

Aquatics Department Policies and Procedures

Parent Viewing

We ask that parents bring the child to the pool deck and leave the child with the Instructor and/or Swim Lesson Coordinator. We ask that parents do not sit within 10 feet of the teaching space.

Missed Class

Make-ups will not be granted for a missed class during the summer sessions. Please show up on time for your swim lessons. If you are 10 or more minutes late, you will forfeit the lesson.

Bad Weather/Cancellations

In case of bad weather, please call 302-239-6688 ext. 149 to check on the pool's status. The Aquatics Complex must close during Thunder and Lightning Storms. Any classes cancelled due to bad weather, pool issue, or instructor absence will be made-up based on pool space and instructor availability or a credit voucher will be issued. If a class does not fill, we reserve the right to cancel the class or shorten the class to 30 minutes if there are less than 3 participants. Every effort will be made to accommodate any registered child in a similar level class that still has space. If another class offering is not possible, then a credit voucher or refund will be issued.

Credit Vouchers

Credit Vouchers will be issued if the Aquatics department decides to cancel a class. Credit Vouchers or refunds cannot be given for any missed group lessons. Credit Vouchers can be applied to any future aquatic programs and must be used with-in one year from the date issued. Aquatic Credit Vouchers are not transferable to other departments.



June 6, 2011-August 25, 2011

Our Mission:

The Primary purpose of the HAC Swim Academy is to help children and adults learn to be safe when they are in or around water. The program covers skills and knowledge in a logical progression for aquatic skill development, and provides students with a positive learning experience. Our quality swimming instruction is geared towards individual needs and is designed to increase the student's endurance and to improve strokes while working on basic skills.

No lessons will be held July 4, 2011.

Open to members and non-members.

302-239-6688 ext. 149

www.hachealthclub.com

100 Fitness Way, Hockessin, DE 19707



HAC Swim Academy

HOCKESSIN ATHLETIC CLUB

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.

The swim program offers adults and children both group and private/semi-private lessons. Whether you are a novice swimmer or more advanced, the HAC Swim Academy is sure to have a class that fits your particular needs. Participation is a great step for children who are interested in joining the SHARKS, HAC's Summer Swim Team.

CLASS DESCRIPTIONS

LITTLE SEAHORSES - Ages 6-36 months, 30 Minutes, \$94 (member)/\$130 (non-member): Parents and infants will learn methods of aquatics orientation and water exploration. Each class will consist of safety skills, swimming skills, singing songs and playing with toys in the water.

TADPOLES - Ages 3 years, 30 Minutes, \$94 (member)/\$130 (non-member): Toddlers will learn methods of aquatics orientation and water exploration. Each class will consist of safety skills, swimming skills, singing songs, and playing with toys in the water. We will also focus on independence and boundaries in the water.

FROGGIE - Ages 4-5 years, 45 Minutes, \$140 (member)/\$196 (non-member): Designed for beginner swimmers who are comfortable in the water. Water orientation, safety skills and the fundamentals of swimming will be taught in each class. Children will be introduced to floating, gliding, bubble blowing, kicking, paddling and much more.

SQUID - Ages 6-7 years, 45 Minutes, \$140 (member)/\$196 (non-member): Designed for children who have had some swimming experience and who are not afraid of the water. We will introduce rhythmic breathing, underwater skills, freestyle, backstroke, jumping and will continue to teach safety skills.

OCTOPUS - Ages 8-9 years, 45 Minutes, \$140 (member)/\$196 (non-member): We will continue to work on proper techniques for freestyle, backstroke and elementary backstroke. We will introduce rotary breathing, diving, sidestroke and breaststroke.

PIRANHA - Ages 10-12 years, 45 Minutes, \$140 (member)/\$196 (non-member): Pre-requisite: Swim 25 yards any stroke and tread water for one minute. We will continue to work on stroke mechanics, refining each stroke, introduce butterfly and open turns. The students will swim longer distances during each class to build endurance.

Private Swim Lessons*

Our compassionate and experienced instructors can help you meet the goals you wish to attain in a one-on-one setting. This program is open to any child (age 2 & up) through adults. This program is great for older children who have little to no formal swim instruction, for any person who is uncomfortable around the water, or even for those wishing to get a jump-start on the summer swim team season or triathlon season. We also offer a semi-private option for two students of similar skill.

*See private lesson flyer for pricing

SUMMER SESSION

- AM Session One: June 13-June 23
- AM Session Two: June 27-July 7
- AM Session Three: July 11-July 21
- AM Session Four: July 25-August 4
- AM Session Five: August 8-August 18

Each AM session contains the following classes:

Course	Length	Days	Start Time
Little Seahorses	30 min	MTWR	10:15 AM
Tad Poles	30 min	MTWR	9:15 AM
Tad Poles	30 min	MTWR	9:45 AM
Froggie	45 min	MTWR	9:00 AM
Froggie	45 min	MTWR	9:45 AM
Froggie	45 min	MTWR	10:30 AM
Squid	45 min	MTWR	9:00 AM
Squid	45 min	MTWR	9:45 AM

- PM Session One: June 6-June 30
- PM Session Two: July 5-July 28
- PM Session Three: August 1-August 25

Session A: Monday and Wednesday Classes
 Session B: Tuesday and Thursday Classes

Each PM session contains the following classes:

Course	Length	Days	Start Time
Little Seahorse	30 min	MW or TR	5:30 PM
Tadpoles	30 min	MW or TR	5:00 PM
Tadpoles	30 min	MW or TR	6:00 PM
Froggie	45 min	MW or TR	6:00 PM
Froggie	45 min	MW or TR	6:45 PM
Squid	45 min	MW or TR	6:00 PM
Squid	45 min	MW or TR	6:45 PM
Octopus	45 min	MW or TR	6:00 PM
Piranha	45 min	MW or TR	6:00 PM

SCHEDULE MAY BE SUBJECT TO CHANGE

JUNE 2011						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 PM Session One A	7 PM Session One B	8 PM Session One A	9 PM Session One B	10	11
12	13 AM Session One	14 PM Session One B	15 PM Session One A	16 PM Session One B	17	18
19	20 PM Session One A	21 PM Session One B	22 PM Session One A	23 PM Session One B	24	25
26	27 AM Session Two	28 PM Session One B	29 PM Session One A	30 PM Session One B		

JULY 2011						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Independence Day, No Swim Lessons!	5 AM Session Two	6 PM Session Two B	7 PM Session Two A	8	9
10	11 AM Session Three	12 PM Session Two B	13 PM Session Two A	14 PM Session Two B	15	16
17	18 AM Session Three	19 PM Session Two B	20 PM Session Two A	21 PM Session Two B	22	23
24	25 AM Session Four	26 PM Session Two B	27 PM Session Two A	28 PM Session Two B	29	30
31						

AUGUST 2011						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 AM Session Four	2 PM Session Three B	3 PM Session Three A	4 PM Session Three B	5	6
7	8 AM Session Five	9 PM Session Three B	10 PM Session Three A	11 PM Session Three B	12	13
14	15 AM Session Five	16 PM Session Three B	17 PM Session Three A	18 PM Session Three B	19	20
21	22 AM Session Five	23 PM Session Three B	24 PM Session Three A	25 PM Session Three B	26	27
28	29	30	31			