



HILLSBOROUGH AQUATIC CLUB SWIM ACADEMY

SUMMER 2022 GROUP SWIM LESSONS

For questions on class availability or recommended class level, contact Briley Penner (Aquatics Director) at bpenner@oc-sportsplex.com or 919.644.0339 extension 229.

Registration for each session will open approximately 2 weeks before the first class.
 To register, visit www.oc-sportsplex.com or visit our front desk for assistance. Registration is non-refundable.

CLASS OFFERINGS		
Monday/Wednesday & Tuesday/Thursday Sessions = \$160 (8, 30 minute lessons) Saturday Only Sessions = \$100 (5, 30 minute lessons)		
<u>Monday/Wednesday Sessions</u>	<u>Tuesday/Thursday Sessions</u>	<u>Saturday Only Sessions</u>
<input type="checkbox"/> 5/23/22 – 6/15/22 No class 5/30, class on Friday, 6/3 instead <input type="checkbox"/> 6/20/22 – 7/13/22 No class 7/4, class on Friday, 7/8 instead <input type="checkbox"/> 7/18/22 – 8/10/22	<input type="checkbox"/> 5/24/22 – 6/16/22 <input type="checkbox"/> 6/21/22 – 7/14/22 <input type="checkbox"/> 7/19/22 – 8/11/22	<input type="checkbox"/> 6/4/22 – 7/9/22 No class 7/2 <input type="checkbox"/> 7/16/22 – 8/13/22
<u>M/W Evening Classes</u> (All Sessions)	<u>Tu/Th Evening Classes</u> (All Sessions)	<u>Sa Only Evening Classes</u> (All Sessions)
<input type="checkbox"/> 4:45pm – 5:15pm 3-6yr Old Level 2, 3 <input type="checkbox"/> 5:20pm – 5:50pm 3-6yr Old Level 1 <input type="checkbox"/> 6:00pm – 6:30pm 7-12yr Old Level 1 <input type="checkbox"/> 6:35pm – 7:05pm 3-6yr Old Level 1 <input type="checkbox"/> 7:10pm – 7:40pm 7-12yr Old Level 4	<input type="checkbox"/> 4:45pm – 5:15pm 3-6yr Old Level 2, 3 <input type="checkbox"/> 5:20pm – 5:50pm 3-6yr Old Level 1 <input type="checkbox"/> 6:00pm – 6:30pm 7-12yr Old Level 1 <input type="checkbox"/> 6:35pm – 7:05pm 3-6yr Old Level 4 <input type="checkbox"/> 7:10pm – 7:40pm 7-12yr Old Level 2, 3	<input type="checkbox"/> 4:45pm – 5:15pm 7-12yr Old Level 1 <input type="checkbox"/> 5:20pm – 5:50pm 3-6yr Old Level 1 <input type="checkbox"/> 6:00pm – 6:30pm 7-12yr Old Level 2, 3
<u>M/W Morning Classes</u> (6/15, 7/18 Sessions Only)	<u>Tu/Th Morning Classes</u> (6/21, 7/19 Sessions Only)	<u>Sa Only Morning Classes</u> (All Sessions)
<input type="checkbox"/> 9:15am – 9:45am Parent/Tot <input type="checkbox"/> 9:50am – 10:20am 3-6yr Old Level 1 <input type="checkbox"/> 10:30am – 11:00am 3-6yr Old Level 2, 3	<input type="checkbox"/> 9:15am – 9:45am 7-12yr Old Level 1 <input type="checkbox"/> 9:50am – 10:20am 7-12yr Old Level 2, 3 <input type="checkbox"/> 10:30am – 11:00am 7-12yr Old Level 4	<input type="checkbox"/> 9:15am – 9:45am Parent/Tot <input type="checkbox"/> 9:50am – 10:20am 3-6yr Old Level 1 <input type="checkbox"/> 10:30am – 11:00am 7-12yr Old Level 2, 3 <input type="checkbox"/> 11:05am – 11:35am 3-6yr Old Level 2, 3 <input type="checkbox"/> 11:40am – 12:10pm 7-12yr Old Level 2, 3

PARENT/TOT CLASS (3 & under)

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.

LEVEL 1: WATER ACCLIMATION

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.

Move-Up Requirements:

- ✓ Be able to put face in the water
- ✓ Willing to enter the water unassisted and, with assistance, swim up to the surface
- ✓ Assisted 10 second front/back float
- ✓ Exit the water without assistance

LEVEL 2: WATER SAFETY

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.

Move-Up Requirements:

- ✓ Enter the water unassisted, swim up to the surface, and grab the wall
- ✓ 20 second back float without assistance
- ✓ Swim 12.5 yards freestyle/backstroke
- ✓ Exit the water without assistance

LEVEL 3: STROKE BASICS

Level 3 builds upon the skills swimmers have developed by teaching more advanced elements of freestyle/backstroke and introducing breaststroke.

Move-Up Requirements:

- ✓ Tread water 30 seconds without assistance
- ✓ Swim 12.5 yards freestyle, rotate onto back, and swim 12.5 yards backstroke
- ✓ Exit the water without assistance

LEVEL 4: STROKE ENDURANCE

Level 4 continues to improve overall stroke abilities while building their overall endurance and introducing them to butterfly.

Move-Up Requirements:

- ✓ Unassisted, swim 25 yards freestyle
- ✓ Unassisted, swim 25 yards backstroke
- ✓ Able to complete a competition legal 25 yards of both breaststroke and butterfly kick

LEVEL 5: PRE-COMPETITIVE

Launching September 2022

Level 5 will help swimmers who desire to pursue participation with the Hillsborough Aquatic Club. Level 5, swimmers must be able to complete a competition legal 25 yard swim of butterfly, backstroke, breaststroke, and freestyle.

For questions on eligibility or tryouts, contact Mark Franz (Head Coach) at mfranz@oc-sportsplex.com.

PARTICIPANT INFORMATION:

**Sign wavier on back of registration sheet*

Name: _____ Age: _____

Special Needs: _____

Name of Parent/Guardian (if under 18): _____

Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____ Phone Number: _____

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: _____