

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

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

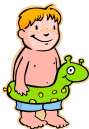
- ___ swim freestyle 35 feet
- ___ swim backstroke 25 feet
- ___ swim breaststroke 10 feet
- ___ butterfly kick with kickboard

¶ 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.

Preschool Classes
3years-5years

◇Monday/Wednesday or ◇Tuesday/Thursday

◇ 4:45pm ◇ 6:15pm
◇ 5:30pm ◇ 7:00pm

School Age Classes
6 years-12 years

◇Monday/Wednesday or ◇Tuesday/Thursday

◇ 6:15pm
◇ 7:00pm

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

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