Youth and Adult Lessons *Available*

Members and Non-Members *Welcome*

HAC ***swim*** ACADEMY

2027 JANUARY - FEBRUARY

Swim Lessons

GROUP, PRIVATE, & SEMI-PRIVATES



(302) 239-6688 x 149 aquatics@hachealthclub.com

POLICIES & PROCEDURES
FOR GROUP, PRIVATE, & SEMI-PRIVATE LESSONS

Payment & Registration

All participants MUST have a JackRabbit account with a valid credit or debit card on file to register for swim lessons. You will be charged for the entire session the week prior to the session start date. Non-member enrollment fees, if applicable, will be charged as a separate transaction after the initial registration fee is charged. Registration for each session will close on the Friday of the first week of lessons. If a class does not fill, the Aquatics Department reserves the right to cancel the class.

- **GROUP LESSONS:** You will register via the JackRabbit Parent Portal. Late enrollments cannot be accommodated.
- **PRIVATE LESSONS:** You will register via the JackRabbit Parent Portal.
- **SEMI-PRIVATE LESSONS:** ONE of the two students should be registered directly through the JackRabbit Parent Portal; to register the second student, please contact the Aquatics Office. Both students must have a JackRabbit account for scheduling and payment processing.
- **ADULT LESSONS:**
  - For Learn-to-Swim Lessons, you will register via JackRabbit.
  - For Adult Swim Mechanics Lessons, you will request enrollment through the Enrollment Request Form at hachealthclub.com/adult-swim-lessons. A JackRabbit portal is still required for scheduling and payment processing.

Youth Swim Lesson Parent Responsibilities

We ask that parents bring the swimmer to the pool deck and leave them with the instructor on time. If you arrive late to the start of the lesson, you are entitled to the remaining time within your allotted lesson block. Swimmers must be picked up on time at the end of the lesson. We encourage parents to touch base with the instructor on their child's progress.

- **FOR GROUP LESSONS:**
  - Little Seahorse are the only lessons where parents are in the water with the child. All lessons higher than little seahorse, including private lessons, do not allow for parents to be in the water.
  - Parents of swimmers in our Water Readiness and Level 1 classes are expected to stay at the pool in which the lesson is being taught and assist with behavior, if necessary.
  - Parents of swimmers in our Level 2, 3, 4, 5, and S.T.A.R.T. classes may either stay by the pool or go elsewhere in the facility during their child's lesson.
- **FOR PRIVATE/SEMI-PRIVATE LESSONS:**
  - Parents of swimmers ages 4 and under are expected to stay at the pool in which the lesson is being taught to assist if necessary.
  - Parents of swimmers ages 5+ may either stay by the pool or go elsewhere within the facility during their child's lesson.

Change of Membership Status

Please notify the Aquatics Office immediately of any changes in membership status. Failure to do so may result in the forfeiture of lessons or monies paid.

Inclement Weather/Cancellations

In case of inclement weather, pool issues, or instructor absence within the Aquatics department, parents will be notified via email using the information in your JackRabbit portal. The Aquatics Complex must close during thunder and lightning storms due to state regulations. We do not offer refunds once your card has been charged. Instead, a monetary credit will be automatically issued for any classes canceled for any of the reasons above. Monetary credits may be used to fund future swim lessons and are good for 1 year. Credits for swim lessons cannot be applied elsewhere within HAC.

Instructor Substitution

It is our goal to always run both group and private lessons as scheduled. In the event of an instructor absence, we will do our best to find a substitute for the scheduled swim lessons.

Student Absences

Please notify the aquatics office via email if you are unable to attend your class.

- **GROUP LESSONS:** No credit or make-up option is offered for an absence on the part of the swimmer. All students are expected to complete the session(s) for which they have registered, as refunds/credits are not available for early withdrawal.
- **PRIVATE/SEMI-PRIVATE LESSONS:** With at least 12 hours advanced notice, a swimmer is entitled to one monetary credit per 8 paid lessons originally scheduled. Monetary credits may be used to fund future swim lessons and are good for 1 year.

Private & Semi-Private Lesson Placement

Parents registering their children for private or semi-private swim lessons must select beginner, intermediate, or skilled lessons based on their child's current swimming abilities. For guidance, please refer to the diagram on the back of this brochure. If you are unsure which skill level is most appropriate for your child, please email the Aquatics Office prior to the start of registration. If lessons at your child's skill level are not available on a day and time that works for your schedule, please contact the Aquatics Office to discuss your options. Though swaps are not always possible, we will work with you to accommodate your scheduling needs to the best of our ability.

HAC swim ACADEMY

GROUP SWIM LESSONS

FOR AGES 14 AND UNDER

Group swim lessons cover skills at the appropriate level for students of all capabilities. Classes range from 4 - 8 students. Our class levels meet each swimmer where they are, whether it's their first water experience or they're ready to take on laps.

Lesson Frequency

All sessions include 8 swim lessons unless otherwise noted.

1 Lesson / Week

Attend lessons once per week for 8 weeks. Swimmers attend lessons every week at the selected day and time for the duration of the session.

UPCOMING SESSION DATES:

- **January 4th - March 6th, 2027**
  No lessons February 22nd - 28th.

2 Lessons / Week

Attend lessons twice per week for 4 weeks. Students attend lessons every Tuesday/Thursday for the duration of the session.

UPCOMING SESSION DATES:

- **January 5th - January 28th, 2027**
- **February 2nd - March 4th, 2027**
  No lessons February 22nd - 28th.

Lesson Progression

Our Group Swim Lesson progression includes eight different class levels, so each student gets a lesson experience appropriate for their skill level. **To see our lesson progression and available lesson dates/times, turn to pages 4-5.**

Pricing

Prices given are per session. Each session includes 8 swim lessons unless otherwise noted.

Lesson Type	Price per Session
Little Seahorse	$200
Water Readiness	$216
Level 1	$216
Level 2	$256
Level 3	$256
Level 4	$256
Level 5	$256
S.T.A.R.T. Program	$280

Non-member Enrollment Fee:
+$90 per session.

Registration

HAC Member Registration
Opens Tuesday, December 8th, 2026 at 7:00am

Non-Member Registration
Opens Tuesday, December 15th, 2026 at 7:00am

Group Swim Lessons
Learn more or register

GROUP SWIM LESSONS

Group Swim Lesson Progression

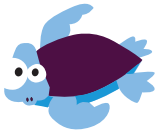
Enrollment should be based on skill level and the enrolling child's age at the end of each session.

30 MINUTES



Little Seahorse

- **Ages:** Babies and young children ages 6 months to 2.5 years, with a parent or caregiver (up to 8 participants)
- **Class focus:** Water comfort, safety, confidence, and early swim skills



Water Readiness *(formerly Turtle)*

- **Ages:** 2.5 - 3 years old (up to 4 participants)
- **Class focus:** Roll independently from front to back, working on gliding on their own, back float independently



Level 1 *(formerly Tadpole)*

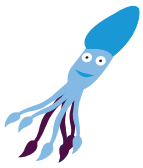
- **Ages:** ages 3 -5 (up to 4 participants)
- **Class focus:** Entering the water independently, traveling 5 yards independently, floating independently, alternating arm and leg action

45 MINUTES



Level 2 *(formerly Froggie)*

- **Ages:** ages 4 and up (max 5 participants)
- **Class focus:** Developing more advanced skills such as treading water and independent swimming as well as entering and exiting the water independently



Level 3 *(formerly Squid)*

- **Ages:** ages 4 and up (max 5 participants)
- **Class focus:** Building endurance and swimming further distances, developing controlled movements in the water and focusing on technique



Level 4 *(formerly Octopus)*

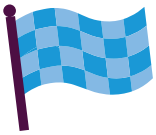
- **Ages:** ages 4 and up (max 6 participants)
- **Class focus:** Developing endurance and stamina with strong stroke techniques



Level 5 *(formerly Stingray)*

- **Ages:** ages 4 and up (max 6 participants)
- **Class focus:** Introduction to diving and flip turns, continue stroke improvement and endurance

1 HOUR



S.T.A.R.T. Program

(**Prerequisites:** *Must have knowledge of all 4 strokes and diving)*

- **Ages:** ages 5 and up (max 8 participants split between 2 lanes)
- **Class focus:** Swim team preparation and stroke refinement, fundamentals of racing

	1 LESSON / WEEK *8-Week Sessions*	2 LESSONS / WEEK *4-Week Sessions*	
	January 4th - March 6th, 2027 *No lessons February 22nd - 28th*	**January 5th - January 28th, 2027**	**February 2nd - March 4th, 2027** *No lessons February 22nd - 28th*
Little Seahorse 30 minutes	• Tuesdays, 5:00 - 5:30pm • Saturdays, 9:00 - 9:30am		
Water Readiness 30 minutes	• Tuesdays, 5:35 - 6:05pm • Fridays, 12:00 - 12:30pm • Saturdays, 9:35 - 10:05am		
Level 1 30 minutes	• Mondays, 5:30 - 6:00pm • Fridays, 12:30 - 1:00pm • Saturdays, 10:10 - 10:40am		
Level 2 45 minutes	• Mondays, 6:05 - 6:50pm • Tuesdays, 6:10 - 6:55pm • Saturdays, 10:45 - 11:30am		
Level 3 45 minutes	• Wednesdays, 5:00 - 5:45pm • Saturdays, 10:05 - 10:50am	• Tuesdays & Thursdays, 5:20 - 6:05pm	• Tuesdays & Thursdays, 5:20 - 6:05pm
Level 4 45 minutes	• Wednesdays, 5:50 - 6:35pm • Saturdays, 10:55 - 11:40am	• Tuesdays & Thursdays, 6:10 - 6:55pm	• Tuesdays & Thursdays, 6:10 - 6:55pm
Level 5 45 minutes	• Wednesdays, 6:40 - 7:25pm • Saturdays, 11:45am - 12:30pm		
S.T.A.R.T. Program 1 hour	• Saturdays, 9:00 - 10:00am	• Tuesdays & Thursdays, 7:00 - 8:00pm	• Tuesdays & Thursdays, 7:00 - 8:00pm

All sessions contain 8 individual swim lessons unless otherwise noted. Schedule is subject to change.
If a class does not fill, the Aquatics Department reserves the right to cancel the class.

HAC swim ACADEMY

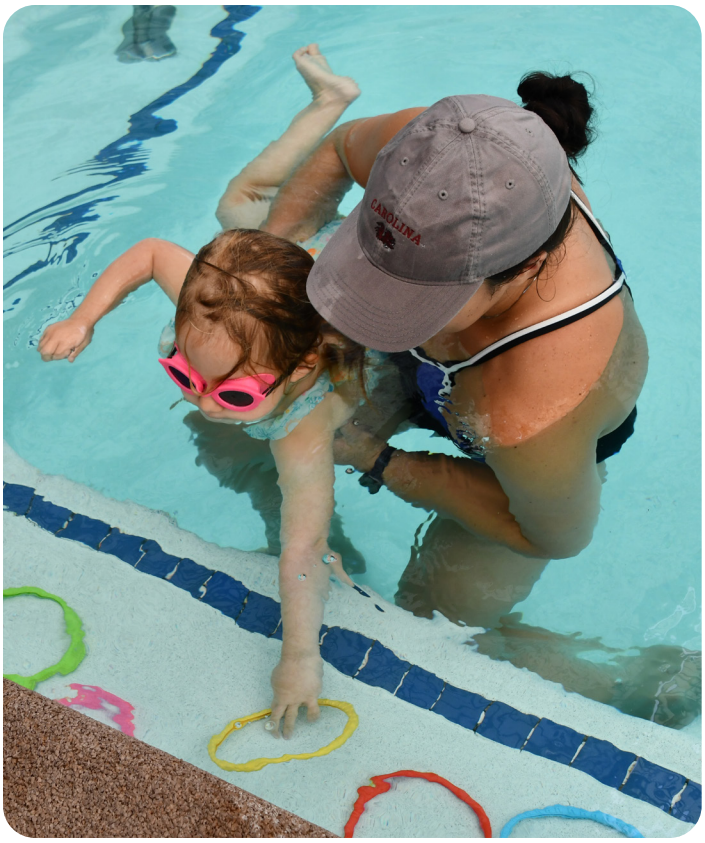
PRIVATE & SEMI-PRIVATE SWIM LESSONS

FOR YOUTH AND ADULTS

Private and semi-private swim lesson are available for those who want a more individualized approach. Skills are taught in a progression, covering everything from foundational floats and reaches to stroke development.

Upcoming Sessions

- **January 4th - March 6th, 2027**
  No lessons February 22nd - 28th
  - Lessons take place once per week over 8 weeks (8 lessons/session)
  - Those who wish to schedule lessons twice per week (16 lessons/session) should select two weekly dates & times when registering for lessons via JackRabbit.



Registration

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Youth Private/Semi-Private Lessons
Learn more or register

Adult Learn-to-Swim Lessons
Learn more or register

Adult Swim Mechanics Lessons
Learn more or register





Youth Private and Semi-Private Lessons

(For ages 2.5 - 14)

Youth Lesson Options

15-Minute Private Lessons
Register via JackRabbit

- For students ages 2.5 - 3.5.
- Beginner-friendly.
- Shorter lessons to help maximize the strength, stamina, and focus of new swimmers.

30-Minute Private Lessons
Register via JackRabbit

- For students ages 2.5 - 14.
- Appropriate for all skill levels.
- Students follow similar lesson progression as group swim lesson participants.

30-Minute Semi-Private Lessons
Register via JackRabbit

- For students ages 2.5 - 14.
- Appropriate for all skill levels.
- Two students to one instructor. Swimmers must be of similar age and skill level.

The Aquatics Office does not pair swimmers for semi-private lessons. To register, select your desired lesson date/time in JackRabbit and enroll ONE of the two swimmers. To register the second student, please contact the Aquatics Office. Both students must have a JackRabbit account for scheduling and payment processing.

Youth Lesson Pricing

Lessons must be purchased and scheduled by the session.

Lesson Type	Member Pricing	Non-Member Pricing
15-Minute Private	$280/session	$400/session
30-Minute Private	$360/session	$520/session
30-Minute Semi-Private	$280/swimmer /session	$400/swimmer /session

Prices above reflect the cost of an 8-lesson session (1 lesson/week). If registering for 2 lessons/week, multiply price per session by 2.

Adult Private Lessons

(For ages 15 and up)

Adult Lesson Options

Adult Learn-to-Swim Lessons
Register via JackRabbit

- 30 minutes per lesson
- For students ages 15 and up with little to no swim experience.
- Our compassionate instructors will review basic swim skills and help you achieve confidence in the water.

New!

Adult Swim Mechanics Lessons
Fill out the Enrollment Request Form to start the registration process

- 30 minutes per lesson
- For students ages 15 and up.
- Swim Mechanics Lessons are meant for those who can swim on their own, but are looking to improve their stroke to begin programs like master's swimming or looking to compete in a triathlon.

Adult Lesson Pricing

Lessons must be purchased and scheduled by the session. Prices reflect the cost of an eight-lesson session.

Lesson Type	Member Pricing	Non-Member Pricing
30-Minute Private Learn-to-Swim	$360/session	$520/session
30-Minute Private Swim Mechanics	$400/session	$560/session

Youth Private and Semi-Private Swim Lessons

Parents registering their children for private or semi-private swim lessons must select beginner, intermediate, or skilled lessons based on their child's current swimming abilities. Although instruction is individualized, lessons are scheduled in specific pools to accommodate the skills swimmers will be learning. Selecting the correct skill level at the time of registration ensures that your child is placed in the pool that is conducive to their continued skill development. **If you are unsure which skill level is most appropriate for your child, please email the Aquatics Office prior to the start of registration.**

Intermediate

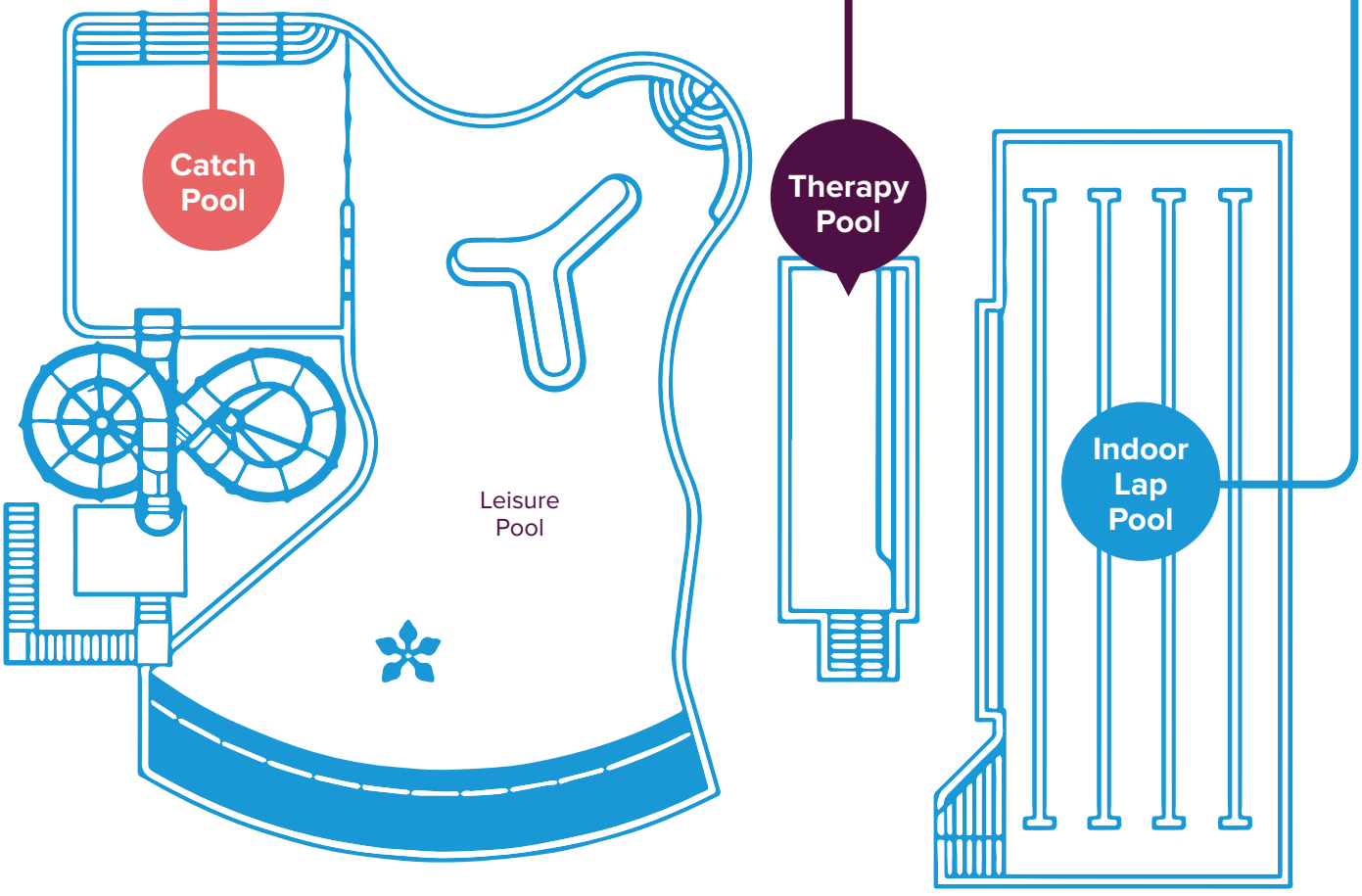
- Swim/Float/Swim Independently
- Swim Elementary Backstroke
- Beginning Rotary Breathing

Beginner

- Little to no experience
- Belly Float Independently
- Back Float Independently
- Moving with immature body movements

Skilled

- Swim freestyle with side breathing
- Swim multiple strokes
- Dive
- Treading water
- Comfortable in water they can not stand in



**Lesson locations are subject to change. Please refer to lesson details in your JackRabbit portal for details about your scheduled lesson location.*

HAC swim ACADEMY

Get in Touch

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