



# Swim Academy

Hailey Bein, Assistant Director

## Session 1- 2018 (7 weeks)

Tuesday, January 2nd – Sunday, February 18<sup>th</sup>  
*(makeup days will be scheduled by the Assistant Aquatics Director)*

**Registration Begins  
 December 11<sup>th</sup>**

AQUA TOTS								
101	Tuesday	9:30am	103	Saturday	9:00am			
102	Thursday	11:15am	104	Sunday	11:15am			
PRE-SCHOOL BEGINNER								
105	Monday	5:50pm	108	Thursday	9:30am	111	Saturday	9:30am
106	Tuesday	11:15am	109	Thursday	4:15pm	112	Sunday	10:45am
107	Tuesday	5:00pm	110					
PRE-SCHOOL ADVANCED								
113	Monday	6:30pm	117	Thursday	10:00am	121	Saturday	11:30am
114	Tuesday	10:45am	118	Thursday	5:35pm	122	Sunday	11:45am
115	Tuesday	6:00pm	119	Friday	6:30pm	123		
116	Wednesday	5:00pm	120	Saturday	10:00am	124		
LEVEL 1								
125	Monday	4:15pm	131	Thursday	10:30am	137	Sunday	9:00am
126	Monday	5:00pm	132	Thursday	4:50pm	138	Sunday	12:00pm
127	Tuesday	10:00am	133	Thursday	6:05pm	139	Sunday	12:30pm
128	Tuesday	4:15pm	134	Friday	4:50pm			
129	Tuesday	6:45pm	135	Saturday	10:40am			
130	Wednesday	5:35pm	136	Saturday	12:05pm			
LEVEL 1 Older Child - For ages 8 and up								
140	Wednesday	6:30pm	141	Friday	7:00pm			
LEVEL 2								
142	Monday	4:50pm	147	Thursday	4:15pm	151	Sunday	9:50am
143	Monday	6:30pm	148	Friday	5:45pm			
144	Tuesday	4:15pm	149	Saturday	9:00am			
145	Wednesday	4:15pm	150	Saturday	1:00pm			
LEVEL 3								
152	Monday	5:40pm	156	Thursday	5:00pm			
153	Tuesday	6:30pm	157	Saturday	12:00pm			
154	Wednesday	4:15pm	158	Sunday	9:00am			
155	Wednesday	7:00pm						
LEVEL 4								
159	Monday	7:05pm	162	Thursday	5:45	165	Sunday	10:50pm
160	Tuesday	5:00pm	163	Friday	4:50pm			
161	Wednesday	5:00pm	164	Saturday	9:45am			
LEVEL 5								
166	Tuesday	5:40pm	168	Friday	6:00pm	170	Sunday	9:45am
167	Thursday	6:45pm	169	Saturday	10:50am			

**PRE-COMPETITION**

<b>171</b>	Tuesday	7:30pm	<b>173</b>	Friday	7:00pm			
<b>172</b>	Wednesday	6:00pm	<b>174</b>	Saturday	12:45pm			
<b>ADULT</b>								
<b>175</b>	Tuesday	8:00pm	<b>177</b>	Friday	8:00pm			
<b>176</b>	Wednesday (Female Instructor)	7:15pm	<b>178</b>	Sunday	12:45pm			

# 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 #1	January 2 <sup>nd</sup>	February 18 <sup>th</sup>	December 11 <sup>th</sup>	7 weeks
Session #2	February 26 <sup>th</sup>	April 22 <sup>nd</sup>	February 5 <sup>th</sup>	7 weeks
Session #3	April 30 <sup>th</sup>	June 17 <sup>th</sup>	April 9 <sup>th</sup>	7 weeks
Session #4	June 25 <sup>th</sup>	August 12 <sup>th</sup>	June 4 <sup>th</sup>	7 weeks
Session #5	September 10 <sup>th</sup>	October 21 <sup>st</sup>	July 30 <sup>th</sup>	6 weeks
Session #6	October 29 <sup>th</sup>	December 16 <sup>th</sup>	October 8 <sup>th</sup>	7 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	7 WEEK SESSION
Member Fee	\$109.50/session
Non-Member Fee	\$120/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.**