex (hereinafter referred to as "The Sportsplex"). I hereby, on my own behalf and on the behalf of my dependents, release, discharge and hold harmless The Sportsplex, its employees and agents, for any and all injuries or losses sustained while participating in any of the activities or programs offered by The Sportsplex. I further agree that The Sportsplex shall not be responsible for any theft or loss of property while on the premises, including the parking lot. I further understand that The Sportsplex has the right to set the times and days that the facility and its activities will be available for member and public usage. The Sportsplex discourages any parent or guardian from dropping off children under the age of 13 without supervision of an adult over the age of 18, and does not assume responsibility of them.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_