



Orange County Sportsplex

www.oc-sportsplex.com

101 Meadowlands Dr. Hillsborough, NC 27278

SPRING 2020

Group Swim Lesson Registration

Lessons are 30 minutes long.

| Session | Dates | Times | Ages |
|-------------------------|--------------------------|-------------------------------|-------------------|
| April M/W April T/Th | 4/6 – 4/29 4/7 – 4/30 | 4:45, 5:15, 6:00, 6:30 pm | 3+ |
| *Saturday | 3/21 – 5/16 | 10:00, 10:30, 11:15, 11:45 am | 3+ |
| *Parent Tot - Saturday | 3/21 – 5/16 | 9:00, 9:30 am | 6 mos. - 2.5 yrs. |

***No lessons 4/11**

Price: \$156/session (1 session is 8 classes)

Members receive a 15% discount

Class levels offered at specific times vary. Stop by the front desk or register online. Classes may be combined due to class ratios. Due to student-instructor ratios and high demand for classes, we are not able to offer make-up sessions, classes, credits and refunds for students who miss class(es).

Select session(s). You may register for multiple sessions.

| | |
|--|---|
| <input type="checkbox"/> April M/W | <input type="checkbox"/> Saturday |
| <input type="checkbox"/> Member | <input type="checkbox"/> Member |
| <input type="checkbox"/> Non-Member | <input type="checkbox"/> Non-Member |
| <input type="checkbox"/> April T/Th | <input type="checkbox"/> Parent Tot - Saturday |
| <input type="checkbox"/> Member | <input type="checkbox"/> Member |
| <input type="checkbox"/> Non-Member | <input type="checkbox"/> Non-Member |

Name: _____ D.O.B: _____

Parent/Guardian: _____

Address: _____ City: _____ Zip: _____

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

Email: _____

Level (see chart on back side): _____

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:</p> <p>Working on refining freestyle and backstroke as well as 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 as 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> |

Swimmers who pass the Pre or Pro Advanced level(s) 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: _____