Fall #2 2026 Group Lessons & Competitive Swim Clinic

Submit completed registration forms to the Aquatics Director, Warren Peterson at Wpeterson@aspenhillclub.com

Program Dates: 10/26/2026 through 12/13/2026

- *Bobbers, Levels 1 & 2 : 30-minute class, Price: $105*
- *Level 3 & Level 4: 45-minute class, Price: $148*
- *Competitive/Endurance 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.

Parent/Child (Bobbers):
❑ Sat. 11:00 – 11:30am – with Parents

Level 1:
❑ Mon. Level 1, 5:00pm – 5:30pm
❑ *(New)* Saturday. Level 1, 11:45am – 12:15pm
❑ (*New*) Sunday Level 1, 12:00pm – 12:30pm

Level 2:
❑ Mon. Level 2, 5:30 – 6:00pm
❑ Mon. Level 2B, 5:30pm – 6:00pm

Level 3:
❑ Mon. Level 3, 5:45pm – 6:30pm
❑ Thurs. Level 3, 5:45pm – 6:30pm

Level 4:
❑ Wed. 5:00pm – 5:45pm

Competitive/Endurance Clinic
❑ Wednesday, 6pm – 6:45pm

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: _____

THE ASPEN HILL CLUB

Program Overview

Our ***Fall*** *Swim Program* provides a clear, skill-based pathway from early water comfort to advanced stroke refinement. Each level builds confidence, safety, and strong technique through structured progressions. Swimmers move through the program based on ability, ensuring they learn at the pace that's safest and most successful for them.

Bobbers:
Ages 6 months–3 years. Parent in water. Intro to comfort, safety, and supported skills. **Req:** Parent/guardian in water. **Goals:** Comfort, bubbles, supported float, rollover, gentle submersion.

Level 1 – Water Confidence:
For new swimmers learning comfort and independence. **Req:** No experience; must enter water without parent. **Goals:** Safety basics, breath control, float, glide, kick, beginner coordination.

Level 2 – Swimming Foundations:
Builds foundation for independent swimming. **Req:** Face-in-water comfort; float/glide with little help; Level 1 or eval. **Goals:** Freestyle/backstroke basics, breath control, rotary breathing intro, distance.

Level 3 – Stroke Development:
Develops competitive strokes and deep-water confidence. **Req:** Level 2 or eval; swim ~15m freestyle/backstroke. **Goals:** Freestyle/backstroke technique, breaststroke/butterfly intro, endurance, treading.

Level 4 – Stroke Refinement:
Refines all strokes for efficiency and endurance. **Req:** Level 3 or eval; demonstrate all strokes. **Goals:** Stroke refinement, pacing, endurance, turns/streamlines, clinic prep.

Competitive/Endurance Clinic:
Advanced training for swimmers preparing for team or league. **Req:** Level 4 or eval; proficient in all strokes. **Goals:** Endurance, efficiency, race skills, pacing, starts/turns.

Placement Policy

Swimmers are placed based on **skill level**, not age. Age ranges are general guidelines. An evaluation may be recommended to ensure each swimmer is placed safely and appropriately. Families who prefer not to join a group lesson at the recommended level may consider private lessons.

AHC Group Swim Lesson/Competitive Swim & High School 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 or has a fever, please keep them home. Contact the Aquatics Department 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)