

Winter/Spring Weekday Sessions

All weekday sessions include 8 classes and run twice a week either on Monday and Wednesday or Tuesday and Thursday. Classes run at 5:30pm and 6:30pm All classes are 45 minutes in length*.



Please select one class combination

◇ Monday and Wednesday **or** ◇ Tuesday and Thursday



Please select one session

◇ 1/04/2010-02/02/2010 Registration closes: 12/27/09

* no class on 1/26 or 1/27

◇ 02/08/2010-03/05/2010 Registration closes: 02/01/10

◇ 03/08/2010-04/02/2010 Registration closes: 03/01/10

◇ 04/05/2010-05/28/2010 Registration closes: 03/29/10

◇ 05/03/2010-05/28/2010 Registration closes: 04/26/10



Please select one class

Preschool Classes	School-Age Classes
◇ Tadpole (3-5 years) 5:30pm	◇ Stingray (6-12 years) 6:30pm
◇ Minnow(3-5 years) 5:30pm	◇ Fish (6-12 years) 6:30pm
◇ Seahorse(3-5 years) 5:30pm	◇ Dolphin (6-12 years) 6:30pm
	◇ Shark (6-12 years) 6:30pm

Group Swim Lesson Registration Form

Participant

Name: _____

Participant Age: _____ Participant Gender: _____ Birthday _____

Parent/Guardian

Name: _____

Parent/Guardian Birthday: _____

Address: _____

Primary Phone: _____

Emergency phone: _____

Email Address: _____

Member weekday \$58.00 Member weekend \$44.00

Non-Member weekday \$83.00 Non-Member weekend \$63.00

I consider myself and/or my dependents adequately trained and with sufficient knowledge to participate in the activities offered by Recreation Factory Partners, LLC dba: Triangle SportsPlex. I agree that my dependents(s) and I assume all risks associated with participating in any and all of the activities by Recreation Factory Partners, LLC dba: Triangle SportsPlex. Furthermore, I hereby, on my own behalf and on the behalf of my dependents, release, discharge and hold harmless Recreation Factory Partners, LLC dba: Triangle SportsPlex, its employees and agents, for any and all injuries or losses sustained while participating in any of the activities or programs offered by Recreation Factory Partners, LLC dba: Triangle SportsPlex. I further agree that Recreation Factory Partners, LLC dba: Triangle SportsPlex shall not be responsible for any theft or loss of property while on the premises, including the parking lot. I further understand that Recreation Factory Partners, LLC dba: Triangle SportsPlex has the right to set the times and days that the facility and its activities will be available for member and public usage. I understand that one must be 14 years or older before entering and using the weight room. Recreation Factory Partners, LLC dba: Triangle SportsPlex discourages any parent or guardian from dropping off children under the age of 13 without supervision of an adult over the age of 18, and does not assume responsibility over them.

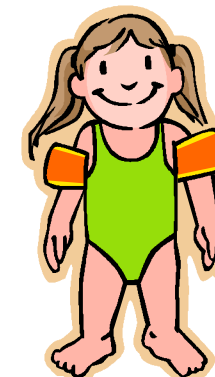
Parent/Guardian Signature _____

Date _____

Triangle SportsPlex



Group Swim Lesson Program



101 Meadowlands Drive
Hillsborough, NC 27278
(919) 644-0339
www.trianglesportsplex.com

Group Swim Class Descriptions



Parent/Child: (6 months– 36 months) Parent/child classes are designed to encourage children to develop a sense of comfort in and around a water environment. Together with a parent children will be introduced to basic water safety, water exploration, and much more in a safe and fun filled atmosphere! Swim diapers or rubber pants are required for children who are not yet toilet trained.



Tadpole:(3 years– 5 year) No prerequisites needed! This class is designed for the beginning preschool swimmer. In a fun and exciting group setting children will learn to gain a feeling of comfort in and around the water while learning water skills that include: safe water entry, floating, arm strokes, kicking, and, with flotation, will learn to navigate the water independent of adult support. This is the first class level that is taught without in water parent participation.



Minnow: (3years– 5 years) To register as a minnow children must be able to put their face in the water and swim ten feet, on their front and back, with flotation independent of adult support. This class is designed for the advanced beginner that incorporates all the skills learned in the Tadpole class as well as further beginner instruction. In an encouraging and positive environment students will begin to learn front crawl and elementary back stroke along with beginner water safety and age appropriate water



Sea Horse:(3 years– 5 years). To register as a Sea Horse students must be able to swim without flotation on their front and back for ten feet. In a fun filled environment students will build on the skills previously learned to refine their front crawl techniques, rudimentary back stroke, and will be introduced to elementary back and rhythmic breathing along with water safety and age appropriate games.

Refund Policy: Class space is limited and classes fill up quickly. Please register early. The Triangle SportsPlex does not issue refunds, however if a session is rescheduled because it does not meet the minimum requirement of three students, you will have the option of enrolling in the next class or applying your balance toward private swim lessons. In the event of an illness or family emergency that results in missing four or more classes you will be given the option to enroll in the next session without an additional charge.

Group Swim Class Descriptions Continued



Sting Ray:(6 years– 10 years). No prerequisites needed! This class is designed for the beginning school age swimmer. In a fun and exciting group setting children will learn to gain a feeling of comfort in and around the water while learning water skills that include: safe water entry, floating, arm strokes, kicking, age appropriate games, and much more! In this class students will learn to navigate the water independent of adult support.



Fish:(6 years– 12 years). To enroll in the Fish class students must be able to swim ten feet on their front and back independent of adult support. In a setting geared toward increasing confidence in their skills students will begin to learn front crawl, elementary back stroke, treading, and rhythmic breathing along with water safety and age appropriate games.



Dolphin:(6 years– 12years). To enroll in the Dolphin class students must be able to swim front crawl for 15 yards and a back stroke, elementary or crawl, for 15 yards. In this level students will focus on refining front crawl stroke technique ,will be introduced to back crawl, breast stroke, dolphin kick and rotary breathing as well as continued exposure to water safety and age appropriate games.



Shark:(6 years– 12 years). To enroll in the Shark class students must be able to swim front crawl for 25 yards and back stroke for 25 yards. In this level students will be encouraged to continue in stroke development of front crawl, back crawl, and breast stroke and will be introduced to butterfly. In addition to stroke development, water safety, and age appropriate games students will also work on skills such as rotary breathing, diving, and much more!

Adult:(13 years +) No prerequisites needed! This class is designed for individuals with little to no experience in the water. In a supportive environment students will learn basic to intermediate water skills including, but not limited to, front crawl, back crawl, treading, and water safety.

Make-Up Policy: In the event of a class cancelation weekday and Saturday session classes will be made up on a Friday night during the course of the session.

Winter/Spring Saturday Sessions

All Saturday sessions include 6 classes and meet on mornings between 9:00am and 1:00pm. Parent/Child classes are 30 minutes in length, all other classes are 45 minutes in length.

Please select one session

◇ 01/23/2010-03/13/2010
*no class on 2/6/10 and 2/13/10 **Registration Closes: 1/16/10**

◇ 03/20/2010-05/08/2010
*no class on 4/10/10 and 4/17/10 **Registration Closes: 3/13/10**

◇ 05/15/2010-06./19/2010 **Registration Closes: 4/24/10**

Please select one class

Preschool Classes

- ◇ 9:00am Parent/Child (6mos-3years)
- ◇ 10:00am Parent/Child (6mos-3years)
- ◇ 9:00amTadpole (3-5 years)
- ◇ 10:00amTadpole (3-5 years)
- ◇ Minnow 9:00am (3-5 years)
- ◇ Minnow 9:00am (3-5 years)
- ◇ Seahorse 9:00am (3-5 years)
- ◇ Seahorse 10:00am (3-5 years)

School-Age/Adult Classes

- ◇Stingray 11:00am (6-12 years)
- ◇Stingray 12:00pm (6-12 years)
- ◇Fish 11:00am (6-12 years)
- ◇Fish 12:00pm (6-12years)
- ◇Dolphin 11:00am (6-12 years)
- ◇Dolphin 12:00pm (6-12 years)
- ◇Shark 11:00am (6-12years)
- ◇Shark 12:00pm (6-12years)
- ◇Adult 12:00pm (13+-)