



## HILLSBOROUGH AQUATIC CLUB SWIM ACADEMY SUMMER 2022 GROUP SWIM LESSONS

*For questions on class availability or recommended class level, contact Luke Evans (Swim Lesson Director) at LEvans@oc-sportsplex.com or 919.644.0339 extension 229*

Registration for each session will open days to a week after a new session starts.  
 To register, visit [www.oc-sportsplex.com](http://www.oc-sportsplex.com) or visit our front desk for assistance. Registration is non-refundable.

CLASS OFFERINGS					
<b>Pre-K (3-6yr Old) Monday/Wednesday (one Level 1 class Tuesday Thursday)</b>					
<b>Level 1 (8 sessions, 30 minute lesson, class size 6) = \$160</b> <b>Level 2 and Above (8 sessions, 30 minute lesson, class size 5) = \$200</b>					
<b>YOUTH (7-12 yr Old) Tuesday/Thursday</b>					
<b>Level 1 (8 sessions, 30 minute lesson, class size 6) = \$180</b> <b>Level 2 and Above (8 sessions, 30 minute lesson, class size 5) = \$220</b>					
<b>Saturday Only Sessions (Sessions last for 4 Saturdays, 30 minute lesson, class size 5-6) = \$120</b>					
<b><u>Monday/Wednesday Sessions</u></b>	<b><u>Tuesday/Thursday Sessions</u></b>	<b><u>Saturday Only Sessions</u></b>			
<input type="checkbox"/> 5/24/23 – 6/21/2023 *No Class 5/29 <input type="checkbox"/> 6/26/23 – 7/26/2023 <input type="checkbox"/> 8/07/23 – 8/30/2023	<input type="checkbox"/> 5/30/23 – 6/22/2023 <input type="checkbox"/> 6/27/23 – 7/20/2023 <input type="checkbox"/> 8/08/23 – 8/31/2023	<input type="checkbox"/> June 3, 10, 17, 24 <input type="checkbox"/> July 8, 15, 22, 29 <input type="checkbox"/> August 5, 12, 19, 26			
<b>M/W Evening Classes</b> (All Sessions)  <b>May – June</b>	<b>Tu/Th Evening Classes</b> (All Sessions)	<b>Sat. Only - Morning Classes</b> (All Sessions)			
<table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <input type="checkbox"/> 4:45pm – 5:15pm Level 1 / Level 2   <input type="checkbox"/> 5:20pm – 5:50pm Level 1 / Level 2   <input type="checkbox"/> 5:55pm – 6:25pm Level 1/ Level 3   <input type="checkbox"/> 6:30pm – 7:00pm Level 1/ Level 3   <input type="checkbox"/> 7:05pm – 7:35pm Level 1/ Level 4               </td> <td style="width: 50%; vertical-align: top;"> <b>June - August</b>  <input type="checkbox"/> 4:10pm-4:40pm Level 1/ Level 4   <input type="checkbox"/> 4:45pm – 5:15pm Level 1/ Level 3   <input type="checkbox"/> 5:20pm – 5:50pm Level 1/ Level 2   <input type="checkbox"/> 5:55pm – 6:25pm Level 1/ Level 2   <input type="checkbox"/> 6:30pm – 7:00pm Level 1/ Level 3   <input type="checkbox"/> 7:05pm – 7:35pm Level 1/ Level 2               </td> </tr> </table>	<input type="checkbox"/> 4:45pm – 5:15pm Level 1 / Level 2  <input type="checkbox"/> 5:20pm – 5:50pm Level 1 / Level 2  <input type="checkbox"/> 5:55pm – 6:25pm Level 1/ Level 3  <input type="checkbox"/> 6:30pm – 7:00pm Level 1/ Level 3  <input type="checkbox"/> 7:05pm – 7:35pm Level 1/ Level 4	<b>June - August</b> <input type="checkbox"/> 4:10pm-4:40pm Level 1/ Level 4  <input type="checkbox"/> 4:45pm – 5:15pm Level 1/ Level 3  <input type="checkbox"/> 5:20pm – 5:50pm Level 1/ Level 2  <input type="checkbox"/> 5:55pm – 6:25pm Level 1/ Level 2  <input type="checkbox"/> 6:30pm – 7:00pm Level 1/ Level 3  <input type="checkbox"/> 7:05pm – 7:35pm Level 1/ Level 2	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <input type="checkbox"/> 4:10 – 4:40pm 3-6yr Old Level 1   <input type="checkbox"/> 4:45pm – 5:15pm 7-12yr Old Level 1   <input type="checkbox"/> 5:20pm – 5:50pm 7-12yr Old Level 1   <input type="checkbox"/> 5:55pm – 6:25pm 7-12yr Old Level 2   <input type="checkbox"/> 6:30pm – 7:00pm 7-12yr Old Level 2   <input type="checkbox"/> 7:05pm – 7:35pm 7-12yr Old Level 3               </td> <td style="width: 50%; vertical-align: top;"> <input type="checkbox"/> 9:15am-9:45am 3-6yr Old Level 1  <input type="checkbox"/> 9:15am-9:45am 3 &amp; Under Parent/Tot  <input type="checkbox"/> 9:50am-10:20am 3-6yr Old Level 1  <input type="checkbox"/> 9:50am-10:20am 3 &amp; Under Parent/Tot  <input type="checkbox"/> 10:25am-10:55am 3-6yr Old Level 1  <input type="checkbox"/> 10:25am-10:55am 3-6yr Old Level 2  <input type="checkbox"/> 11:00am-11:30am 3-6yr Old Level 1  <input type="checkbox"/> 11:00am-11:30am 3-6yr Old Level 2  <input type="checkbox"/> 11:35am-12:05am 3-6yr Old Level 1  <input type="checkbox"/> 11:35am-12:05am 3-6yr Old Level 3  <input type="checkbox"/> 12:10am-12:40am 7-12yr Old Level 1  <input type="checkbox"/> 12:10am-12:40am 3-6yr Old Level 4   <b>Sat. Only - Evening Classes</b>            (All Sessions)  <input type="checkbox"/> 4:45pm-5:15pm 3-6yr Old Level 1  <input type="checkbox"/> 5:20pm-5:50pm 3-6yr Old Level 2  <input type="checkbox"/> 5:55pm-6:25pm 7-12yr Old Level 1  <input type="checkbox"/> 6:30pm-7:00pm 7-12yr Old Level 2  <input type="checkbox"/> 7:05pm-7:30pm 7-12yr Old Level 3               </td> </tr> </table>	<input type="checkbox"/> 4:10 – 4:40pm 3-6yr Old Level 1  <input type="checkbox"/> 4:45pm – 5:15pm 7-12yr Old Level 1  <input type="checkbox"/> 5:20pm – 5:50pm 7-12yr Old Level 1  <input type="checkbox"/> 5:55pm – 6:25pm 7-12yr Old Level 2  <input type="checkbox"/> 6:30pm – 7:00pm 7-12yr Old Level 2  <input type="checkbox"/> 7:05pm – 7:35pm 7-12yr Old Level 3	<input type="checkbox"/> 9:15am-9:45am 3-6yr Old Level 1 <input type="checkbox"/> 9:15am-9:45am 3 & Under Parent/Tot <input type="checkbox"/> 9:50am-10:20am 3-6yr Old Level 1 <input type="checkbox"/> 9:50am-10:20am 3 & Under Parent/Tot <input type="checkbox"/> 10:25am-10:55am 3-6yr Old Level 1 <input type="checkbox"/> 10:25am-10:55am 3-6yr Old Level 2 <input type="checkbox"/> 11:00am-11:30am 3-6yr Old Level 1 <input type="checkbox"/> 11:00am-11:30am 3-6yr Old Level 2 <input type="checkbox"/> 11:35am-12:05am 3-6yr Old Level 1 <input type="checkbox"/> 11:35am-12:05am 3-6yr Old Level 3 <input type="checkbox"/> 12:10am-12:40am 7-12yr Old Level 1 <input type="checkbox"/> 12:10am-12:40am 3-6yr Old Level 4  <b>Sat. Only - Evening Classes</b> (All Sessions) <input type="checkbox"/> 4:45pm-5:15pm 3-6yr Old Level 1 <input type="checkbox"/> 5:20pm-5:50pm 3-6yr Old Level 2 <input type="checkbox"/> 5:55pm-6:25pm 7-12yr Old Level 1 <input type="checkbox"/> 6:30pm-7:00pm 7-12yr Old Level 2 <input type="checkbox"/> 7:05pm-7:30pm 7-12yr Old Level 3
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**PARENT/TOT CLASS (3 & under) SATURDAYS ONLY**

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:

- ✓ Blow bubbles bubbles/put mouth and nose underwater
- ✓ Willingness to jump into water assisted (submerged above the head)
- ✓ Must be able to move forward with kick board
- ✓ Assisted 10 second back float must completely relax
- ✓ Must be coachable/completely relaxed when assisted (CANNOT be clingy)

**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:

- ✓ Submerge head underwater (eyes,mouth,ears,hair)
- ✓ Willingness to jump into the water assisted (submerged above the head) and, with assistance "pulling paddle" to the platform past the flags
- ✓ Minorly assisted 10 second back float
- ✓ Swim flags to wall "pulling paddle" with minor assistance
- ✓ Kick flags to wall w/ board with minor assistance
- ✓ Unassisted 5 second front float (breath holding)

**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:

- ✓ Attempt to retrieve item at bottom of the pool
- ✓ Willingness to jump into the water unassisted (submerged above the head) and, without assistance, swim up to the surface/grab edge of pool
- ✓ Unassisted 10 second front float
- ✓ Unassisted 10 second back float
- ✓ Minor Assisted 25 y kick w/board
- ✓ Successful 12.5y pulling paddle
- ✓ Successful 12.5y Jellyfish (backstroke but hands by hips treading water)

**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:

- ✓ Retrieve item from the bottom of the pool
- ✓ Willingness to jump into the water unassisted (submerged above the head) swim to the surface, and finish at the platform 15y away
- ✓ Swim 50 unassisted, rolling over on back is ok
- ✓ Swim 25 freestyle (stroke doesn't have to be perfect)
- ✓ Swim 25 backstroke (stroke doesn't have to be perfect)
- ✓ Swim 25 breast stroke (stroke doesn't have to be perfect)

**LEVEL 5: PRE-COMPETITIVE**     *\*Launching September 2023\**

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 backstroke, breaststroke, and freestyle.

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

**PARTICIPANT INFORMATION:**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ DOB: \_\_\_\_\_

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

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: \_\_\_\_\_