



# Aspen Hill Club

## 2022 - Group Swim Lesson Program



Child must be on membership to participate in lessons.  
Registrations must be completed online. Please see instructions on back on how to register.

**3 – Week - Program Dates: August 1 - 19**

**Levels 1 & 2: 3/30min classes Price: \$50**

*We must have two students in order to continue the class with a maximum of five students per class. If your child is the only student you may choose to switch to another day or pay the Private Lesson Rate of \$35/lesson. Make-up classes are not available.*

Lesson Levels	Monday	Wednesday	Sunday
Level 1	4:30pm – 5:00pm	4:30pm – 5:00pm	10:30 – 11:00am
Level 2	5:00pm – 5:30pm	5:00pm – 5:30pm	11:00 – 11:30am

Group Lessons for September will begin on 9/6/2022. Options may include Stroke Development and Stroke Improvement as well as Competitive Swim Clinic

### Parent & Child Class – Ages 3 mths – 23 mths

**Requirements:** Parent must accompany child in each class. **Goals:** Parent and child learn together to increase a child’s comfort level in the water and build a foundation of basic skills, such as arm-let movement and breathing control. It will help introduce water safety concepts.

#### Level 1 – Introduction To Aquatic skills

**Requirements:** No swimming skills required. Child must be willing to enter the pool from the side. **Goals:** This level will help participants become familiar to the aquatic environment and help them gain basic aquatic skills such as: water entry and exit, breath control and going underwater, floating and gliding on the front and back, and treading chest-deep water. Arm and leg movements are also introduced. Participants begin to develop positive attitudes and safe practices around water.

#### Level 2 – Fundamental Aquatic Skills

**Requirements:** Comfortably goes underwater and is able to swim forward with face in the water. **Goals:** Builds on fundamental aquatic skills learned in Level 1 such as breath control and going under water, floating and gliding on front and back, swimming using combined arm and leg actions on the front and back, and treading in shoulder-deep water.

#### Level 3 – Stroke Development

**Requirements:** Participant is well adjusted and comfortable in the water. Swims freestyle and backstroke 15 meters and have a successful completion of Level 2 **Goals:** Focuses on stroke development, including front and backstroke. Participants are introduced to the breaststroke, scissors and dolphin kicks. They will continue to develop the fundamentals of treading water in deep water and help participants achieve basic water competency in a pool environment. Diving skills may also be introduced in this level.

#### Level 4 – Stroke Improvement

**Requirements:** Participant is well adjusted and comfortable in the water. Swims freestyle and backstroke 15 meters and have a successful completion of Level 2 **Goals:** Focuses on improving participants proficiency in performing in performing the following swimming strokes: front crawl, breaststroke, butterfly, and back stroke. Participants may also work on diving skills.

Instructions on How to register on back



# Group Swim Lesson - How to register

## How to register for a group lesson:

In order to register your child for a group lesson, you must have access to our Member Self Service/Empower M.E. If you do not, please contact Tina at [tlee@aspenhillclub.com](mailto:tlee@aspenhillclub.com), Lori at [lcarter@aspenhillclub.com](mailto:lcarter@aspenhillclub.com) or Mindy at [mcarter@aspenhillclub.com](mailto:mcarter@aspenhillclub.com) for assistance. If you do have access, please follow the steps below.

1. Log Into Empower M.E. (EME)/Member Self Service (MSS).
  - a. <https://www.ourclublogin.com/Account/Login>
  - b. You can also access the Member Account Login page from the AHC app or website.
  - c. You will have to log in with your username and password.
2. Once you are on the home page, select the navigation menu (Three dashed lines surrounded by a blue circle to the left of your screen under the Club's logo). To ensure you can register for your child, once you are logged in; Click Dashboard. A screen will populate to the right of the menu that has many tiles. One of those tiles will say "My Family". Click the blue box and it should have listed all players on your account. Once you have confirmed that you are able to manage your family members go to the next step
3. Return to side menu and select "My Activities", then select "Class Schedule". A screen should populate to your right that provides date options, club options (which should say Aspen Hill Club), and category options.
4. Click on the "Select Category" (Item 3) drop-down menu on the right side of the page and select "Aquatic Lessons"
  - a. Next, Under select date, choose "week of", then select the calendar icon and select August 1st which is the week before the sessions begin.
  - b. Your options should populate below.
  - c. Once you have selected the class that you would like to register your child in, click the arrow all the way to the right and then click "Sign Up"
  - d. A payment screen will populate, and select continue.
  - e. Another screen will populate you can select whether to place the charge on your account or your credit card on file and select Pay \$50.00 – please be mindful that if there is only one student – you will be charged additionally to match private lesson pricing.
  - f. Once you have completed your registration, you will see a "thank you for your order" screen, and you will receive an email confirmation.

## How To unenroll if you need to cancel your registration:

To cancel your swim registration, select the **"settings wheel"** (small icon within the box) on the class listed in your **"My Upcoming Classes"** feature, select the **"Unenroll"** button which will take you to an Unenroll screen; scroll down and select the **"Unenroll"** button. You will be prompted with a confirmation to unenroll, select **"Yes"**, you will then receive a pop up stating you are no longer enrolled. You will receive an email confirming your unenrollment from the class.

## Attendance Policy:

Attendance will be taken every class. If the participant is late for class the instructor will not be responsible for making up that time. If the participant is unable to attend a scheduled lesson, 24 hour notice is required. If prior notice is not given, you will forfeit that lesson and be charged. If your child has a last minute illness, exceptions can be made by the Aquatics Director only. If prior notice is given, the missed lesson can be made up. Please coordinate with your swim instructor on a make-up date.

## Cancellation:

All lessons will follow Montgomery County Public School activities inclement weather policy. If schools are cancelled, lessons will not be held. If schools are opened late, lessons will be held. If schools are let out early, lessons will not be held. If lessons are cancelled for any other reason, the instructor will contact you.

## Minimum Participants:

We must have two students in order to continue the class. If your child is the only student you may choose to switch to another day or pay the Private Lesson Rate of \$35/lesson.

*Each swimmer will progress at their own pace and each class will challenge all participants. Aerobic conditioning will increase through progression of practices.*