



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

HILLSBOROUGH AQUATIC CLUB SWIM ACADEMY JULY 2024 SUMMER 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		
ADL - Adult (8 lessons / 30 minutes long / class size 6) = \$240		
INC - Inclusive (8 lessons / 30 minutes long / class size 4) = \$200		
TNL - Teen (8 lessons / 30 minutes long / class size 4) = \$200 *WILL BE BACK SOON*		
P/C - Parent/Child (8 lessons / 30 minutes long / class size 6) = \$200		
PK/YTH Level 1 (8 lessons / 30 minutes long / class size 4) = \$200		
PK/YTH Level 2-4 (8 lessons / 30 minutes long / class size 6) = \$170		
Saturday Lessons ONLY		
PT - Parent/Tot (4 lessons / 30 minutes long / class size 8) = \$120		
ADL - Adult (4 lessons / 30 minutes long / class size 6) = \$120		
PC - Parent/Child (4 lessons / 30 minutes long / class size 4) = \$140		
PK/YTH Level 1 (4 lessons / 30 minutes long / class size 4) = \$140		
PK/YTH Level 2-4 (4 lessons / 30 minutes long / class size 6) = \$120		
ALL DROP IN LESONS = \$30 *AVAILABILITY SUBJECT TO CHANGE*		
Monday/Wednesday	Tuesday/Thursday	Saturdays
<input type="checkbox"/> JULY 08 – JULY 31	<input type="checkbox"/> JULY 09 – AUG 1	<input type="checkbox"/> JULY 13, 20, 27, AUG 3

		<input type="checkbox"/> P/T&P/C (Drop -In)	9:45a - 10:15a	<input type="checkbox"/> P/T <input type="checkbox"/> P/C <input type="checkbox"/> PK1	9:15a - 9:45a
		<input type="checkbox"/> Inclusive (Drop -In)	12:15p - 12:45p	<input type="checkbox"/> P/T <input type="checkbox"/> P/C <input type="checkbox"/> PK1	9:50a - 10:20a
		<input type="checkbox"/> ADL (Drop -In)	3:00p - 3:45p	<input type="checkbox"/> PK1 <input type="checkbox"/> PK1 <input type="checkbox"/> PK2/3	10:25a - 10:55a
		<input type="checkbox"/> P/T&P/C (Drop -In)	3:50p - 4:20p		
<input type="checkbox"/> PK1 <input type="checkbox"/> PK1 <input type="checkbox"/> PK 3/4 <input type="checkbox"/> YTH3/4	5:15p - 5:45p	<input type="checkbox"/> PK1 <input type="checkbox"/> PK1 <input type="checkbox"/> YTH 3/4	5:15p - 5:45p	<input type="checkbox"/> PK1 <input type="checkbox"/> PK2/3 <input type="checkbox"/> PK3/4	11:00a - 11:30a
<input type="checkbox"/> PK1 <input type="checkbox"/> PK1 <input type="checkbox"/> PK2/3 <input type="checkbox"/> YTH2/3	5:50p - 6:20p	<input type="checkbox"/> PK1 <input type="checkbox"/> PK1 <input type="checkbox"/> PK2/3	5:50p - 6:20p	<input type="checkbox"/> PK1 <input type="checkbox"/> PK2/3 <input type="checkbox"/> PK3/4	11:40a - 12:10p
<input type="checkbox"/> PK1 <input type="checkbox"/> PK2/3 <input type="checkbox"/> YTH1	6:30p - 7:00p	<input type="checkbox"/> PK2/3 <input type="checkbox"/> YTH1	6:30p - 7:00p	<input type="checkbox"/> PK1 <input type="checkbox"/> YTH1 <input type="checkbox"/> YTH2/3	12:15p - 12:45p
				<input type="checkbox"/> YTH1 <input type="checkbox"/> YTH3/4	12:50p - 1:20p
<input type="checkbox"/> PK2/3 <input type="checkbox"/> YTH1	7:05p - 7:35p	<input type="checkbox"/> PK2/3 <input type="checkbox"/> YTH2/3	7:05p - 7:35p	<input type="checkbox"/> ADL	12:50p - 1:35p
<input type="checkbox"/> ADL	7:05p - 7:50p			<input type="checkbox"/> PK1	2:30p - 3:00P
				<input type="checkbox"/> PK2/3	3:05p - 3:35p
				<input type="checkbox"/> YTH2/3	3:40p - 4:10p



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CLASS CONTENT:

Parent/Tot (P/T): 30min, 2 parent max. and child ages 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.**

Parent/Child (P/C): 30min, 1 parent max. and child ages 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.**

Inclusive (INC): 30min, 1 parent max. and child ages 5yr-13yr - 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): 45min, 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.

PreK (PK) – Youth (YTH): 30min PK ages 3yr-6Yr and YTH ages 7yr-12Yr - Designed for all young (ages 3yr-12yr) swimmers regardless of their exposure and comfort level around water. PreK (3yr-6yr) and Youth (7yr-12yr) lessons cover everything from beginner to pre swim team. There are 4 levels: 1=Water Safe, 2=Basic Swim Skills, 3=Strok Basics/Endurance, 4=pre-competitive. We offer combined levels to meet the needs of our swimmers.

Levels 1-4 for PreK-Youth ONLY:

***Group Lessons are designed to introduce children to swimming regardless of their level of exposure and comfort. Levels 1-4 are designed to be repeated to achieve all the skills needed to meet the move-up requirements for each level. ***

Level 1: Introduces young swimmers to water safety and the fundamental skills used to learn how to swim.

Level 2: Introduces the fundamentals of beginner swim strokes (front crawl and backstroke) along with water exploration and breath control.

Level 3: Focuses on stamina, breath control, and proper form of beginner strokes. This is also when swimmers will be introduced to the more advanced strokes, breaststroke and butterfly.

Level 4: Continues to develop a swimmer's form (for all 4 strokes) and continues to work on stamina and breathing. This level is designed with the future swim team member in mind. At this level, swimmers will be introduced to diving along with 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: _____