



Hillsborough Aquatic Club



HAC

The Sportsplex Home School Physical Education Program and Hillsborough Aquatic Club are excited to be working together this coming Fall for the 2024-2025 Home School PE Program. The Coaches for HAC have a wealth of knowledge when it comes to teaching children how to swim. Our desire as a staff is to help everyone that enjoys the water to feel safe and comfortable.

For the convenience of homeschool families with multiple swimmers, we offer six different swim levels for ages 6-13 years old taught simultaneously in the same pool during the school day. This program fulfills PE Requirements "IF required by your State".

Level 1 Introduction to Water: Instructor in water

Level 2 Safety: Instructor in water

Level 3 Learn: Instructor in water/Out of water

**** FUTURE LEVELS ****

Level 4 Introduction to Competitive Technique: Coach out of water

Level 5 Advance Competitive Strokes: Coach out of water

Level 6 Competitive: Coach out of water

Children can move up groups at the end of a month session if deemed appropriate.

Excellent Program for swimmers who want to:

- Exercise for recreational swimming and advance their technique
- Develop skills needed to earn Boy Scouts Swimmer Merit Badge
- Develop skills needed for Girl Scouts programs such as Shape Up!
- Improve Strength/Agility in a non-impact/aerobic conditioning program.
- Learn fundamental racing technique for competitive swimming or triathlons

HAC Coaches

Brad Langford – Head Coach works with senior levels of HAC

Matt Graham – Head Age Group Coach works with Age Group levels of HAC

Cross Roman – Assistant Coach helps with all levels of HAC

Orange County Sportsplex
101 Meadowlands Dr, Hillsborough, NC 27278

Home School Program Question email Gracie Finch - gfinch@oc-sportsplex.com

Home School Swim/Swim Team email Matt Graham - mgraham@oc-sportsplex.com



Hillsborough Aquatic Club



Level 1 Introduction to Water

- For children ready to learn water acclimation skills
 - Blowing bubbles
 - Floating on back
 - Retrieving objects from bottom of the pool
- Instructor in the water

Level 2 Safety

- Must pass an evaluation or pass level 1
- For children who are ready to learn beginning strokes
- Focus on learning basics of Freestyle and Backstroke
- MUST BE COMFORTABLE with water
- Instructor in the water

Level 3 Learn – Shallow Water/Deep Water

- Must pass an evaluation or pass level 2
- Continue learning Freestyle and Backstroke
 - Side Breathing (Freestyle)
 - Bilateral “Both sides”
 - Body Position (Free & Back)
 - Steady Flutter kick (Free & Back)
 - Timing of Legs and Arms
- Focus on developing basic Breaststroke kick and Dolphin kick “Butterfly Kick”
 - Body-dolphin (FLY)
 - Drive up & down on the kick
 - Narrow knee “Whip-Kick” (Breast)
- Develop Breaststroke arms & kick timing
- Free and Back must be legal before moving to level 4
- Mixture of in & out of water Instructor

Orange County Sportsplex
101 Meadowlands Dr, Hillsborough, NC 27278

Home School Program Question email Gracie Finch - gfinch@oc-sportsplex.com

Home School Swim/Swim Team email Matt Graham - mgraham@oc-sportsplex.com



Hillsborough Aquatic Club

HAC



Level 4 Introduction to Competitive Technique – Deep Water

- Must pass an evaluation or pass level 3
- Continue learning Freestyle, Backstroke and breaststroke skills
- Will start to learn Front and Backstroke starts
- Will develop timing of the arms and legs for Butterfly
- When ready will put all four strokes together to swim a 100 IM
 - Must be able to complete a legal 100 IM before moving on to Level 5
- Coached by a Certified USA Swimming Coach

We plan to have 6 swim instructors total to better facilitate each level of swimmer and their needs. In the future, HAC wants to have a homeschool swim team for those who are looking for that type of environment (though it is **NOT** a requirement to be a part of our swim programs). Our goal is to help give your kids the best structure possible to develop their swimming skills and continue to be safe in the water while having fun.

Orange County Sportsplex
101 Meadowlands Dr, Hillsborough, NC 27278

Home School Program Question email Gracie Finch - gfinch@oc-sportsplex.com
Home School Swim/Swim Team email Matt Graham - mgraham@oc-sportsplex.com