



# Swim Academy

Scott Reiners, Aquatics Director

## Session 6- 2017 (7 weeks)

Monday, October 30<sup>th</sup> – Sunday, December 10<sup>th</sup>  
*(makeup days will be scheduled by the Assistant Aquatics Director)*

**Registration Begins  
 October 9<sup>th</sup>**

| AQUA TOTS                               |                                  |        |     |           |         |     |          |         |
|---|----------------------------------|--------|-----|-----------|---------|-----|----------|---------|
| 601                                     | Saturday                         | 9:00am | 602 | Sunday    | 12:00pm |     |          |         |
| PRE-SCHOOL BEGINNER                     |                                  |        |     |           |         |     |          |         |
| 603                                     | Monday                           | 4:30pm | 606 | Friday    | 4:15pm  | 609 | Sunday   | 10:40am |
| 604                                     | Monday                           | 6:30pm | 607 | Saturday  | 8:30am  |     |          |         |
| 605                                     | Wednesday                        | 4:15pm | 608 | Saturday  | 9:30am  |     |          |         |
| PRE-SCHOOL ADVANCED                     |                                  |        |     |           |         |     |          |         |
| 610                                     | Monday                           | 5:50pm | 613 | Friday    | 6:30pm  |     |          |         |
| 611                                     | Tuesday                          | 6:30pm | 614 | Saturday  | 10:00am |     |          |         |
| 612                                     | Thursday                         | 4:50pm | 615 | Sunday    | 9:50am  |     |          |         |
| LEVEL 1                                 |                                  |        |     |           |         |     |          |         |
| 616                                     | Monday                           | 5:00pm | 622 | Thursday  | 5:30pm  | 628 | Sunday   | 9:00am  |
| 617                                     | Monday                           | 5:45pm | 623 | Thursday  | 6:15pm  | 629 | Sunday   | 11:15am |
| 618                                     | Tuesday                          | 5:40pm | 624 | Friday    | 4:50pm  |     |          |         |
| 619                                     | Wednesday                        | 5:35pm | 625 | Saturday  | 9:00am  |     |          |         |
| 620                                     | Wednesday                        | 6:30pm | 626 | Saturday  | 10:40am |     |          |         |
| 621                                     | Thursday                         | 4:45pm | 627 | Saturday  | 11:30am |     |          |         |
| LEVEL 1 Older Child - For ages 8 and up |                                  |        |     |           |         |     |          |         |
| 630                                     | Wednesday                        | 7:15pm | 631 | Friday    | 7:00pm  |     |          |         |
| LEVEL 2                                 |                                  |        |     |           |         |     |          |         |
| 632                                     | Monday                           | 4:50pm | 635 | Thursday  | 6:20pm  | 638 | Saturday | 9:45am  |
| 633                                     | Wednesday                        | 4:45pm | 636 | Thursday  | 7:00pm  | 639 | Saturday | 12:20pm |
| 634                                     | Thursday                         | 6:20pm | 637 | Friday    | 5:45pm  | 640 | Sunday   | 9:50am  |
| LEVEL 3                                 |                                  |        |     |           |         |     |          |         |
| 641                                     | Monday                           | 7:30pm | 645 | Thursday  | 5:30pm  |     |          |         |
| 642                                     | Tuesday                          | 4:50pm | 646 | Friday    | 4:50pm  |     |          |         |
| 643                                     | Tuesday                          | 7:00pm | 647 | Saturday  | 10:30am |     |          |         |
| 644                                     | Wednesday                        | 7:00pm | 648 | Sunday    | 9:00am  |     |          |         |
| LEVEL 4                                 |                                  |        |     |           |         |     |          |         |
| 649                                     | Monday                           | 6:30pm | 651 | Wednesday | 4:50pm  | 653 | Sunday   | 10:30am |
| 650                                     | Tuesday                          | 5:00pm | 652 | Saturday  | 11:15am |     |          |         |
| LEVEL 5                                 |                                  |        |     |           |         |     |          |         |
| 654                                     | Monday                           | 7:00pm | 656 | Friday    | 5:45pm  |     |          |         |
| 655                                     | Thursday                         | 7:15pm | 657 | Sunday    | 11:30am |     |          |         |
| PRE-COMPETITION                         |                                  |        |     |           |         |     |          |         |
| 658                                     | Tuesday                          | 6:00pm | 659 | Wednesday | 6:00pm  | 660 | Friday   | 6:45pm  |
| ADULT                                   |                                  |        |     |           |         |     |          |         |
| 661                                     | Tuesday                          | 7:45pm | 663 | Saturday  | 12:20pm |     |          |         |
| 662                                     | Wednesday<br>(Female Instructor) | 7:45pm | 662 | 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 2018 |              |                           |                         |                |
|--------------------|--------------|---------------------------|-------------------------|----------------|
| Session            | Start Date   | End Date                  | Registration Begins     | Session Length |
| Session #6         | October 30th | December 10 <sup>th</sup> | October 9 <sup>th</sup> | 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 2<sup>nd</sup> 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                      | 6 WEEK SESSION |
|---------------------------|----------------|
| Family Membership Fee     | \$70/session   |
| Individual Membership Fee | \$85/session   |
| Non-Member Fee            | \$100/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 Scott Reiners at [sreiners@HRCfitness.com](mailto:sreiners@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.**