



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

HILLSBOROUGH AQUATIC CLUB SWIM ACADEMY

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. **

APRIL/MAY - 2025 SWIM LESSONS

PT - Parent/Tot (Class Size 8)

PC - Parent/Child (Class Size 5)

PUP'S/JUVIE'S – Level 1 (Class Size 4)

PUP'S/JUVIE'S – Level 2-3 (Class Size 5)

Sharks – HAC Junior Swim Team (Class Size 10)

☐ **\$35 Trial Lesson – Please Call For Availability**

Come once or twice per week!

You pick the day(s) of the week that works best for you!

☐ **\$120* Per Month - 1 Lesson Per Week**

☐ **\$220* Per Month - 2 Lessons Per Week *Save \$20!***

**Sportsplex Members receive 15% discount on lessons! **

REGISTER ONLINE AT oc-sportsplex.com OR STOP BY THE FRONT DESK

\$30 Annual Membership Required

**Registration is non-refundable! Class size subject to change! **

| MONTHLY SCHEDULE | Monday | | Tuesday | | Wednesday | | Thursday | | Saturday | | | | |
|--|---|--|---|--|---|--------------------------------|---|---|---|---|--|--|--|
| | <input type="checkbox"/> <u>APRL</u> 3/31 4/07 4/14 4/21 <input type="checkbox"/> <u>MAY</u> 4/28 5/05 5/12 5/19 | | <input type="checkbox"/> <u>APRL</u> 4/01 4/08 4/15 4/22 <input type="checkbox"/> <u>MAY</u> 4/29 5/06 5/13 5/20 | | <input type="checkbox"/> <u>APRL</u> 4/02 4/09 4/16 4/23 <input type="checkbox"/> <u>MAY</u> 4/30 5/07 5/14 5/21 | | <input type="checkbox"/> <u>APRL</u> 4/03 4/10 4/17 4/24 <input type="checkbox"/> <u>MAY</u> 5/01 5/08 5/15 5/22 | | <input type="checkbox"/> <u>APRL</u> 4/05 4/12 4/19 4/26 <input type="checkbox"/> <u>MAY</u> 5/03 5/10 5/17 5/24 | | | | |
| <u>Age</u> | | <u>Weekday Level 1</u> | | <u>Weekday Level 2</u> | | <u>Weekday Level 3</u> | | <u>Saturday Level 1</u> | | <u>Saturday Level 2</u> | | <u>Saturday Level 3</u> | |
| Parent/Tot 6 MO – 1 YR | | <input type="checkbox"/> 9:00A | | Tuesday or Thursday ONLY *NO LEVELS* | | | | <input type="checkbox"/> 8:30A | | *NO LEVELS* | | | |
| Parent/Child 2 YR – 3 YR | | <input type="checkbox"/> 10:45A | | Tuesday or Thursday ONLY *NO LEVELS* | | | | <input type="checkbox"/> 9:05A <input type="checkbox"/> 9:40A | | *NO LEVELS* | | | |
| PUP’S 3 YR – 6 YR | | <input type="checkbox"/> 5:00P <input type="checkbox"/> 5:35P | | <input type="checkbox"/> 5:00P <input type="checkbox"/> 5:35P | | <input type="checkbox"/> 6:45P | | <input type="checkbox"/> 8:30A <input type="checkbox"/> 9:05A <input type="checkbox"/> 9:40A <input type="checkbox"/> 10:15A | | <input type="checkbox"/> 8:30A <input type="checkbox"/> 9:05A <input type="checkbox"/> 9:40A <input type="checkbox"/> 10:15A | | <input type="checkbox"/> 10:50A <input type="checkbox"/> 11:25A | |
| JUVIE’S 7 YR – 12YR | | <input type="checkbox"/> 6:10P | | <input type="checkbox"/> 6:10P | | <input type="checkbox"/> 6:45P | | <input type="checkbox"/> 10:15A <input type="checkbox"/> 10:50A | | <input type="checkbox"/> 10:50A <input type="checkbox"/> 11:25A | | <input type="checkbox"/> 11:25A | |
| <u>*SHARKS*</u> HAC JUNIOR SWIM TEAM | | <input type="checkbox"/> 3:30P | | Tuesday or Thursday ONLY *NO LEVELS* | | | | | | | | | |



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Class Descriptions

****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. ****

Sharks - HAC Junior Swim Team: 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.

PUPS(3yr-6yr)/JUVIES (7yr-12yr): 30min – Young Swimmers ages 3yr-12yr – Designed for young swimmers regardless of their exposure and comfort level around water. Group swimming lessons cover everything from beginner to pre swim team. There are 3 levels: 1=Primary Swim/Water Safe, 2=Standard Swim/Basic Swim Skills and Endurance, 3=Advanced Swim/Focused Technique & Endurance. We offer combined levels to meet the needs of our swimmers.

Level Details 1-3:

****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: _____