

*Youth and
Adult Lessons
Available*

*Members and
Non-Members
Welcome*



FALL 2026

Swim Lessons

GROUP, PRIVATE, & SEMI-PRIVATES



(302) 239-6688 x 149



aquatics@hachealthclub.com



GROUP SWIM LESSONS

FOR AGES 17 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.

Enrollment Options

All sessions include 8 swim lessons unless otherwise noted. Parents can choose session(s) based on desired number of lessons per week.

1 LESSON / WEEK

Choose to attend lessons every Friday OR every Saturday for the length of the session.

UPCOMING SESSION DATES:

- **September 11th - November 7th**
Registration opens 8/18/26 at 7:00am.
No lessons 10/30 - 10/31.

2 LESSONS / WEEK *Recommended*

Choose to attend lessons every Monday/Wednesday OR every Tuesday/Thursday for the length of the session.

UPCOMING SESSION DATES:

- **September 8th - October 1st**
Registration opens 8/18/26 at 7:00am. No lessons 9/7; affected students will be prorated 1 lesson.
- **October 5th - October 29th**
Registration opens 8/18/26 at 7:00am.
- **November 2nd - December 3rd**
Registration opens 9/8/26 at 7:00am.
No lessons 11/23 - 11/28.

4 LESSONS / WEEK *Most Efficient*

Lessons will take place every day Monday through Thursday for the length of the session.

UPCOMING SESSION DATES:

- **December 7th - 17th**
Registration opens 10/6/26 at 7:00am.

Turn to pages 4 - 5 for available lesson dates & times.

Pricing

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

Lesson Type	Price per Session
Little Seahorse	\$200
Turtle	\$216
Tadpole	\$216
Froggie	\$256
Squid	\$256
Octopus	\$256
Stingray	\$256
S.T.A.R.T. Program	\$280
Non-member Enrollment Fee: +\$90 per session.	



Lesson Progression

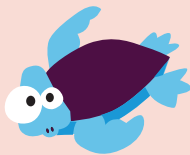
30 MINUTES



Little Seahorse

(Infant - toddler; limited to 8 participants)

- Parent/child classes
- Aquatic orientation and exploration, water play, and singing songs



Turtle

(30+ months old; limited to 4 participants)

- Introduction to Back Float
- Introduction to Gliding
- Underwater Skills
- Sit independently and wait turn



Tadpole

(30+ months old; limited to 4 participants)

- Floating
- Gliding
- Roll over
- Swim, float progression

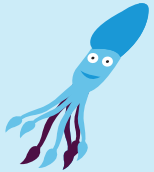
45 MINUTES



Froggie

(Limited to 5 participants)

- Introduction to Freestyle
- Introduction to Backstroke
- Treading Water



Squid

(Limited to 5 participants)

- Introduction to Rhythmic Breathing
- Freestyle
- Backstroke



Octopus

(Limited to 6 participants)

- Introduction to Breaststroke
- Lap Swimming
- Diving

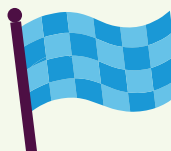


Stingray

(Limited to 6 participants)

- Introduction to Butterfly
- Introduction to Flip Turns
- Refine Stroke Mechanics

1 HOUR



S.T.A.R.T. Program

(Limited to 8 participants between 2 lanes)

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

- Refine mechanics of 4 strokes
- Teach fundamentals of racing dives, turns and finishes
- Introduce endurance training and practice terminology



GROUP SWIM LESSONS

1 LESSON / WEEK		Little Seahorse 30 minutes	Turtle 30 minutes	Tadpole 30 minutes	Froggie 45 minutes	Squid 45 minutes	Octopus 45 minutes	Stingray 45 minutes	S.T.A.R.T. Program 1 hour
	8 WEEKS September 11th - November 7th REG. OPENS 8/18 No lessons October 30th - 31st	Friday 11:00 - 11:30am	- Friday 12:10 - 12:40pm - Saturday 9:00 - 9:30am	- Friday 11:35am - 12:05pm - Saturday 9:35 - 10:05am	Saturday 9:00 - 9:45am	Saturday 10:10 - 10:55am	Saturday 9:50 - 10:35am	Saturday 10:40 - 11:25am	
2 LESSONS / WEEK		Little Seahorse 30 minutes	Turtle 30 minutes	Tadpole 30 minutes	Froggie 45 minutes	Squid 45 minutes	Octopus 45 minutes	Stingray 45 minutes	S.T.A.R.T. Program 1 hour
	4 WEEKS September 8th - October 1st REG. OPENS 8/18 <i>*No lessons September 7th; Monday/Wednesday students will be prorated 1 lesson.</i>	- Monday/Wednesday* 9:00 - 9:30am - Monday/Wednesday* 4:30 - 5:00pm	- Monday/Wednesday* 9:35 - 10:05am - Monday/Wednesday* 5:20 - 5:50pm - Tuesday/Thursday 4:00 - 4:30pm - Tuesday/Thursday 4:55 - 5:25pm	- Monday/Wednesday* 10:10 - 10:40am - Monday/Wednesday* 5:05 - 5:35pm - Tuesday/Thursday 4:35 - 5:05pm	- Monday/Wednesday* 5:40 - 6:25pm - Tuesday/Thursday 4:00 - 4:45pm - Tuesday/Thursday 5:10 - 5:55pm	Tuesday/Thursday 6:00 - 6:45pm	- Monday/Wednesday* 6:30 - 7:15pm - Tuesday/Thursday 5:30 - 6:15pm	- Monday/Wednesday* 4:30 - 5:15pm - Tuesday/Thursday 6:15 - 7:00pm	Monday/Wednesday* 6:00 - 7:00pm
	4 WEEKS October 5th - October 29th REG. OPENS 8/18	- Monday/Wednesday 9:00 - 9:30am - Monday/Wednesday 4:30 - 5:00pm	- Monday/Wednesday 9:40 - 10:10am - Monday/Wednesday 5:20 - 5:50pm - Tuesday/Thursday 4:00 - 4:30pm - Tuesday/Thursday 4:55 - 5:25pm	- Monday/Wednesday 10:10 - 10:40am - Monday/Wednesday 5:05 - 5:35pm - Tuesday/Thursday 4:35 - 5:05pm	- Monday/Wednesday 5:40 - 6:25pm - Tuesday/Thursday 4:00 - 4:45pm - Tuesday/Thursday 5:10 - 5:55pm	Tuesday/Thursday 6:00 - 6:45pm	- Monday/Wednesday 6:30 - 7:15pm - Tuesday/Thursday 5:30 - 6:15pm	- Monday/Wednesday 4:30 - 5:15pm - Tuesday/Thursday 6:15 - 7:00pm	Monday/Wednesday 6:00 - 7:00pm
	4 WEEKS November 2nd - December 3rd REG. OPENS 9/8 <i>No lessons November 23rd - 26th</i>	- Monday/Wednesday 9:00 - 9:30am - Monday/Wednesday 4:30 - 5:00pm	- Monday/Wednesday 9:40 - 10:10am - Monday/Wednesday 5:20 - 5:50pm - Tuesday/Thursday 4:00 - 4:30pm - Tuesday/Thursday 4:55 - 5:25pm	- Monday/Wednesday 10:10 - 10:40am - Monday/Wednesday 5:05 - 5:35pm - Tuesday/Thursday 4:35 - 5:05pm	- Monday/Wednesday 5:40 - 6:25pm - Tuesday/Thursday 4:00 - 4:45pm - Tuesday/Thursday 5:10 - 5:55pm	Tuesday/Thursday 6:00 - 6:45pm	- Monday/Wednesday 6:30 - 7:15pm - Tuesday/Thursday 5:30 - 6:15pm	- Monday/Wednesday 4:30 - 5:15pm - Tuesday/Thursday 6:15 - 7:00pm	Monday/Wednesday 6:00 - 7:00pm
4 LESSONS / WEEK		Little Seahorse 30 minutes	Turtle 30 minutes	Tadpole 30 minutes	Froggie 45 minutes	Squid 45 minutes	Octopus 45 minutes	Stingray 45 minutes	S.T.A.R.T. Program 1 hour
	2 WEEKS December 7th - 17th REG. OPENS 10/6	Monday, Tuesday, Wednesday, Thursday 5:05 - 5:35pm	Monday, Tuesday, Wednesday, Thursday 4:30 - 5:00pm	Monday, Tuesday, Wednesday, Thursday 4:30 - 5:00pm	Monday, Tuesday, Wednesday, Thursday 5:05 - 5:50pm	Monday, Tuesday, Wednesday, Thursday 5:40 - 6:25pm	Monday, Tuesday, Wednesday, Thursday 5:55 - 6:40pm	Monday, Tuesday, Wednesday, Thursday 6:30 - 7:15pm	

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.



PRIVATE & SEMI-PRIVATE SWIM LESSONS

YOUTH AND ADULT OPTIONS AVAILABLE

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.

Enrollment Options

All private lessons must be completed within a session to guarantee availability of instructor and space.

• 15-MINUTE PRIVATE LESSONS

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

• 30-MINUTE PRIVATE LESSONS

For ages 2.5 and up. Appropriate for all skill levels. Lessons begin with a day-one evaluation. Students follow similar lesson progression as group swim lesson participants.

• 30-MINUTE SEMI-PRIVATE LESSONS

For ages 2.5 and up. 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.

Registration for all fall sessions opens August 18th at 7:00am. Choose to register for 1 lesson/week or 2 lessons/week.

UPCOMING SESSION DATES

- **September 8th - October 3rd**
No lessons 9/7; affected students will be prorated 1 lesson.
- **October 5th - October 31st**
No lessons 10/30 - 10/31; affected students will be prorated appropriately
- **November 2nd - December 5th**
No lessons 11/23 - 11/28
- **December 7th - 17th**
During this accelerated session, students may register for 2 lessons/week

Pricing

Prices given are per lesson. Lessons must be purchased in packages of 4 or 8.

Class Format	Member Pricing	Non-Member Pricing
15-Minute Private	\$32/lesson	\$47/lesson
30-Minute Private	\$42/lesson	\$62/lesson
30-Minute Semi-Private	\$32/swimmer /lesson	\$47/swimmer /lesson

Adults Welcome!

Many adults have never learned to swim or practiced their swim skills enough to truly enjoy the water for sport. Our compassionate and experienced instructors can help you meet the goals you wish to attain in a one-on-one setting or a semi-private setting for two students of similar skill.

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

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.

- **FOR GROUP LESSONS:** Turtle and Tadpole class parents are expected to stay at the pool in which the lesson is being taught. Froggie through S.T.A.R.T. class parents may either stay by the pool to watch the lesson or go elsewhere within the facility.
- **FOR PRIVATE/SEMI-PRIVATE LESSONS:** Parents may either stay by the pool to watch the lesson or go elsewhere within the facility.

Payment & Registration

All participants MUST have a JackRabbit account with a valid credit or debit card on file to register for swim lessons.

- **FOR GROUP LESSONS:** You will register directly via the JackRabbit Parent Portal. You will be charged for the entire session the week prior to the session start date. If a class does not fill, the Aquatics Department reserves the right to cancel the class.
- **FOR PRIVATE/SEMI-PRIVATE LESSONS:** You will request enrollment via our Enrollment Request Form, but a JackRabbit account is still required to schedule lessons. After requesting enrollment, you will be contacted by a member of our Aquatics Team to confirm lesson placement before payment is charged.

Late enrollments cannot be accommodated. Each student's success depends on attending every session in full.

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, parents will be notified via email or phone call. The Aquatics Complex must close during thunder and lightning storms due to state regulations. A monetary credit will be automatically issued for any classes canceled due to inclement weather, pool issues, or instructor absence within the Aquatics Department. Monetary credits may be used to fund future swim lessons and are good for one year.

- **FOR GROUP LESSONS:** Due to scheduling challenges, make-up lessons are not available for group lesson participants.
- **FOR PRIVATE/SEMI-PRIVATE LESSONS:** In lieu of a monetary credit, you may choose to contact the Aquatics Office to schedule a make-up lesson. Make-up lessons must be scheduled within 48 hours and must fall within the same session as the canceled lesson. If no make-up lesson is scheduled, a monetary credit will be automatically applied.

Student Absences

- **FOR 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.
- **FOR PRIVATE/SEMI-PRIVATE LESSONS:** With at least 12 hours advanced notice, a swimmer is allowed one rescheduled lesson per 4 paid lessons originally scheduled. Rescheduled lessons must be completed during the session duration. If a make-up lesson is unable to be scheduled, a monetary credit will be placed on file. Monetary credits may be used to fund future swim lessons and are good for one year.

Pool Map

Different lessons take place in different pools. Details regarding where your child's lessons will take place will be include in your registration details.

