

# GROUP *Swim Lessons*



***Winter Session 2026***  
**January 5<sup>th</sup> - February 21<sup>st</sup>, 2026**

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.

#### **ADDITIONAL YOUTH SWIM PROGRAMS**

- Infant Swimming Resource (ISR®)

Effective December 2025

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



# Class Progression

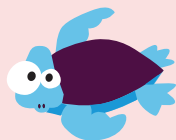
## Therapy Pool\*



### 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)

- Back Float
- Belly Float
- Face in Water skills
- Sit independently and wait turn



### Tadpole

(Limited to 3 participants)

- Floating
- Gliding
- Rolling over
- Swim, float, swim progression

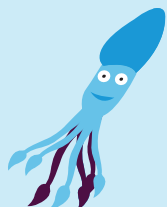
## Catch Pool\*



### Froggie

(Limited to 4 participants)

- Introduction to Freestyle
- Elementary Backstroke
- Introduction to Backstroke kicks



### Squid

(Limited to 4 participants)

- Freestyle with Rotary Breathing
- Backstroke
- Treading

## Indoor Lap Pool\*



### Octopus

(Limited to 5 participants)

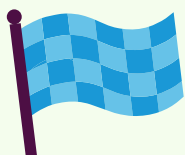
- Breaststroke
- Lap Swimming
- Diving



### Stingray

(Limited to 6 participants)

- Butterfly
- Introduction to Back dives
- 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

# Registration

Fall	Member Pricing	Non-Member Pricing
Little Seahorse	\$175	\$245
Turtle	\$189	\$259
Tadpole	\$189	\$259
Froggie	\$224	\$315
Squid	\$224	\$315
Octopus	\$224	\$315
Stingray	\$224	\$315
S.T.A.R.T. Program	\$245	\$350

## PAYMENT options

Enrollment should be done through the Aquatics Office. Session payment can be made in full or in two installments. If you choose to pay in installments, the first installment is due at the time of registration with the second installment due in the second month. Late enrollment will be accommodated at an adjusted rate and is subject to availability. All students are expected to complete the session, as refunds/credits are not available for early withdrawal.

# Schedule

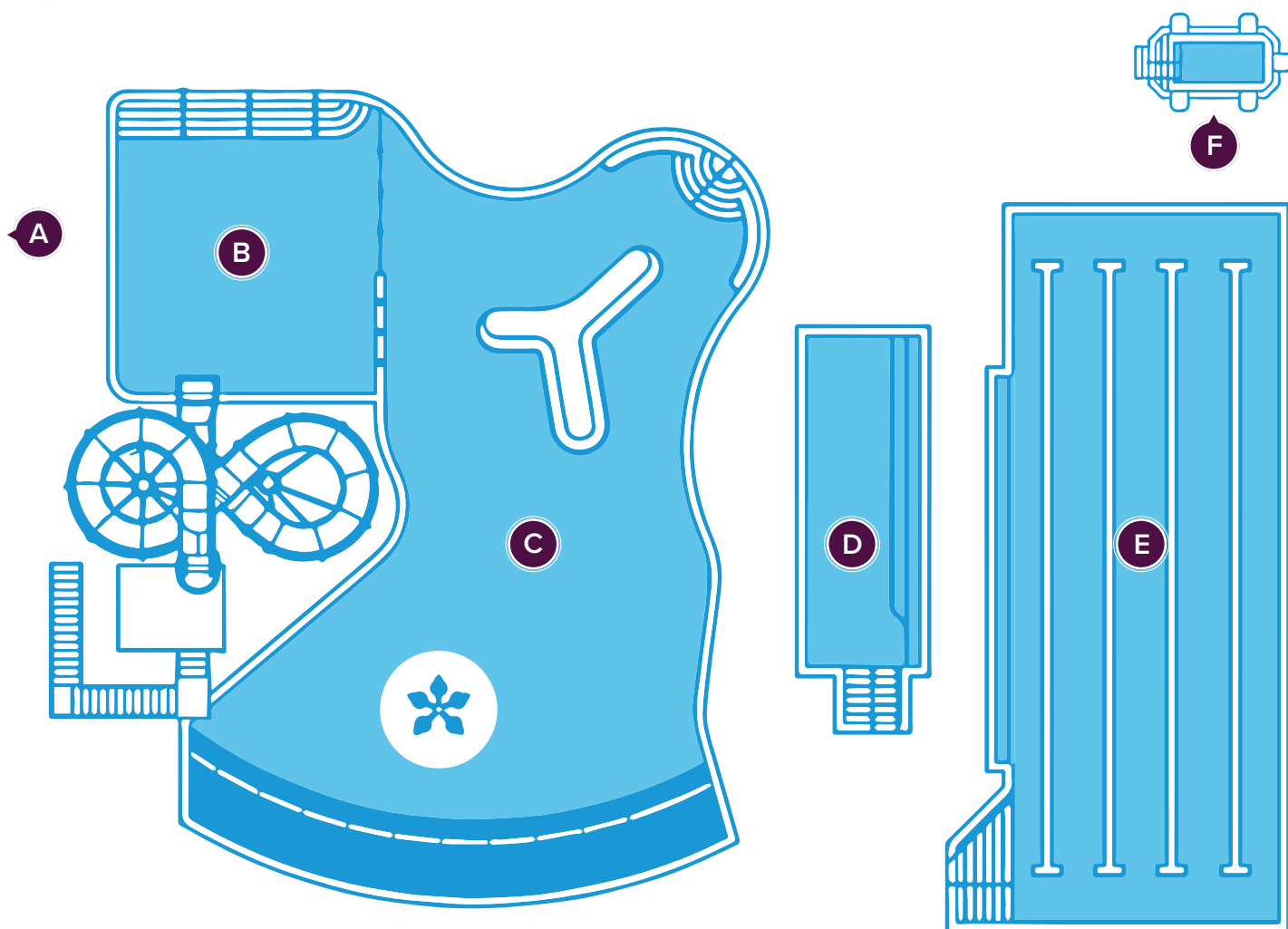
Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Seahorse 30 minutes		6:00-6:30 PM			10:30-11:00 AM	
Turtle 30 minutes	4:30-5:00 PM	5:30-6:00 PM	5:00-5:30 PM	4:00-4:30 PM	11:00-11:30 AM	9:00-9:30 AM 10:00-10:30 AM
Tadpole 30 minutes	5:00-5:30 PM	6:30-7:00 PM	5:30-6:00 PM	4:30-5:00 PM	11:30-12:00 PM	9:30-10:00 AM 10:30-11:00 AM
Froggie 45 minutes	5:00-5:45 PM		5:30-6:15 PM			9:30-10:15 AM
Squid 45 minutes	5:45-6:30 PM		6:15-7:00 PM			10:15-11:00 AM
Octopus 45 minutes	6:15-7:00 PM			5:30-6:15 PM		
Stingray 45 minutes	5:30-6:15 PM			6:15-7:00 PM		
S.T.A.R.T. Program 1 hour			6:00-7:00 PM			

*Schedule may be subject to change*

# How TO Register

Proceed to the HAC website at [hachealthclub.com](http://hachealthclub.com). Under the Aquatics tab, select Youth Swim Programs. Respective information can be found on the Private/Semi-Private Lesson and Group Lesson pages, as well as the “Enrollment Request Form.” The “Enrollment Request Form” will not be active outside of the registration window and will only be valid for a given time within the session. On the date of registration, the “Enrollment Request Form” will go live, accepting submissions at 12:00:00am on that date. All enrollment communication is handled via email.

## Pool Map



A: Outdoor Pool  
B: Catch Pool

C: Leisure Pool  
D: Therapy Pool

E: Indoor Lap Pool  
F: Whirlpool