



Orange County Sportsplex
 919-644-0339 • oc-sportsplex.com
 101 Meadowlands Dr, Hillsborough, NC 27377

HILLSBOROUGH AQUATIC CLUB SWIM ACADEMY

2024 WINTER 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

No one should ever swim alone. No child should ever be left alone near water. Lifejackets save lives, when in doubt, put on a lifejacket.

REGISTER ONLINE AT www.oc-sportsplex.com OR STOP BY THE FRONT DESK - <i>*Registration is non-refundable*</i>	
Monday/Wednesday OR Tuesday/Thursday Lessons (Session last 8 – 30-minute lessons) <i>*Class size subject to change! *</i>	
PT - Parent/Tot (Class size 10) = DROP-IN RATE PC - Parent/Child (Class size 4) = \$220 PK/JUN/YTH - Level 1 (Class size 4) = \$220 PK/JUN/YTH - Level 2-3 (Class size 5) = \$200	ADL - Adult (Class size 4) = DROP-IN RATE INC - Inclusive (Class size 4) = DROP-IN RATE TNL - Teen (Class Size 4) = DDROP-IN RATE PRO - Swim Team Prep = \$200
Saturday Lessons (Sessions last 4 – 30-minute lessons) <i>*Class size subject to change! *</i>	
PT - Parent/Tot (Class size 10) = DROP-IN RATE PC - Parent/Child (Class size 4) = \$150 PK/JUN/YTH - Level 1 (Class size 4) = \$150 PK/JUN/YTH - Level 2-3 (Class size 5) = \$130	ADL - Adult (Class size 4) = DROP-IN RATE INC - Inclusive (Class size 4) = DROP-IN RATE TNL - Teen (Class Size 4) = DDROP-IN RATE
Drop In Lessons = \$25 per 30-minute class <i>*Availability and class size subject to change! * PLEASE WRITE DATE OF CLASS ON FORM BELOW*</i>	

Monday/Wednesday Sessions	Tuesday/Thursday Sessions	Saturday ONLY Sessions
<input type="checkbox"/> November 11/04 - 12/04 *NO Classes 11/25 or 11/27* <input type="checkbox"/> January 1/06 – 1/29 <input type="checkbox"/> February 2/03 - 2/26	<input type="checkbox"/> November 11/05 - 12/5 *NO Classes 11/26 or 11/28* <input type="checkbox"/> January 1/07 – 1/30 <input type="checkbox"/> February 2/04 - 2/27	<input type="checkbox"/> Session 1 NOV 23, 30, AND DEC 14, 21 *NO Classes 12/07* <input type="checkbox"/> Session 2 JAN 25, AND FEB 2, 15, 22 *NO Classes 2/08*

Age	M/W Level 1	M/W Level 2	M/W Level 3	TU/TH Level 1	TU/TH Level 2	TU/TH Level 3	SAT Level 1	SAT Level 2	SAT Level 3
PT 6 MO – 1YR				<input type="checkbox"/> 9:00A Date:			<input type="checkbox"/> 8:30A Date:		
PC 2YR – 3YR	<input type="checkbox"/> 6:45P			<input type="checkbox"/> 10:45A			<input type="checkbox"/> 9:05A <input type="checkbox"/> 9:40A		
PK 3YR – 6YR	<input type="checkbox"/> 5:00P X2 <input type="checkbox"/> 5:35P <input type="checkbox"/> 6:10P	<input type="checkbox"/> 5:35P <input type="checkbox"/> 6:10P	<input type="checkbox"/> 6:10P	<input type="checkbox"/> 5:00P X2	<input type="checkbox"/> 5:35P	<input type="checkbox"/> 5:35P	<input type="checkbox"/> 8:30A X2 <input type="checkbox"/> 9:05A <input type="checkbox"/> 9:40A <input type="checkbox"/> 10:15A	<input type="checkbox"/> 9:05A <input type="checkbox"/> 9:40A	<input type="checkbox"/> 10:50A
JUN 6YR – 8YR			<input type="checkbox"/> 5:35P	<input type="checkbox"/> 6:10P	<input type="checkbox"/> 6:45P		<input type="checkbox"/> 10:15A	<input type="checkbox"/> 11:25A	<input type="checkbox"/> 10:50A
YTH 9YR – 12YR			<input type="checkbox"/> 5:00P	<input type="checkbox"/> 6:10P	<input type="checkbox"/> 6:45P		<input type="checkbox"/> 10:15A	<input type="checkbox"/> 11:25A	<input type="checkbox"/> 10:50A
PRO 5YR – 14YR	<input type="checkbox"/> 3:30P			<input type="checkbox"/> 3:30P					
INC 5YR – 14YR	<input type="checkbox"/> 6:45P Date:						<input type="checkbox"/> 11:25A Date:		
TEEN 13YR – 17YR	<input type="checkbox"/> 7:20P Date:			<input type="checkbox"/> 7:20P Date:			<input type="checkbox"/> 12:00P Date:		
ADL 18+	<input type="checkbox"/> 7:20P Date:			<input type="checkbox"/> 7:20P Date:			<input type="checkbox"/> 12:00P Date:		



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Class Description:

***Group Lessons are designed to be repeated! ***

Parent/Tot (P/T): 30min - 2 parent max. and child age 6mo-2yr - Focuses on socialization and introducing parents/guardians and children to water play. These lessons are designed to be relaxed, focusing on repetitive exposure/activity, harboring a go with the flow orientation. The class is an ideal setting for developing a child's comfort in and around larger bodies water. **At least 1 parent/guardian must be in the water with each child during the entire class.**

***This is NOT an infant survival class. No one should ever swim alone. No child should ever be left alone near water. Lifejackets save lives, when in doubt, put on a lifejacket. ***

Parent/Child (P/C): 30min - 1 parent max. and child age 2yr-3yr - Introduces both parents and young swimmers to water safety and rudimentary swimming. This class combines swimming fundamentals with socialization and water play. The class is an ideal setting for developing a child's comfort and self-awareness in and around larger bodies of water. **1 parent/guardian must be in the water with each child during the entire class.**

***This is NOT a toddler survival class. No one should ever swim alone. No child should ever be left alone near water. Lifejackets save lives, when in doubt, put on a lifejacket. ***

Inclusive (INC): 30min - 1 parent max. and child age 5yr-14yr - Focuses on water exposer and socialization for children with developmental differences. The objective is to introduce both parents and young swimmers to water safety and rudimentary swimming. This class combines swimming fundamentals with socialization and water play. The class is an ideal setting for working towards developing a child's comfort and self-awareness in and around larger bodies of water. **1 parent/guardian must be in the water with each child during the entire class.**

Teen Learner (TNL): 30min - Teens ages 13yr-17yr - Introduces teenage swimmers to water safety and rudimentary swimming regardless of their level of exposure and comfort. This class prioritizes swimming fundamentals and water safety. It is ideal for any teenager wanting to develop comfort and self-awareness in and around larger bodies of water.

Adult Learner (ADL): 30min - Adults ages 18yr and up - Introduces adult swimmers to water safety and rudimentary swimming regardless of their level of exposure and comfort. This class covers aquatic fitness, swimming fundamentals, and water safety. It is ideal for any adult wanting to develop comfort and self-awareness in and around larger bodies of water. Adults who are comfortable in the water and would like to improve their swimming and develop their technique are welcome. Instructors teach the class according to the needs of the students, giving individual attention and direction.

Swim Team Prep (PRO): 45min – Young swimmers ages 5yr-14yr – Prepares advanced young swimmers for the expectations of the HAC swim team. This class is for swimmers who need to improve their endurance, form, and comprehension of swim team expectations. Participants will also work on practice etiquette and set comprehension.

PreK (PK)/Junior (JUN)/Youth (YTH): 30min – Young swimmers ages 3yr-12yr – Designed for young swimmers regardless of their exposure and comfort level around water. PreK (3yr-6yr), Junior (6yr-8yr), and Youth (7yr-12yr) lessons cover everything from beginner to pre swim team. There are 3 levels: 1=Primary Swim/Water Safe, 2=Standard Swim/Basic Swim Skills, 3=Advanced Swim/Strok Basics & Endurance. We offer combined levels to meet the needs of our swimmers.

Levels 1-3 for PreK, Junior, and Youth ONLY:

***Group Lessons are designed to introduce children to swimming regardless of their level of exposure and comfort. Levels 1-3 are designed to be repeated to achieve all the skills needed to meet the move-up requirements for each level. ***

Level 1 - Primary Swim Skills: Introduces young swimmers to water safety, independence, self-awareness, and the fundamental skills used to learn more advanced swim.

Level 2 - Standard Swim Skills: Emphasizes the importance of form in beginner swim strokes (front crawl and backstroke) along with water exploration and breath control through continued movement and underwater goals.

Level 3 - Advanced Swim Skills: Focuses on stamina, breath control, and maintaining proper form of beginner strokes. Swimmers will be introduced to the more advanced strokes of breaststroke and butterfly. Swimmers may also be introduced to stage 1 of diving along with rudimentary wall starts and turns.

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: _____