



2023 Aspen Hill Club Fall Group Lessons and Competitive Swim Lessons



Please review information on reverse side prior to registering. Once you have confirmed all necessary requirements for registering, complete your registration and submit to Aquatics Director, Margaret Williams at mwilliams@aspenhillclub.com

Program Dates: September 18 – November 12 (8-week session)

- **Levels 1,2, Adult 1,2: 30-minute class - Price: \$136**
- **Level 3: 45-minute class - Price: \$192**
- **Competitive Swim Clinic: 45-minute class - Price: \$192**
- **Competitive Swim Clinic: 60-minute class - Price: \$216**
- **Master Swim Class – 60-minute class - Price: \$96 (Drop-in rate \$15/lesson)**

Lesson Levels	Monday	Tuesday	Wednesday	Thursday	Sunday
Water Babies	11:15 – 11:45am <i>Victoria</i>				12:30 – 1:00pm <i>Amy</i>
Level 1 30-minute Lesson	5:00 – 5:30pm <i>Victoria</i> 5:30 – 6:00pm <i>Victoria</i>				
Level 2 30-minute Lesson		5:00 – 5:30pm <i>Kelly</i> 5:30 – 6:00pm <i>Kelly</i>			
Level 3 45-minute Lesson			5:00 – 5:45pm <i>Victoria</i> 6:15 – 7:00pm <i>Victoria</i>		
Adult Class 30-min class	6:00 – 6:30pm Level 1 <i>Victoria</i>	5:30 – 6:00pm Level 2 <i>Amy</i>	5:45 – 6:15pm Level 3 <i>Victoria</i>		
Competitive Swim Clinic 45-minute Clinic 6-9 years & 10-12 years	6:30 – 7:15pm (6-9 years) <i>Victoria</i>	6:00 – 6:45pm (10-12 years) <i>Kelly</i>		5:00 – 5:45pm (6-9 years) <i>Kelly</i> 5:45 – 6:30pm (10-12 years) <i>Christina</i>	
Competitive Swim Clinic 60-minute Clinic (13-17 years)			7:00 – 8:00pm (13-17 years) <i>Victoria</i>	6:30 – 7:30pm (13-17 years) <i>Christina</i>	
Masters Swim Adults				7:00 – 8:00pm Adults <i>Maria</i>	

Complete Registration and more information on reverse side



AHC Group Swim Lesson/Competitive Swim Clinic Requirements, Registration, and Policies

- *Your child must be a full Aspen Hill Club member to participate in lessons.*
- *Please complete the registration form legibly and include your child's name as it appears in our system.*
- *Your child must be signed in and out every time they attend class by their parent. A table will be set up with the attendance sheets for your convenience.*
- *No make-up or refunds will be provided for group lessons.*
- *First day of each session, the Aquatics Director will provide rules and regulations to parents along with the sign-in and sign-out procedure.*
- *Cancellation: All lessons will follow Montgomery County Public School's inclement weather policy. If schools are canceled, lessons will not be held. If schools are open late, lessons will be held. If schools are let out early, lessons will not be held. If lessons are canceled for any other reason, the instructor will contact you.*
- *If the student stays after class to play or practice and is a non-swimmer (level 1 & 2), a parent/guardian must be in the water with them no farther than arms distance.*
- *We must have at least three (3) students registered for Group Swim Lessons to continue. In the event there are fewer than three students, parents will have the option of choosing another group lesson or paying the private/semi-private rate for the class. (Prices are available upon request but are different from a group lesson rate.) (Private \$42/lesson, Semi-Private \$25/lesson)*
- *We must have at least (5) students registered for Masters Swimming to continue, In the event there are fewer than five students, then you will have the option of choosing to pay for private/semi-private/3-student clinic/4-student clinics. (Prices are available upon request but are different from the Master's Swim rate.) (Private \$42/lesson, Semi-Private \$25/lesson, 3-student clinic \$20/lesson, & 4-student clinic \$15/lesson)*

Please complete the below registration including selecting the lesson/clinic you would like to participate in by checking the corresponding box.

<i>Student Name and Age</i>	<i>Parent/Emergency Contact Name</i>
<i>Email Address</i>	<i>Phone Number</i>

Group Swim Lesson Sessions:

- Sun. Parent & Child – 12:30pm – 1:00pm - Amy*
- Mon. Parent & Child – 11:15 – 11:45am – Victoria*
- Mon. Level 1 – 5:00 – 5:30pm – Victoria*
- Mon. Level 1 – 5:30 – 6:00pm – Victoria*
- Mon. Adult Level 1 – 6:00 – 6:30pm – Victoria*

- Tues. Level 2 – 5:00 – 5:30pm – Kelly*
- Tues. Level 2 – 5:30 – 6:00pm – Kelly*
- Tues. Adult Level 2 – 5:30 – 6:00pm - Amy*

- Wed. Level 3 – 5:00 – 5:45pm – Victoria*
- Wed. Level 3 – 6:15 – 7:00pm – Victoria*
- Wed. Adult Level 3 – 5:45 – 6:15pm - Victoria*

Competitive Swim Clinic Sessions:

- Mon. 6:30 – 7:15pm – 6-9YRS – Victoria*
- Tues. 6:00 – 6:45pm – 10-12YRS – Kelly*
- Wed. 7:00 – 8:00pm – 13-17YRS – Victoria*
- Thur. 5:00 – 5:45pm – 6-9YRS – Kelly*
- Thur. 5:45 – 6:30pm – 10-12YRS – Christina*
- Thur. 6:30 – 7:30pm – 13-17YRS - Christina*

Master Swim Program:

- Thur. 7:00 – 8:00pm – Adults- Maria*

I have read and understand the above policies and authorize payment by signing this form.

SIGNATURE: _____ **DATE:** _____

If you need additional information, are unsure of class placement, interested in a class not currently offered, or would like receipt of registration—please contact the Aquatic Department at 301-598-5200 ext.129.



Group Swim Lesson—Requirements and Goals



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

Class Size: 3-6 Students for group lessons or 1-2 Students parents can choose to have a private or semi-private lesson with the same instructor at a different rate.

Monday: LEVEL 1: Introduction to Water Skills - End Date: 11/6

11:15 — 11:45am: Water Babies (6 mos.-23 mos.)

5:00 — 5:30pm: Level 1 (30-min.)

5:30 — 6:00pm: Level 1 (30-min.)

6:00 — 6:30pm: Adult - Level 1 (30 min.)

6:30 — 7:15pm: Clinic (6-9yrs.) **Competitive Clinics/Swim Team Prep** (45-min.)

(Able to swim 25yds. of all strokes, knowledge of butterfly)

Tuesday: LEVEL 2: Fundamental Aquatics Skills - End Date: 11/14 (No Class on Halloween, 10/31)

5:00 — 5:30pm: Level 2 (30-min.)

5:30 — 6:00pm : Level 2 (30-min.)

5:30 — 6:00pm: Adult Level 2 (30-min.)

6:00 — 6:45pm : **Competitive Clinics/Swim Team Prep** (10-12 yrs.) (45-min.)

(Able to swim 50yds. of all strokes, knowledge of butterfly)

Wednesday: LEVEL 3: Stroke Development - End Date: 11/8

5:00 — 5:45pm: Level 3 (45-min.)

5:45 — 6:15pm : Adult Level 3 (45-min.)

6:15 — 7:00pm: Level 3 (45-min.)

7:00 — 8:00pm: **Competitive Clinics/Swim Team Prep** (13-17 yrs.) (1 hr.)

(Able to swim 100yds. or more of all strokes, legal butterfly)

Thursday: Competitive Clinics/Swim Team Prep/Master's Swim - End Date: 11/9

5:00 — 5:45pm: Clinic (6-9 yrs.) **Competitive Clinics/Swim Team Prep** (45-min.)

(Able to swim 25yds. of all strokes, knowledge of butterfly)

5:45 — 6:30pm : Clinic (10-12 yrs.) **Competitive Clinics/Swim Team Prep** (45-min.)

(Able to swim 50yds. of all strokes, knowledge of butterfly)

6:30 — 7:30pm : Clinic (13-17 yrs.) **Competitive Clinics/Swim Team Prep** (1 hr.)

(Able to swim 100yds. or more of all strokes, legal butterfly)

7:00 — 8:00pm : Master's Swim (Adults) (1 hr.)

Sunday: Water Babies - End Date: 11/12

12:30 — 1:00pm: (6 mos.-23 mos.) - Parent must accompany child in each class.

Water Babies—Ages 6 months – 24 months

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. 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.

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