



HILLSBOROUGH AQUATIC CLUB SWIM ACADEMY SPRING 2024 GROUP SWIM LESSONS

For questions on class availability or recommended class level, contact Anna Varnell (Swim Lesson Director) at AVarnell@oc-sportsplex.com or 919.644.0339 extension 229

To register, visit www.oc-sportsplex.com or visit our front desk for assistance. Registration is non-refundable.

CLASS OFFERINGS					
Monday/Wednesday OR Tuesday/Thursday Lessons					
Level 1 (8 lessons / 30 minutes long / class size 4) = \$200					
Level 2-4 (8 lessons / 30 minutes long / class size 6) = \$170					
Saturday Lessons ONLY					
Parent/Tot (4 lessons / 30 minutes long / class size 8) = \$120					
Level 1 (4 lessons / 30 minutes long / class size 4) = \$140					
Level 2-4 (4 lessons / 30 minutes long / class size 6) = \$120					
Monday/Wednesday		Tuesday/Thursday		Saturdays	
<input type="checkbox"/> Mar. 20 th – Apr. 22 nd *NO class Mar 25, 27*		<input type="checkbox"/> Mar. 21 st – Apr. 23 rd *NO class Mar. 26, 28*		<input type="checkbox"/> March 23, April 6, 13, 20 *NO class Mar. 30*	
<input type="checkbox"/> Apr. 29 th – May. 29 th *NO class May 8*		<input type="checkbox"/> Apr. 30 th – May. 30 th *NO class May 9*		<input type="checkbox"/> May 4, 18, 25, June 1 *NO class May 11*	
Mon./Wed. Evening Classes (All Sessions)		Tues./Thurs. Evening Classes (All Sessions)		Sat. Morning/Afternoon Classes (All Sessions)	
Pre-K (3-6yr)	Youth (7-12yr)	Pre-K (3-6yr)	Youth (7-12yr)	Par./Tot	Pre-K (3-6yr) Youth (7-12yr)
<input type="checkbox"/> 5:20pm – 5:50pm Level 1	<input type="checkbox"/> 5:20pm – 5:50pm Level 3/4	<input type="checkbox"/> 5:55pm – 6:25pm Level 1	<input type="checkbox"/> 5:20pm – 5:50pm Level 3/4	<input type="checkbox"/> 9:15am-9:45am Parent Tot	
<input type="checkbox"/> 5:55pm – 6:25pm Level 2/3	<input type="checkbox"/> 5:55pm – 6:25pm Level 2/3	<input type="checkbox"/> 7:05pm – 7:35pm Level 1	<input type="checkbox"/> 6:30pm – 7:00pm Level 2/3	<input type="checkbox"/> 9:50am-10:20am Pre-K Level 1	
<input type="checkbox"/> 6:30pm – 7:00pm Level 1	<input type="checkbox"/> 6:30pm – 7:00pm Level 2/3			<input type="checkbox"/> 10:25am-10:55am Pre-K Level 1	
<input type="checkbox"/> 7:05pm – 7:35pm Level 3/4	<input type="checkbox"/> 7:05pm – 7:35pm Level 1			<input type="checkbox"/> 11:00am-11:30am Pre-K Level 2/3	
				<input type="checkbox"/> 11:35am-12:05am Pre-K Level 2/3	
				<input type="checkbox"/> 12:10am-12:40am Youth Level 2/3	
				<input type="checkbox"/> 12:45pm-1:15pm Youth Level 1	

PARENT/TOT CLASS (6 Month – 3yr) SATURDAYS ONLY

This is an introduction to water and baby/toddler socialization class that focuses on water comfort for both parent/guardian and their child.
At least 1 parent/guardian must be in the water with each child during the entire class.

LEVEL 1: WATER ACCLIMATION/SAFETY	LEVEL 2: BASIC SWIM SKILLS
<p>Level 1 introduces swimmers to skills needed to increase their ability to move in the water. Swimmers will be taught the basic principles of water safety and foundational elements of swimming.</p> <p>Move-Up Requirements:</p> <ul style="list-style-type: none"> ✓ Must be coachable/completely relaxed when being assisted (CANNOT be clingy) ✓ Submerge head completely underwater. ✓ Blow bubbles/put mouth and nose underwater. ✓ Willingness to jump into water (submerged above the head) (Pre-K assisted/Youth UN-assisted) ✓ Able to move forward with kick board/noodle (Pre-K assisted/Youth UN-assisted) ✓ Front float 5 seconds (Pre-K assisted/Youth UN-assisted) ✓ Back float 5 seconds (Pre-K assisted/Youth UN-assisted) ✓ Go from front to back float (Pre-K assisted/Youth UN-assisted) ✓ Performs a front glide. (Pre-K assisted/Youth UN-assisted) ✓ Safe entry AND exit from side of pool (Pre-K assisted/Youth UN-assisted) ✓ Introduction to lifejackets 	<p>Level 2 expands on the fundamentals of freestyle and backstroke, while also introducing them to treading water and diving. Swimmers will also be introduced to breath control, proper kicks and body position.</p> <p>Move-Up Requirements:</p> <ul style="list-style-type: none"> ✓ Attempting bilateral breathing ✓ Swimming fundamental freestyle 12.5 feet minimum (Pre-K assisted/Youth UN-assisted) ✓ Swimming fundamental backstroke 12.5 feet minimum (Pre-K assisted/Youth UN-assisted) ✓ Confident using kickboard (ALL UN-assisted) ✓ Willingness to jump into water (submerged above the head) (ALL UN-assisted) ✓ float 5 seconds (ALL UN-assisted) ✓ Back float 5 seconds (ALL UN-assisted) ✓ Go from front to back float (ALL UN-assisted) ✓ Performs a front glide in streamline. (ALL UN-assisted) ✓ Safe entry AND exit from side of pool (ALL UN-assisted) ✓ Attempt to retrieve item at the bottom of the pool ✓ Willing to pencil jump into competition pool, surface at flags and swims to ladder (ALL Assisted or in Life Jacket)
LEVEL 3: STROKE BASICS/ENDURANCE	LEVEL 4: PRE-COMPETITIVE
<p>Level 3 continues to improve overall stroke abilities while building their overall endurance and introducing breaststroke/butterfly.</p> <p>Move-Up Requirements:</p> <ul style="list-style-type: none"> ✓ Retrieving item at bottom of the pool and swim up to the surface/grab edge of pool ✓ Using bilateral breathing ✓ Swim 25(Pre-k) 50(Youth), rolling over on back is ok. (ALL UN-assisted) ✓ Swimming fundamental freestyle 12.5(Pre-k) 25(Youth) minimum (ALL UN-assisted) ✓ Swimming fundamental backstroke 12.5(Pre-k) 25(Youth) minimum (ALL UN-assisted) ✓ Jumps into competition pool, surface at flags and swims to ladder (ALL UN-Assisted) ✓ Is coachable from out of the water with some things. 	<p>Level 4 builds upon the skills swimmers have developed by teaching more advanced elements of freestyle/backstroke and breaststroke/butterfly. Introducing basic dives and starts.</p> <p>Move-Up Requirements:</p> <ul style="list-style-type: none"> ✓ Completes Fundamental dive from open end of the competition pool (doesn't have to be perfect) ✓ Performs wall starts with clean glide for both freestyle and backstroke. ✓ Swim 100 unassisted, rolling over on back is ok. ✓ Swim 50 freestyle (stroke doesn't have to be perfect) ✓ Swim 50 backstroke (stroke doesn't have to be perfect) ✓ Swim 25 breaststroke (stroke doesn't have to be perfect) ✓ Swim 25 Butterfly (stroke doesn't have to be perfect) ✓ Is coachable from out of the water

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: _____