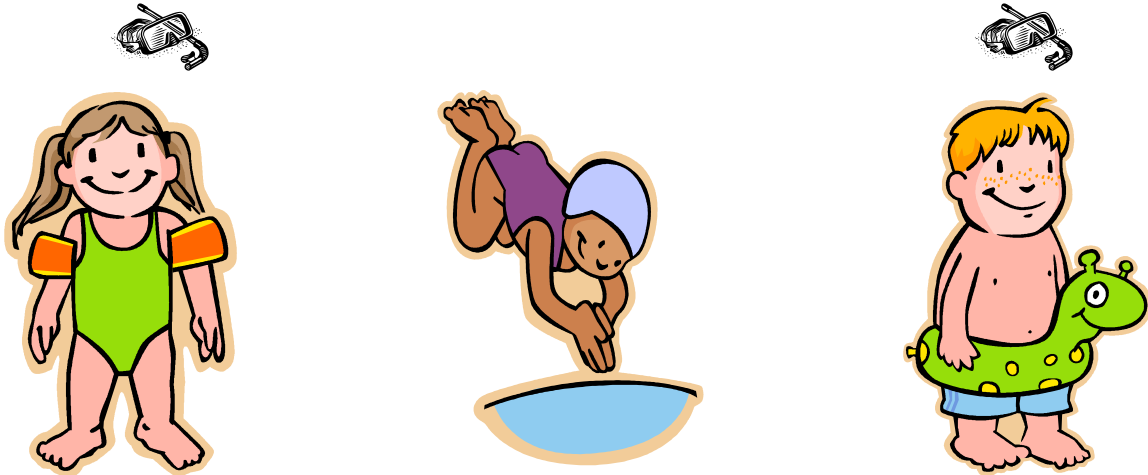


**Orange County SportsPlex**

**2012 Winter/Spring  
Group Swim  
Lesson Program**



Our new program is based on a series of ten skill steps. Once students master a skill set, they will move onto the next one. Once students reach ten, they are strong independent swimmers and are welcome to join the Hillsborough Aquatic Swim Team, here at the Sportsplex. Students will be assessed on day one and put into groups based on like-ability. The teacher to student ratio will never be more than four to one, with the exception of our more advanced swimmers, who may have a ratio of five to one.

101 Meadowlands Drive  
Hillsborough, NC 27278  
(919) 644-0339  
[www.trianglesportsplex.com](http://www.trianglesportsplex.com)

# Group Swim Class Descriptions School Age

## ¶ Bubbles

- \_\_\_ comfortable with instructor
- \_\_\_ 10 relaxed bobs with instructor

## ¶ Floats and Glides

- \_\_\_ 10 relaxed bobs without instructor
- \_\_\_ front glide
- \_\_\_ back float (5 seconds)

## ¶ Kicking

- \_\_\_ freestyle kick with a kickboard
- \_\_\_ backstroke kick with a kickboard
- \_\_\_ back float independently (10 sec.)

## ¶ Crawl

- \_\_\_ front glide with freestyle kick
- \_\_\_ crawl stroke 20 ft. (no breathing)

## ¶ Freestyle

- \_\_\_ crawl stroke w/ minimum of 4 breaths
- \_\_\_ out of water arm recovery

## ¶ Backstroke

- \_\_\_ swim freestyle with side breathing
- \_\_\_ swim backstroke 30 ft.
- \_\_\_ tread water for 1 minute

## ¶ Breaststroke & Butterfly

- \_\_\_ swim freestyle 25 yards
- \_\_\_ swim backstroke 25 yards
- \_\_\_ kick breaststroke 20 ft.
- \_\_\_ swim breaststroke 20 ft.
- \_\_\_ kick butterfly 20 ft.

## ¶ Turns

- \_\_\_ swim freestyle 75 yards
- \_\_\_ swim backstroke 50 yards
- \_\_\_ swim breaststroke 25 yards
- \_\_\_ swim butterfly 30 ft.
- \_\_\_ backstroke stroke count
- \_\_\_ freestyle flip turn

## ¶ Lifetime Strokes

- \_\_\_ swim freestyle 100 yards w/ flipturns
- \_\_\_ swim backstroke 75 yards
- \_\_\_ swim breaststroke 50 yards
- \_\_\_ swim butterfly 25 yards
- \_\_\_ kneeling dive
- \_\_\_ standing dive

## ¶ Graduation

- \_\_\_ swim freestyle 200 yards w/ flipturns
- \_\_\_ swim 100 backstroke w/ flipturns
- \_\_\_ swim 100 IM with IM turns

# Group Swim Class Descriptions Pre School Age

## ¶ Bubbles

- \_\_\_ comfortable with instructor
- \_\_\_ 10 relaxed bobs with instructor

## ¶ Floats and Glides

- \_\_\_ 10 relaxed bobs without instructor
- \_\_\_ front glide
- \_\_\_ back float with Instructor

## ¶ Kicking

- \_\_\_ freestyle kick with a kickboard
- \_\_\_ backstroke kick with a kickboard
- \_\_\_ back float independently (10 sec.)

## ¶ Crawl

- \_\_\_ front glide with freestyle kick
- \_\_\_ crawl stroke 20 ft. (no breathing)

## ¶ Freestyle

- \_\_\_ crawl stroke w/ minimum of 2 breaths
- \_\_\_ out of water arm recovery

## ¶ Backstroke

- \_\_\_ swim freestyle with side breathing
- \_\_\_ swim backstroke 15 ft.

## ¶ Frogs

- \_\_\_ swim freestyle 20 ft side breathing
- \_\_\_ swim backstroke 20 ft.
- \_\_\_ kick breaststroke with kickboard
- \_\_\_ swim breaststroke arm movement

## ¶ Dolphins

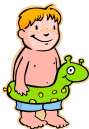
- \_\_\_ swim freestyle 35 feet
- \_\_\_ swim backstroke 25 feet
- \_\_\_ swim breaststroke 10 feet
- \_\_\_ butterfly kick with kickboard

## ¶ Divers

- \_\_\_ swim freestyle 25 yards
- \_\_\_ swim backstroke 35 feet
- \_\_\_ swim breaststroke 20 feet
- \_\_\_ butterfly kick
- \_\_\_ butterfly arm movement
- \_\_\_ kneeling dive
- \_\_\_ standing dive

## ¶ Swimmers

- \_\_\_ swim freestyle 25 yards
- \_\_\_ swim backstroke 25 yards
- \_\_\_ swim breaststroke 25 yards
- \_\_\_ swim butterfly 20 feet



# 2012 Group Swim Lessons Evening Registration Form



Member, 55.00

Non-Member, 80.00

First Name		Last Name		Today's Date	
Birth Date		Age		Gender	
Parent/ Guardian Name		Birth Date	Home Number	Work Number/Cell number	
Address		City		Zip Code	
Email Address				Special Considerations	
Special Considerations Continued					

- Session One** 1/9/2012-2/2/2012 **8 classes**  
Classes meet twice a week for four weeks.
- Session Two** 2/6/2012-3/1/2012 **8 classes**  
Classes meet twice a week for four weeks.
- Session Three** 3/5/2012-3/29/2012 **8 classes**  
Classes meet twice a week for four weeks.
- Session Four** 4/16/2012-5/10/2012 **8 classes**  
Classes meet twice a week for four weeks.
- Session Five** 5/14/2012-6/7/2012 **8 classes**  
Classes meet twice a week for four weeks.

Preschool Classes  
3years-5years

◇Monday/Wednesday or ◇Tuesday/Thursday

◇ 4:45pm                      ◇ 6:15pm  
◇ 5:30pm

School Age Classes  
6 years-12 years

◇Monday/Wednesday or ◇Tuesday/Thursday

◇ 6:15pm

**Refund Policies:** Class space is limited and classes fill up quickly. Please register early. **The Triangle SportsPlex does not issue refunds, however if a session is rescheduled because it does not meet the minimum requirement of three students, you will have the option of enrolling in the next class or applying your balance toward private swim lessons.** In the event of an illness or family emergency that results in missing more than half of the session classes you will be given the option to enroll in the next session without an additional charge.

**Make-Up Policy:** In the event of a class cancellation weekday and Saturday session classes will be made up on a Friday night during the course of the session.

Waiver: In consideration of the above named registrant being granted permission by Recreation Factory Partners, LLC dba: Triangle SportsPlex to participate in this program and associated activities, I hereby accept and assume all risks said and release and hold harmless Recreation Factory Partners, LLC,dba: Triangle SportsPlex and its officers, employees, agents, and volunteers from any and all liability relating to or arising out of the above named person's participation. I authorize Recreation Factory Partners, LLC dba: I hereby accept and assume all risks said and release and hold harmless Recreation Factory Partners, LLC,dba: Triangle SportsPlex and its officers, employees, agents, and volunteers at any person's discretion , to administer emergency first-aid treatment at my expense, to obtain the services of a physician and/or rescue squad and to authorize the same to affect

Participant/Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_



# 2012 Group Swim Lessons Morning Registration Form



Member, 55.00

Non-Member, 80.00

First Name		Last Name		Today's Date	
Birth Date		Age		Gender	
Parent/ Guardian Name		Birth Date	Home Number	Work Number/Cell number	
Address		City		Zip Code	
Email Address				Special Considerations	
Special Considerations Continued					

**Session One** 3/6/2012-3/29/2012 **8 classes**  
Classes meet twice a week for four weeks.

**Session Two** 4/3/2012-4/26/2012 **8 classes**  
Classes meet twice a week for four weeks.

**Session Three** 5/1/2012-5/24/2012 **8 classes**  
Classes meet twice a week for four weeks.

Preschool Classes  
3years-5years

◇Tuesday/Thursday

◇ 10:30am                      ◇ 11:15am

**Refund Policies:** Class space is limited and classes fill up quickly. Please register early. **The Triangle SportsPlex does not issue refunds, however if a session is rescheduled because it does not meet the minimum requirement of three students, you will have the option of enrolling in the next class or applying your balance toward private swim lessons.** In the event of an illness or family emergency that results in missing more than half of the session classes you will be given the option to enroll in the next session without an additional charge.

**Make-Up Policy:** In the event of a class cancellation weekday and Saturday session classes will be made up on a Friday night during the course of the session.

Waiver: In consideration of the above named registrant being granted permission by Recreation Factory Partners, LLC dba: Triangle SportsPlex to participate in this program and associated activities, I hereby accept and assume all risks said and release and hold harmless Recreation Factory Partners, LLC,dba: Triangle SportsPlex and its officers, employees, agents, and volunteers from any and all liability relating to or arising out of the above named person's participation. I authorize Recreation Factory Partners, LLC dba: I hereby accept and assume all risks said and release and hold harmless Recreation Factory Partners, LLC,dba: Triangle SportsPlex and its officers, employees, agents, and volunteers at any person's discretion , to administer emergency first-aid treatment at my expense, to obtain the services of a physician and/or rescue squad and to authorize the same to affect

Participant/Parent/Guardian Signature

Date



# 2012 Group Swim Lessons Saturday Registration Form


 Member, 45.00

 Non-Member, 60.00

First Name		Last Name		Today's Date	
Birth Date		Age		Gender	
Parent/ Guardian Name		Birth Date	Home Number	Work Number/Cell number	
Address		City		Zip Code	
Email Address				Special Considerations	
Special Considerations Continued					

<input type="checkbox"/> <b>Session One</b> 2/18/2012-3/24/2012 6 classes  <input type="checkbox"/> <b>Session Two</b> 4/21/2012-5/26/2012 6 classes	
------------------------------------------------------------------------------------------------------------------------------------------------------------	--

<p><u>Preschool Classes</u> 3years-5years</p> <p>◇ <b>Saturdays</b></p> <p>◇ 10:00 AM Group Lessons</p> <p><u>School Age Classes</u> 6 years-12 years</p> <p>◇ <b>Saturdays</b></p> <p>◇ 11:00 AM Group Lessons</p>
--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

**Refund Policies:** Class space is limited and classes fill up quickly. Please register early. **The Triangle SportsPlex does not issue refunds, however if a session is rescheduled because it does not meet the minimum requirement of three students, you will have the option of enrolling in the next class or applying your balance toward private swim lessons.** In the event of an illness or family emergency that results in missing more than half of the session classes you will be given the option to enroll in the next session without an additional charge.

**Make-Up Policy:** In the event of a class cancellation weekday and Saturday session classes will be made up on a Friday night during the course of the session.

Waiver: In consideration of the above named registrant being granted permission by Recreation Factory Partners, LLC dba: Triangle SportsPlex to participate in this program and associated activities, I hereby accept and assume all risks said and release and hold harmless Recreation Factory Partners, LLC,dba: Triangle SportsPlex and its officers, employees, agents, and volunteers from any and all liability relating to or arising out of the above named person's participation. I authorize Recreation Factory Partners, LLC dba: I hereby accept and assume all risks said and release and hold harmless Recreation Factory Partners, LLC,dba: Triangle SportsPlex and its officers, employees, agents, and volunteers at any person's discretion, to administer emergency first-aid treatment at my expense, to obtain the services of a physician and/or rescue squad and to authorize the same to affect

Participant/Parent/Guardian Signature

Date