GROUP
Swim Lessons

HAC *swim* ACADEMY

Session Two

January 6th - March 28th, 2020

NO LESSONS 2/24-2/29

The primary purpose of the HAC Swim Academy is to help children learn to be safe in and around water. Our quality swimming instruction is geared toward individual needs. The program covers skills and knowledge in a logical progression for aquatic skill development, and provides students with a positive learning experience.

ADDITIONAL YOUTH SWIM PROGRAMS

- Infant Swimming Resource (ISR®)

Private/Semi-Private Swim Lessons

Effective January 6, 2020

(302) 239-6688 x 149 | **Open to Members and Non-Members** | aquatics@hachealthclub.com

From SPLASHERS to SWIMMERS

We invite you to enjoy the benefits of the HAC Swim Academy! Four beautiful pools, experienced instructors, state of the art locker rooms - including separate men's and women's and a family facility - unparalleled in the area. Members and non-members alike are encouraged to enroll.

Whether your child is a novice or advanced swimmer, the HAC Swim Academy is sure to have a class that fits their needs. The Swim Academy offers both group and private/semi-private lessons.

Please Note:

For the safety of our Turtle participants, a parent or guardian MUST sit with their child while waiting their turn. For our Tadpole students, please use your best discretion.

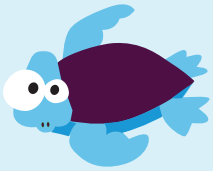
Class advancement will take place at the end of each session. Extenuating circumstances will be addressed on a case-by-case basis.

Class Progression

Little Seahorse

(Infant - toddler, limited to 8 participants)

- Parent/child class
- Aquatic orientation and exploration, water play, and singing songs



Turtle**

(30+ months old, limited to 3 participants)

- Introduction to Back Float
- Introduction to Gliding
- Underwater Skills
- Sit independently and wait turn

Tadpole**

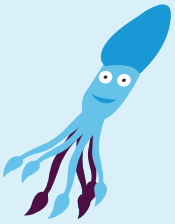
(Limited to 3 participants)

- Floating
- Gliding
- Roll over

Froggie

(Limited to 5 participants)

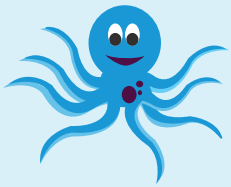
- Introduction to Freestyle
- Introduction to Backstroke
- Treading Water



Squid

(Limited to 5 participants)

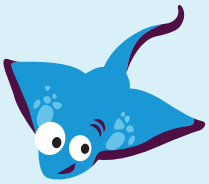
- Introduction to Rhythmic Breathing
- Freestyle
- Backstroke



Octopus

(Limited to 6 participants)

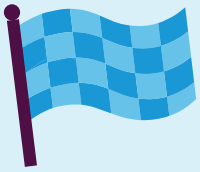
- Introduction to Breaststroke
- Lap Swimming
- Diving



Stingray

(Limited to 6 participants)

- Introduction to Butterfly
- Introduction to Flip Turns
- Refine Stroke Mechanics



S.T.A.R.T. Program

(Limited to 10 participants)

(**Prerequisites:** Must have knowledge of all 4 strokes and diving)

- Refine mechanics of 4 strokes
- Teach fundamentals of racing dives, turns and finishes
- Introduce endurance training and practice terminology

Registration

Session 2	Member Pricing	Non-Member Pricing
Little Seahorse	$182	$273
Turtle	$196	$294
Tadpole	$196	$294
Froggie	$256	$384
Squid	$256	$384
Octopus	$256	$384
Stingray	$256	$384
S.T.A.R.T. Program	$322	$483

PAYMENT options

Registration should be done through the Aquatics Office. Session payment can be made in full or broken out into two installments. If you choose to pay in installments, the first installment is due at the time of registration with the second installment due in the second month. Late enrollment will be accommodated at an adjusted rate and is subject to availability. All students are expected to complete the session, as refunds are not available.

Schedule

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Little Seahorse *30 minutes*				11:00-11:30		9:00-9:30	
Turtle *30 minutes*	6:00-6:30	5:30-6:00	5:00-5:30	5:30-6:00	12:45-1:45	9:30-10:00 10:00-10:30	11:30-12:00
Tadpole *30 minutes*	5:30-6:00	6:00-6:30	5:30-6:00 5:45-6:15 6:15-6:45	5:00-5:30	1:15-1:45	10:30-11:00 11:00-11:30	11:30-12:00
Froggie *45 minutes*	5:00-5:45	5:45-6:30	6:00-6:45	5:30-6:15	1:45-2:30	9:30-10:15	
Squid *45 minutes*	5:45-6:30	5:00-5:45	5:15-6:00	5:30-6:15		10:15-11:00	
Octopus *45 minutes*	6:00-6:45		5:15-6:00	6:15-7:00		10:00-10:45	
Stingray *45 minutes*		5:00-5:45	6:00-6:45			10:45-11:30	
S.T.A.R.T. Program *1 hour*		6:30-7:30		5:00-6:00		11:30-12:30	

Schedule may be subject to change

Group Swim Lessons

Policies AND *Procedures*

Parent Responsibilities

For the safety of our Turtle participants, a parent or guardian MUST sit with their child while waiting their turn. For our Tadpole students, please use your best discretion. For all other group lessons, we ask that parents bring their child(ren) to the pool deck and leave their child(ren) with the Instructor and/or Swim Lesson Coordinator. We ask that parents do not sit within 10 feet of the teaching space. Please arrive on time for your swim lessons. If you are 10 or more minutes late, you will forfeit the lesson.

Withdrawing

Once registered, two weeks' notice must be given to withdraw from a class. Failure to provide two weeks' notice may result in further charges with or without attendance.

Scheduling Changes

Each student will be allowed two scheduling changes while enrolled in the program. Any changes to the student's class schedule beyond the second request will result in a $25.00 change fee for each change thereafter. This does not apply for group level advancement.

Change of Membership Status

Notify the Aquatics Office immediately if you change your membership status. Failure to do so may result in forfeiture of lessons or monies paid. An adjustment to your monthly lesson fee may be required with each change of membership status.

Bad Weather/Cancellations

In case of bad weather, please call (302) 239-6688 x 149 to check on the pool's status. The Aquatics Complex must close during thunder and lightening storms. A credit voucher will be issued for any classes canceled due to bad weather, pool issues, or instructor absence. If a class does not fill, we reserve the right to cancel the class. Classes must have a minimum student enrollment of two students for a 30-minute class and three students for a 45-minute class. Every effort will be made to accommodate any registered child in a similar level class that still has space.

Payments

Payments can be made in one lump sum or installments. If you choose to pay in installments, the first installment is due at the time of registration with the second installment due in the second month. Rejected charges on debit or credit cards are subject to a $25.00 service charge.

Credit Vouchers

Credit Vouchers will be issued if the Aquatics Department decides to cancel a class. Credit Vouchers can be given for any missed group lessons. Each student is limited to two per session with 24 hours notice about absence. Credit Vouchers can be applied to any future Aquatic Programs and must be used within one year from the date issued. Aquatics Credit Voucher are not transferable to other departments.

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