



Swim Academy

Megan Phillips, Aquatics Director
Hailey Bein, Assistant Director

Session 3- 2017 (7 weeks)

Monday, April 24th – Sunday, June 11th

(makeup days will be scheduled by the Aquatics Director)

**Registration Begins
March 27th**

AQUA TOTS								
301	Saturday	9:00am	302	Saturday	12:00pm	303	Sunday	12:00pm
PRE-SCHOOL BEGINNER								
304	Monday	4:30pm	307	Thursday	10:00am	310	Saturday	11:00am
305	Monday	6:30pm	308	Friday	4:15pm	311	Sunday	10:30am
306	Wednesday	5:00pm	309	Saturday	9:30am	312		
PRE-SCHOOL ADVANCED								
313	Monday	5:50pm	316	Thursday	10:30am	319	Saturday	10:30am
314	Tuesday	6:30pm	317	Friday	6:30pm	320	Saturday	11:30am
315	Thursday	4:50pm	318	Saturday	10:00am	321	Sunday	9:50am
LEVEL 1								
322	Monday	5:00pm	328	Thursday	11:45am	334	Saturday	11:30am
323	Monday	7:30pm	329	Thursday	5:45pm	335	Sunday	9:00am
324	Tuesday	4:15pm	330	Thursday	7:30pm	336	Sunday	9:45am
325	Tuesday	5:40pm	331	Friday	4:50pm	337	Sunday	12:30pm
326	Wednesday	5:35pm	332	Saturday	9:00am			
327	Wednesday	6:30pm	333	Saturday	10:40am			
LEVEL 1 Older Child - For ages 8 and up								
338	Wednesday	7:15pm	339	Friday	7:00pm			
LEVEL 2								
340	Monday	4:50pm	343	Thursday	6:15pm	346	Saturday	12:20pm
341	Tuesday	4:00pm	344	Friday	5:45pm	347	Sunday	11:10am
342	Wednesday	4:15pm	345	Saturday	9:45am			
LEVEL 3								
348	Monday	5:40pm	352	Thursday	4:50pm	356	Saturday	12:30pm
349	Tuesday	4:50pm	353	Thursday	5:30pm	357	Sunday	9:00am
350	Tuesday	7:00pm	354	Friday	6:00pm			
351	Wednesday	7:00pm	355	Saturday	10:30am			
LEVEL 4								
358	Monday	6:30pm	360	Wednesday	4:50pm	362	Sunday	11:30am
359	Tuesday	5:00pm	361	Saturday	12:15pm			
LEVEL 5								
363	Monday	7:00pm	365	Friday	4:50pm	367	Sunday	10:30am
364	Thursday	6:30pm	366	Saturday	11:15am			
PRE-COMPETITION								
368	Tuesday	6:00pm	369	Wednesday	6:00pm	370	Friday	6:45pm
ADULT								
371	Tuesday	7:45pm	372	Saturday	1:15pm	373	Sunday	12:30pm

Class Descriptions

(Group Lessons)

Aqua Tots: For children 6 to 35 months. One parent must be in the pool with each child. This class provides both parent and child opportunities to be safe, comfortable, and relaxed in the water. In a structured class format, the children will learn to blow bubbles, kick feet, and use their arms.

Equipment Required: Swim Diapers **Maximum Enrollment:** 10 students **Class Time:** 30 minutes

Pre-School Beginner: For children ages 3-4 years old. This class covers water adjustment, breath control, back floating with support, standing up from floating, entering and exiting the water safely, getting face wet, and beginning to jump.

Maximum Enrollment: 4 students **Class Time:** 30 minutes

Pre-School Advanced: For children 3-4 years old who are more comfortable in the water. This class emphasizes independence and is a continuation of PSB skills. Back and front floating, beginner front gliding, blowing nose bubbles and playing games to encourage student to go deeper under the water.

Maximum Enrollment: 4 students **Class Time:** 30 minutes

Level 1: For the beginner swimmer between the ages of 5-12 years old. Skills include back floats, assisted turning over and changing body positions in the water, front and back glides, basic front freestyle and backstroke, basic safety rules, elementary backstroke kick and jumping in. Students must be able to swim ¼-½ the length of the pool in basic freestyle turning to their back float to advance to the next level.

Maximum Enrollment: 5 students **Class Time:** 45 minutes

Level 2: For students ages 6 and older who are able to swim freestyle for ¼-½ the length of the pool. Skills include learning freestyle, backstroke, elementary backstroke, trading water for a minimum of 1 minute, survival floats, and safety skills. Students must be able to swim full length of the pool in freestyle and backstroke to advance to the next level.

Maximum Enrollment: 6 students **Class Time:** 45 minutes

Level 3: For students who have completed Level 2 and can swim freestyle and backstroke and tread water for 1 minute. Skills include swimming a lap for endurance, beginning breaststroke, and basic water safety techniques. Students must be able to swim 1-2 laps of freestyle and backstroke, and 1 length-1 lap of breaststroke, with proper technique, to advance to the next level.

Maximum Enrollment: 6 students **Class Time:** 45 minutes

Level 4: For students who have completed Level 3. Skills include freestyle, backstroke, and breaststroke refinement and introduction of butterfly stroke. 10 minute lap swim at least once per session. Students will be swimming 2-3 laps of each stroke.

Maximum Enrollment: 8 students **Class Time:** 60 minutes

Level 5: For students who have completed Level 4. Skills include endurance swimming and introduction of all turns. 20 minute lap swim at least once per session. Students will be swimming 3-5 laps of each stroke.

Maximum Enrollment: 8 students **Class Time:** 60 minutes

Adult Classes: For 14 years or older, Students will be evaluated the first week of classes and taught from their current ability.

Maximum Enrollment: 6 students **Class Time:** 45 minutes

Pre-Competition: For students who can swim 5+ laps of all strokes in our pool. Class focuses on swim team skills by building endurance and speed to get student ready to swim competitively. 30 minute lap swim at least once per session.

Equipment Required: Goggles and Cap **Maximum Enrollment:** 10+ students **Class Time:** 60 minutes

Upcoming Sessions

Swim Schedule 2017

Session	Start Date	End Date	Registration Begins	Session Length
Session #4	June 26 th	August 13 th	May 29 th	7 weeks
Session #5	September 4 th	October 22 nd	July 24 th	7 weeks
Session #6	October 30 th	December 10 th	October 9 th	6 weeks

THE SWIM ACADEMY



at HRC Fitness

SWIMMING LESSONS FOR ALL AGES

Academy Policies

- There are **NO REFUNDS or CREDITS** given once enrolled in group lessons. If you are unsure of what level your student is please schedule a free 5 min evaluation. We will only issue a credit if accompanied by a doctors' note. You will have 1 week to get the doctors note to us to be issued the credit.
- **There is a \$10 processing fee for ALL changes.** No class switches after the 2nd week of lessons.
- Makeup classes will be scheduled by Aquatics Director. There will only be 1 makeup per session, and no makeup days roll over from previous sessions. Makeup days will not necessarily be on the same day/time as scheduled lesson. They are scheduled for the week following the conclusion of the regular session
- Participants are only entitled to use the pool during their class time unless they are river rats/club members/paid guests. Wristbands are required. Children in the pool without an instructor must have a wristband or they will be asked to leave the pool.
- **If there is 1 participant in the lesson, it becomes a private lesson for 5 weeks – 30 minutes. If there are 2 participants it becomes a semi private lesson for 5 weeks – 45 minute lessons.** If PSB/PSA it will be 5 - 30 minute lessons. If you miss one week during the 5, you will have to sign up for a makeup class. We also reserve the right to cancel a class with only 1-2 participants. If we cancel you can transfer to another class without a transfer fee. If you are unable to transfer into another class the fee will be returned without the \$15 nonrefundable registration fee.
- Parents must stay on the pool deck during lessons. Changing on the deck is strictly prohibited.
- During PSB/PSA parents cannot crowd around the stairs. Parents are asked to sit at tables and chairs provided on the pool deck.
- No floatation devices will be worn during lessons unless authorized by the instructor.
- Photography of children other than your own is prohibited. Video is strictly prohibited.
- No glass, food, or drinks (other than water) is permitted on the pool deck.
- Downstairs club access is only for people with physical disabilities or families with strollers. Please leave strollers to the left of the pool door entrance. Emergency exit doors and windows on pool deck will remain closed. Please enter and exit through the main entrance of HRC.

Registration Information

FEES	7 WEEK SESSION
Family Membership Fee	\$80/session
Individual Membership Fee	\$95/session
Non-Member Fee	\$110/session

River Rats Pass
 \$45 (for anyone in current session, or private/semi private lessons).
 You may only use the pass before or after your scheduled lesson.

- Non-refundable \$15 registration fee included in ALL prices.
- Individual membership fees also apply to members of PDH and Family Martial Arts enrolled in a current session.
- We accept VISA, MasterCard, or Discover. If paying with cash or personal check, please pay at the front desk.

Customized Classes

Do you have 3 or more students at the same level and none of the times above work with your schedule?

Email Megan Phillips mphillips@hrcfitness.com to set up a customized class.

Pricing depends on the number of students

Private Lessons 1 student per instructor ***5 sessions for 30 minutes **** \$150.00 members \$175 non members
Semi-Private Lessons 2 students per instructor ****5 sessions for 45 minutes *****\$250.00 members \$275 non members
BOTH students must be same age and skill level for semi private lessons.