



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

# Spring 2022 Group Swim Lessons

## Registration Form

Please fill out a registration form for each individual registering. For questions, please contact Briley Penner at [bpenner@oc-sportsplex.com](mailto:bpenner@oc-sportsplex.com) or 919.644.0339 ext. 229.

### PARTICIPANT INFORMATION:

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
 Special Needs: \_\_\_\_\_  
 What is your goal for these lessons? \_\_\_\_\_

### CONTACT INFORMATION:

Name of Parent/Guardian: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_  
 Name of Emergency Contact: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

### CLASS INFORMATION

To register, please complete this form and give it to the front desk or register online at [www.oc-sportsplex.com](http://www.oc-sportsplex.com).  
 Payment is made to reserve your spot in the class. No refunds can be made after registration.  
 Classes are taught with a swimmer to instructor ratio of 6:1. Members receive 15% off each session.

**M/W, Tu/Th Sessions = \$160 (8, 30 minute lessons)**  
**Sa Only Session = \$100 (5, 30 minute lessons)**

#### Please select your preferred session(s) and class time(s):

*\*See chart on back to determine which level is best for your swimmer*

Monday/Wednesday Sessions	Tuesday/Thursday Session	Saturday Only Session
<input type="checkbox"/> 3/28/22 - 4/20/22 <input type="checkbox"/> 4/25/22 - 5/18/22	<input type="checkbox"/> 3/29/22 - 4/21/22 <input type="checkbox"/> 4/26/22 - 5/19/22	<input type="checkbox"/> 3/26/22 - 4/23/22 <input type="checkbox"/> 4/30/22 - 5/28/22
Monday/Wednesday Class Times	Tuesday/Thursday Class Times	Saturday Class Times
<input type="checkbox"/> 4:45pm – 5:15pm 3-5yr Old Intermediates <input type="checkbox"/> 5:20pm – 5:50pm 3-5yr Old Beginners <input type="checkbox"/> 6:00pm – 6:30pm 6-10yr Old Beginners <input type="checkbox"/> 6:35pm – 7:05pm 3-5yr Old Beginners <input type="checkbox"/> 7:10pm – 7:40pm 6-10yr Old Advanced	<input type="checkbox"/> 4:45pm – 5:15pm 3-5yr Old Intermediates <input type="checkbox"/> 5:20pm – 5:50pm 3-5yr Old Beginners <input type="checkbox"/> 6:00pm – 6:30pm 6-10yr Old Beginners <input type="checkbox"/> 6:35pm – 7:05pm 3-5yr Old Beginners <input type="checkbox"/> 7:10pm – 7:40pm 6-10yr Old Intermediates	<input type="checkbox"/> 9:15am – 9:45am Parent/Tot <input type="checkbox"/> 9:50am – 10:20am 3-5yr Old Beginners <input type="checkbox"/> 10:30am – 11:00am 6-10yr Old Beginners <input type="checkbox"/> 11:05am – 11:35am 3-5yr Old Intermediates <input type="checkbox"/> 11:40am – 12:10pm 6-10yr Old Intermediates

# SKILL LEVELS

## 6mo – 2.5yr Old

### Parent/Tot

For children ages 6 months to 2.5 years, 1-2 parent(s)/guardian(s) must be in the water with the child. This is an intro to water and baby/toddler socialization class that focuses on water comfort, such as assisted back floats and kicking, jumping in, blowing bubbles, putting your face in the water, and more!

## 3 – 5yr Old

### Beginners

Focusing on water comfort, swimmers will learn breath control, back floats, and be introduced to proper kick technique.

### Intermediate

Swimmers will continue working on proper kick technique, while also being introduced to the basics of freestyle and backstroke.

## 6 – 10yr Old

### Beginners

Focusing on water comfort, swimmers will learn breath control, back floats, and be introduced to proper kick technique, and the basics of freestyle.

### Intermediate

Swimmers will continue working on proper kick technique, improving their freestyle, while also being introduced to backstroke, and breaststroke kick.

### Advanced

Swimmers will work to refine their freestyle and backstroke, while being introduced to breaststroke and butterfly kicks.

Swimmers who are interested in pursuing participation with the Hillsborough Aquatic Club should contact Cliff Gordon at [cgordon@oc-sportsplex.com](mailto:cgordon@oc-sportsplex.com) or 919.644.0339 ext. 241

**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: \_\_\_\_\_