



Orange County Sportsplex
 www.oc-sportsplex.com
 101 Meadowlands Dr. Hillsborough, NC 27278



Winter 2022

Group Swim Lesson Registration

Session	Dates	Times	Ages
January-February M/W	1/24 – 2/16	<i>See Below</i> All weekday classes start between 4:45pm & 7:25pm. Saturday classes start between 9:15am & 11:55am. Each lesson/class is 30 mins. long	3+ yrs for Group and 6 mos.-2.5 yrs for Parent/Tot
January-February Tu/Sa	1/25 – 2/22 (No class on 2/12)		

\$160 per session (1 session is 8 classes) Members receive a 15% discount

Stop by the front desk or register online. Classes will be taught at a ratio of no more than 3 swimmers to 1 instructor. Parent/Tot will be at a ratio of no more than 5 swimmers to 1 instructor.

Due to a high-demand for classes (which usually results in full classes), we are not able to offer make-up lessons, credits, or refunds for students who miss class(es).

Times/Levels listed below. **PLEASE CHECK YOUR CLASS/TIME (SUBJECT TO AVAILABILITY):**

___ M/W 4:45pm Pre-Intermediate	___ M/W 5:25pm Pro-Beginner	___ M/W 6:05pm Pro-Intermediate	___ M/W 6:45pm Pre-Beginner	___ M/W 7:25pm Pro-Advance
___ Tu 4:45pm Sa 9:15am Parent/Tot	___ Tu 5:25pm Sa 9:55am Pre-Beginner	___ Tu 6:05pm Sa 10:35am Pre-Beginner	___ Tu 6:45pm Sa 11:15am Pro-Beginner	___ Tu 7:20pm Sa 11:55am Pre-Beginner

Name: _____ D.O.B: _____

Parent/Guardian: _____

Address: _____ City: _____ Zip: _____

Phone (home): _____ Phone (cell): _____

Email: _____

See chart below to determine which level your swimmer needs

Pre-Levels: 3 - 5 Years Old	Pro-Levels: 6 - 10 Years Old
<p align="center">Pre-Beg:</p> <p>Working on comfortability in the water, breath control, backfloats, and introduction to proper kicking techniques.</p> <p>To Graduate: Swimmers must jump in and backfloat for 30 seconds unassisted.</p>	<p align="center">Pro-Beg:</p> <p>Working on comfortability in the water, breath control, introduction to proper streamline kicking as well as freestyle and backstroke.</p> <p>To Graduate: Swimmers must swim 25 feet of both freestyle and backstroke, and jump in and backfloat for 30 seconds unassisted.</p>
<p align="center">Pre-Int:</p> <p>Working on streamline kicking, basic freestyle and backstroke as well as an introduction to butterfly and breaststroke.</p> <p>To Graduate: Swimmers must swim 25 feet of both freestyle and backstroke, and jump in and backfloat for 1 min unassisted.</p>	<p align="center">Pro-Int:</p> <p>Working on freestyle and backstroke technique, as well as introducing butterfly and breaststroke.</p> <p>To Graduate: Swimmers must swim 25 yards of both freestyle and backstroke, swim 25 feet of butterfly or breaststroke, and jump in and backfloat for 1 min unassisted.</p>
<p align="center">Pre-Adv (Not available this session)</p> <p>Working on refining freestyle and backstroke as well swimming butterfly and breaststroke.</p> <p>To Graduate: Swimmers must swim 25 yards of both freestyle and backstroke, swim 25 feet of butterfly or breaststroke, and jump in and backfloat/tread water for 1 min unassisted.</p>	<p align="center">Pro-Adv:</p> <p>Working on refining butterfly and breaststroke, as well swimming distance for all four strokes.</p> <p>To Graduate: Swimmers must swim 100 yards of both freestyle and backstroke, swim 25 yards of breaststroke or butterfly, and jump in and backfloat/tread water for 1 min unassisted.</p>

Parent/Tot: Children ages 6 months to 2.5 years with parent/guardian. This is an intro to water, swimming basics, and baby/toddler socialization class.

Questions? Contact Swim Lesson Director, Martha Avery at MAvery@oc-sportsplex.com

Swimmers who pass the Pro Advanced level and are interested in the Hillsborough Aquatic Club are welcome to contact Head Coach, Cliff Gordon, for more information on competitive and pre-competitive groups.

Cliff Gordon - 919.644.0339 ext. 241, CGordon@oc-sportsplex.com

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 agree 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: _____