



GROUP *Swim Lessons*

2026 Summer Session
June 8th - August 21st

The primary purpose of the HAC Swim Academy is to help children learn to be safe in and around water. Our quality swimming instruction is geared toward individual needs. The program covers skills and knowledge in a logical progression for aquatic skill development and provides students with a positive learning experience.



Effective May 2026.

Registration opens Tuesday, May 19th, 2026 at 12:00AM.

(302) 239-6688 x 149 | **Open to Members and Non-Members** | aquatics@hachealthclub.com

Class Progression

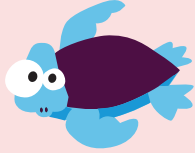
TERAPY POOL*



Little Seahorse

(Infant - toddler, limited to 8 participants)

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



Turtle

(30+ months old, limited to 3 participants)

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



Tadpole

(Limited to 3 participants)

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

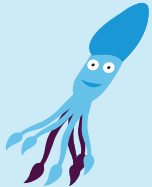
CATCH POOL*



Froggie

(Limited to 4 participants)

- Introduction to Freestyle
- Introduction to Backstroke
- Treading Water

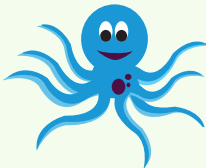


Squid

(Limited to 4 participants)

- Introduction to Rhythmic Breathing
- Freestyle
- Backstroke

INDOOR LAP POOL*



Octopus

(Limited to 5 participants)

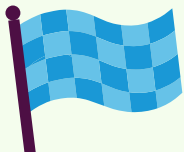
- Introduction to Breaststroke
- Lap Swimming
- Diving



Stingray

(Limited to 6 participants)

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



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

Policies AND Procedures

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. Turtle and Tadpole class parents are expected to stay at or near the pool in which the lesson is being taught. Froggie through START class parents may either stay on the pool deck or within the facility. Swimmers must be picked up on time at the end of the 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, please call (302)239-6688 ext. 149 to check on the pools' status. The Aquatics Complex must close during thunder and lightning storms due to state regulations. Monetary credit will be automatically issued for any classes canceled due to inclement weather, pool issues, or instructor absence within the Aquatics Department. If a class does not fill, the Aquatics Department reserves the right to cancel the class. No credit or make-up option is offered for an absence on the part of the swimmer.

*Pool location subject to change due to available space

Week-Long Sessions

Monday - Thursday

Each individual session includes 4 lessons over a 1-week period

Class	Time	Price per Session (Member / Non Member)
Turtle 30 minutes	9:45 - 10:15am 10:45 - 11:15am	\$108 / \$148
Tadpole 30 minutes	10:15 - 10:45am 11:15 - 11:45am	\$108 / \$148
Froggie 45 minutes	9:45 - 10:30am	\$128 / \$180
Squid 45 minutes	10:30 - 11:15am	\$128 / \$180
Octopus 45 minutes	11:15am - 12:00pm	\$128 / \$180

Session Dates

Pricing is per session

Session 1: June 8th – 11th

Session 2: June 15th – 18th

Session 3: June 22nd – 25th

Session 4: June 29th – July 2nd

Session 5: July 6th – 9th

Session 6: July 13th – 16th

Session 7: July 20th – 23rd

Session 8: July 27th – 30th

Session 9: Aug 3rd – 6th

Session 10: Aug 10th – 13th

Session 11: Aug 17th – 20th

No make-up lessons or credits for absences unless classes are canceled by HAC.

11-Week Session

June 8th - August 21st, 2026

Session includes 1 lesson per week over an 11-week period.

Class	Available Class Times <i>Session includes 1 lesson/week over an 11-week period</i>					Price (Member / Non Member)
	Monday	Tuesday	Wednesday	Thursday	Friday	
Little Seahorse 30 minutes		12:00 - 12:30pm 4:30 - 5:00pm	5:30 - 6:00pm	6:00 - 6:30pm		\$275 / \$385
Turtle 30 minutes	12:00 - 12:30pm 4:30 - 5:00pm	4:00 - 4:30pm 5:00 - 5:30pm	2:00 - 2:30pm 6:00 - 6:30pm	4:30 - 5:00pm 5:30 - 6:00pm	6:30 - 7:00pm	\$297 / \$407
Tadpole 30 minutes	12:30 - 1:00pm 5:00 - 5:30pm	4:30 - 5:00pm 5:30 - 6:00pm	2:30 - 3:00pm 6:30 - 7:00pm	4:00 - 4:30pm 5:00 - 5:30pm	6:00 - 6:30pm	\$297 / \$407
Froggie 45 minutes	5:30 - 6:15pm	5:00 - 5:45pm	5:45 - 6:30pm	6:15 - 7:00pm	3:30 - 4:15pm	\$352 / \$495
Squid 45 minutes	6:15 - 7:00pm	5:45 - 6:30pm	5:00 - 5:45pm	5:30 - 6:15pm	4:15 - 5:00pm	\$352 / \$495
Octopus 45 minutes	5:30 - 6:15pm	5:00 - 5:45pm		5:45 - 6:30pm		\$352 / \$495
Stingray 45 minutes	6:15 - 7:00pm	5:45 - 6:30pm		5:00 - 5:45pm		\$352 / \$495
S.T.A.R.T. Program 1 hour	7:00 - 8:00pm					\$385 / \$500

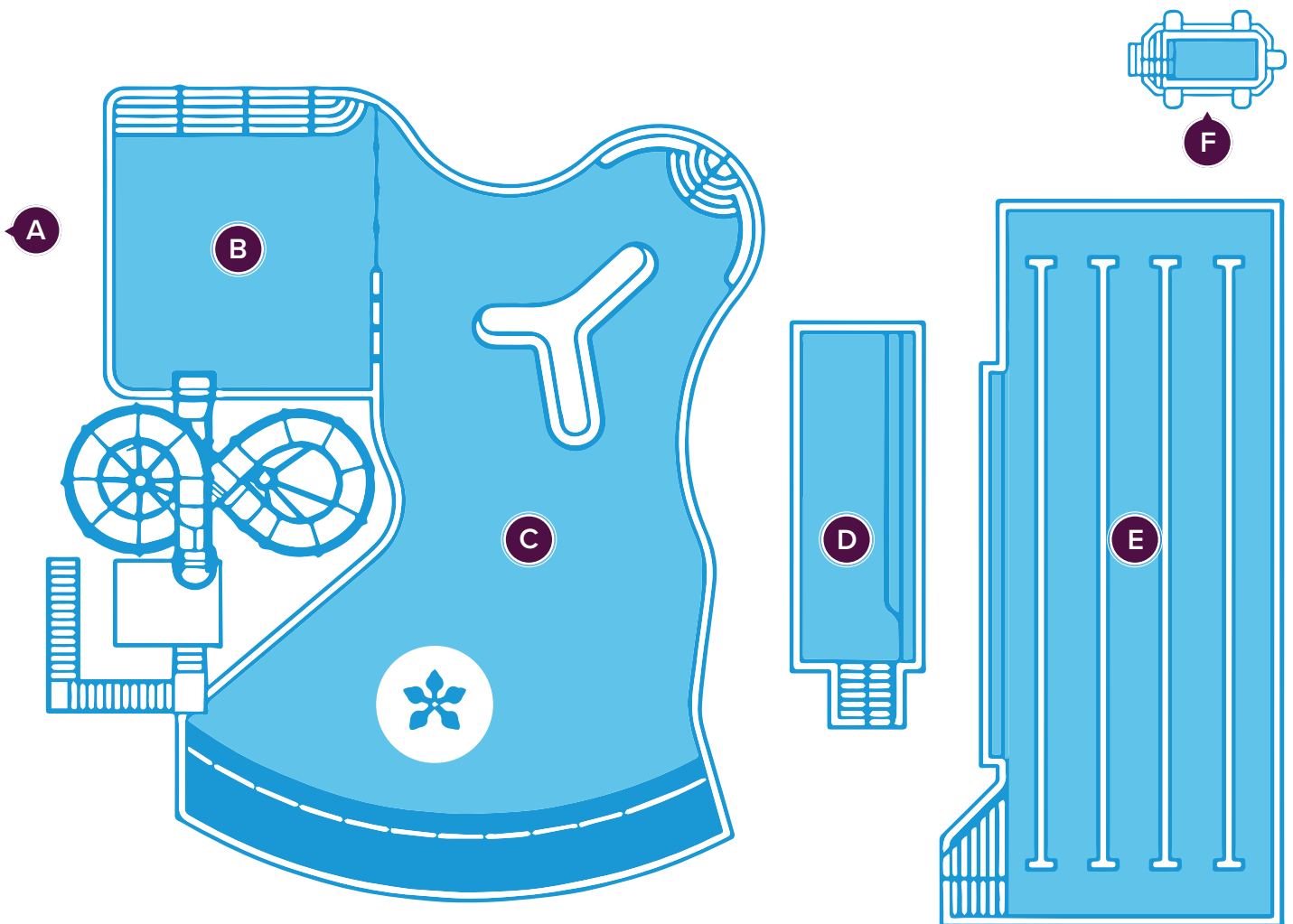
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How TO Register

As of Spring 2026, parents **MUST** have a HAC JackRabbit account in order to register for all group, private, and semi-private swim lessons at HAC. If you do not already have an account, you can create one at hac.fit/JackRabbit. Registration will open at 12:00AM on the specified registration date for each session.

- Parents registering for Group Swim Lessons will register for lessons within JackRabbit.
- Parents registering for Private/Semi-Private Lesson should visit hachealthclub.com/swim-lessons-private, then click the “Enrollment Request Form” button to request enrollment. You will be contacted by a member of our Aquatics Team to confirm lesson placement.

Pool Map



A: Outdoor Pool	C: Leisure Pool	E: Indoor Lap Pool
B: Catch Pool	D: Therapy Pool	F: Whirlpool