



Spring 2024 Group Lessons & Competitive Swim Clinic

Submit completed registration forms to Victoria Copeland at Victoria_Copeland@hotmail.com

Program Dates: 4/8/24 through 5/19/2024

6 week session



- **Levels 1 & 2 Bobbers: 30 minute class, Price: \$102**
- **Level 3: 45 minute class, Price: \$144**
- **Competitive Swim Clinic: 45 minute class, Price: \$144**

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

Group Swim Lesson Times:

- Mon. Level 1, 6:00 – 6:30pm
- Mon. Level 2, 5:30 – 6:00pm
- Tues. Level 3, 5:30 – 6:15pm
- Wed. Level 1, 5:30 – 6:00pm
- Wed. Level 2, 6:00 – 6:30pm
- Wed. Level 3, 6:00 – 6:45pm
- Thur. Level 1/2, 5:45 – 6:15pm
- Thurs. Level 3, 6:00 – 6:45pm
- Sat. Bobbers, 11:00 – 11:30am
- Sat. Bobbers, 11:30am – 12:00pm
- Sat. Level 1/2, 12:00 – 12:30pm

Competitive Swim Clinic Times:

- Mon. 6:00 – 6:45pm (6-12 yrs.)
- Tues. 6:00 – 6:45pm (6-12 yrs.)
- Thur. 6:00 – 6:45pm (6-12 yrs.)

Student Name & Age: _____

Parent Name: _____

Cell Phone #: _____

Email: _____

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.

Aspen Hill Club Waiver: By entering into this Agreement, each Member, on his/her own behalf and that of any minor children, waives and releases the Aspen Hill Racquet Club Limited Partnership, Aspen Hill Tennis Inc., their owners, directors, officers, agents, employees, servants, subsidiaries, affiliates, partners (hereinafter referred to as “the Club”), from any and all liability, claim or cause of action whatsoever arising out of any damage, loss or injury to person or property, whether occurring on or off the Club’s premises, including but not limited to participation in virtual classes or sessions offered by the Club or while participating in any other activity at the Club, whether such loss, damage or injury resulting from the negligence of the Club or from some other cause. This Waiver is intended to be as broad and inclusive as is permitted by the laws of the State of Maryland and that if any portion thereof is held invalid, it is agreed that the remaining provisions of this Waiver shall, notwithstanding, continue in full legal force and effect.

The Member hereby waives all rights to and expressly grants permission to the Club to reproduce images the Club may create of the member, the member’s family and/or others photographed as part of a marketing purposes. The Member gives the Club permission to use such images for display, advertising and publication.

Electronic Signatures: Each party agrees that this Waiver and any other documents to be delivered in connection herewith may be electronically signed, and that any electronic signatures appearing on this Waiver or such other documents are the same as handwritten signatures for the purposes of validity, enforceability, and admissibility.

Signature: _____ **Date:** _____



Bobbers- Ages 3 – 5 yrs. (5 yrs. can test out)

Requirements: Students need to be comfortable in water with their instructor. Have a willingness to learn and a positive attitude. Children under 3 are welcome with parents in the water. A maximum of 4 children, ages 3-5 in the water without a parent. Parents are always welcome to take the class with their child.

Goals: Front float, Back float (w/Instructor), blowing bubbles, rolling from front to back, placing face in the water & holding breath for 3 sec., able to submerge entire body under the water with or without assistance.

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 and backstroke. Participants are introduced to the breaststroke, scissors and dolphin kicks. They will 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.

Competitive Swim Clinic

Requirements: All participants are familiar with ALL four strokes and can swim the lengths required per USA Swimming based on age groups; 6-9 yrs., 10-12 yrs., & 13-17 yrs.

Goals: Swim team prep.

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. If your child is feeling ill, has a cough, or has been sneezing, please keep them home. Contact the Aquatics Director to inform of absence.
- **Cancellation:** All lessons will follow Montgomery County Public School's inclement weather policy. If schools are canceled, lessons will not be held. If 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 you cancel less than 24 hours before your class begins, your account will be billed for the class.
- 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. (Private \$42/lesson, Semi-Private \$25/lesson)**