



REGISTRATION NOW OPEN! Omega Aquatics is offering Beginner, Advanced Beginner, Intermediate, Stroke Development, Combination, and Competitive Technique swim lessons! Our unique and progressive lesson curriculum builds safe, confident swimmers with a love for the water. We believe strong swimmers are safe swimmers. Each level is intentionally designed to develop the skills, technique, and confidence needed for competitive swimming and a lifelong healthy relationship with the water.

2026 Omega Aquatics Lesson Schedule

Class / Cost	Time	Days	Instructor	Location	Class Course Numbers			
					Jun 1 - Jun 11	Jun 15 - Jun 25	Jun 29 - Jul 9	Jul 13 - Jul 23
Beginner \$125 / 2 Weeks	9:00-9:30 AM	Mon-Thu	Brynlee B	Evergreen	1-11	2-11	3-11	4-11
Beginner \$125 / 2 Weeks	9:30-10:00 AM	Mon-Thu	Rainie M	Evergreen	1-21	2-21	3-21	4-21
Beginner \$125 / 2 Weeks	10:00-10:30 AM	Mon-Thu	Taylor H	Evergreen	1-31	2-31	3-31	4-31
Beginner \$125 / 2 Weeks	10:30-11:00 AM	Mon-Thu	Maddi M	Evergreen	1-41	2-41	3-41	4-41
					Jun 1 - Jun 11	Jun 15 - Jun 25	Jun 29 - Jul 9	Jul 13 - Jul 23
Advanced Beginner \$125 / 2 Weeks	9:00-9:30 AM	Mon-Thu	Maddi M	Evergreen	1-12	2-12	3-12	4-12
Advanced Beginner \$125 / 2 Weeks	9:30-10:00 AM	Mon-Thu	Brynlee B	Evergreen	1-22	2-22	3-22	4-22
Advanced Beginner \$125 / 2 Weeks	10:00-10:30 AM	Mon-Thu	Rainie M	Evergreen	1-32	2-32	3-32	4-32
Advanced Beginner \$125 / 2 Weeks	10:30-11:00 AM	Mon-Thu	Taylor H	Evergreen	1-42	2-42	3-42	4-42
					Jun 1 - Jun 11	Jun 15 - Jun 25	Jun 29 - Jul 9	Jul 13 - Jul 23
Intermediate \$125 / 2 Weeks	9:00-9:30 AM	Mon-Thu	Taylor H	Evergreen	1-13	2-13	3-13	4-13
Intermediate \$125 / 2 Weeks	9:30-10:00 AM	Mon-Thu	Maddi M	Evergreen	1-23	2-23	3-23	4-23
Intermediate \$125 / 2 Weeks	10:00-10:30 AM	Mon-Thu	Brynlee B	Evergreen	1-33	2-33	3-33	4-33
Intermediate \$125 / 2 Weeks	10:30-11:00 AM	Mon-Thu	Rainie M	Evergreen	1-43	2-43	3-43	4-43
					Jun 1 - Jun 11	Jun 15 - Jun 25	Jun 29 - Jul 9	Jul 13 - Jul 23
Stroke Development \$125 / 2 Weeks	9:00-9:30 AM	Mon-Thu	Rainie M	Evergreen	1-14	2-14	3-14	4-14
Stroke Development \$125 / 2 Weeks	9:30-10:00 AM	Mon-Thu	Taylor H	Evergreen	1-24	2-24	3-24	4-24
Stroke Development \$125 / 2 Weeks	10:00-10:30 AM	Mon-Thu	Maddi M	Evergreen	1-34	2-34	3-34	4-34
Stroke Development \$125 / 2 Weeks	10:30-11:00 AM	Mon-Thu	Brynlee B	Evergreen	1-44	2-44	3-44	4-44
					Jun 1 - Jun 11	Jun 15 - Jun 25	Jun 29 - Jul 9	Jul 13 - Jul 23
Stroke Development \$125 / 2 Weeks	9:30-10:00 AM	Mon-Thu	Vienna L	Olympus	1-04	2-04	3-04	NA
Stroke Development \$125 / 2 Weeks	9:30-10:00 AM	Mon-Thu	Christy K	Olympus	1-05	2-05	3-05	NA
Combination \$125 / 2 Weeks	9:30-10:00 AM	Mon-Thu	Brian G	Olympus	1-06	2-06	3-06	NA
Combination \$125 / 2 Weeks	9:30-10:00 AM	Mon-Thu	Shanon D	Olympus	1-07	2-07	3-07	NA
Competitive Techniques \$125 / 2 Weeks	9:30-10:00 AM	Mon-Thu	Zofi P	Olympus	1-08	2-08	3-08	NA
Competitive Techniques \$125 / 2 Weeks	9:30-10:00 AM	Mon-Thu	Tom T	Olympus	1-09	2-09	3-09	NA

*Note:

- 1) Classes at Olympus will not be taught on the following days: June 11, July 1, July 2,
- 2) Classes may be consolidated, cancelled, and/or instructors reassigned based on enrollment numbers.
- 3) Swimmers that do not meet the minimum prerequisites may be moved to another class.
- 4) Full payment is required at the time of registration.
- 5) Cancellations must be made two weeks prior to the first day of class to receive a full refund.



Class Descriptions & Prerequisites

Each class is progressively structured with limited enrollment to maximize instruction, engagement, and individual progress. Participants are grouped by ability and maturity level to create an environment where swimmers feel challenged and successful. Our instructors actively engage every student while helping each individual develop the skills and confidence needed to advance to the next level.

Beginner Class

Ages: 3-6

Class Size: 4

Designed for young swimmers with little or no experience, this class introduces basic swimming skills in a supportive environment. Swimmers will learn face immersion, bubbles, floating, flutter kick, arm movements to glide and swim short distances. The goal of this class is to teach basic swimming skills necessary for the Advanced Beginner Class.

Prerequisite: Mature children ages 3–6 (potty trained only) with limited experience in the water.

Advanced Beginner Class

Ages: 4-8

Class Size: 5

Designed for swimmers with basic water skills, this class introduces freestyle with side breathing and backstroke basics. The goal of this class is to improve buoyancy coordination and independent swimming ability necessary for the Intermediate Class.

Prerequisite: Children who can back float and swim a short distance with face immersion using flutter kick and freestyle arms.

Intermediate Class

Ages: 5-12

Class Size: 6

Designed for swimmers with the freestyle and backstroke basics, this class develops independent swimming ability with side breath freestyle and coordinated backstroke. Swimmers will build the necessary proficiency in freestyle and backstroke to advance to Stroke Development.

Prerequisite: Children who can float comfortably on their back and swim a short distance freestyle with side breathing.

Stroke Development

Ages: 6-14

Class Size: 7

Designed for swimmers proficient in freestyle and backstroke, this class introduces breaststroke and butterfly. The goal of this class is to develop proficiency in all four competitive strokes and prepare swimmers for the Combination class.

Prerequisite: Must be able to swim freestyle and backstroke the full length of the pool independently.

Combination Class

Ages: 8-14

Class Size: 8

This class refines the mechanics of butterfly, backstroke, breaststroke, freestyle, and introduces swimmers to competitive starts and turns. This class will prepare swimmers for competitive swimming and the Competitive Techniques class.

Prerequisite: Swimmer must demonstrate proficiency in butterfly, backstroke, breaststroke, and freestyle.

Competitive Techniques Class

Ages: 12-18

Class Size 9

This class teaches advanced competitive racing techniques including block & backstroke starts, underwater kicking & pullouts, breakouts, stroke efficiency, racing finishes, and race strategy. The goal of this class is to improve technical efficiency and competitive performance.

Prerequisite: Swimmer must be proficient in all four competitive strokes, turns, and starts.



Lesson Registration

1. Print and complete the attached **Registration & Waiver Form** for each swimmer. Be sure to list the desired course number(s) from the schedule above.
2. Submit registration information to **Kelli Whipple** (contact information below) by **call, text, email, or mail** to reserve your swimmer's spot.
3. Payment may be made through **Venmo** or charged to your **Omega Aquatics account**. **Registration is not complete until payment is received. Classes fill quickly and spots will not be held without payment.**
4. Bring a signed hardcopy of the waiver to the **first day of class**.

Registration Contacts:	Kelli Whipple	Tom Thorum
	Phone: (801) 831-8697	Phone: (801) 913-2786
	Email: whipplekt@msn.com	Email: TThorum@SwimOA.com

Class Locations	Olympus High School Pool	Evergreen Swim & Tennis Club
	4055 South 2300 East	3775 South 2235 East
	Holladay, Utah 84124	Salt Lake City, Utah 84109

Swimmer(s) Registration / Information

1st Swimmer

First Name: _____ Last Name: _____ Age: _____
Course Number(s): _____, _____, _____

2nd Swimmer

First Name: _____ Last Name: _____ Age: _____
Course Number(s): _____, _____, _____

3rd Swimmer

First Name: _____ Last Name: _____ Age: _____
Course Number(s): _____, _____, _____

4th Swimmer

First Name: _____ Last Name: _____ Age: _____
Course Number(s): _____, _____, _____

Guardian Information

Guardian's First Name: _____ Last Name: _____
Email: _____ Phone: _____
Emergency Contact: _____ Phone: _____
Method of Payment: _____ Total Amount Due: _____

Please make payments to: Omega Aquatics
Venmo: @OASwimming



OMEGA AQUATICS

SWIM LESSON PARTICIPATION WAIVER, RELEASE OF LIABILITY, AND MEDICAL AUTHORIZATION

1. Assumption of Risk. I acknowledge that swimming, aquatic activities, and related instruction involve inherent risks, including but not limited to drowning, slipping, falling, collisions, illness, exposure to communicable diseases, physical exertion, equipment failure, and serious injury or death.

I understand that participation in swim lessons and aquatic activities is voluntary, and I knowingly assume all risks associated with participation by myself or my child.

2. Release and Waiver of Liability. In consideration for participation in programs offered by **Omega Aquatics**, I, on behalf of myself and/or my child, hereby release, waive, discharge, and covenant not to sue Omega Aquatics, its owners, officers, directors, coaches, instructors, employees, contractors, volunteers, facility providers, and agents ("Released Parties") from any and all liability, claims, demands, damages, actions, causes of action, or expenses arising from injury, illness, property damage, disability, or death related to participation in Omega Aquatics activities, including claims arising from ordinary negligence to the fullest extent permitted by Utah law.

This release does not apply to gross negligence, reckless conduct, or intentional misconduct where prohibited by law.

3. Indemnification. I agree to indemnify, defend, and hold harmless the Released Parties from any claims, damages, losses, liabilities, or expenses (including attorney fees) arising out of my or my child's participation in Omega Aquatics programs or failure to follow instructions, rules, or policies.

4. Participant Conduct and Safety Rules. I understand that all participants must follow instructor directions, pool rules, and safety requirements. Unsafe behavior, repeated disruption, bullying, harassment, or failure to follow instructions may result in immediate removal from lessons without refund.

5. Supervision Responsibility. I understand that parents/guardians remain responsible for supervision of minors before and after scheduled lesson times unless otherwise expressly communicated by Omega Aquatics staff.

Parents/guardians remain responsible for supervision while entering or exiting facilities, in locker rooms, hallways, parking lots, and all common areas outside scheduled instruction periods.

6. Communicable Illness Acknowledgment. I understand participation in group activities may involve exposure to communicable illnesses. I voluntarily accept this risk and agree not to attend lessons when experiencing symptoms of contagious illness.

7. Pool Facility and Third-Party Venue Disclaimer. I understand that Omega Aquatics may conduct lessons, practices, camps, or programs at facilities owned or operated by third parties, including but not limited to schools, school districts, municipalities, recreation centers, or private aquatic facilities ("Facility Providers").

I acknowledge that Omega Aquatics does not own, manage, control, inspect, or maintain all aspects of such facilities and cannot guarantee the condition, operation, staffing, maintenance, or safety of those premises or equipment. Participation may involve risks arising from facility conditions, mechanical failures, environmental conditions, or actions of third parties.

To the fullest extent permitted by law, I agree that Omega Aquatics and its owners, coaches, instructors, employees, contractors, and volunteers shall not be held liable for injuries, damages, losses, or claims arising solely from the acts, omissions, negligence, maintenance, or operation of third-party facility providers or their employees.

Nothing in this section waives liability for gross negligence or intentional misconduct by Omega Aquatics where prohibited by law.

8. Severability. If any provision of this agreement is determined to be invalid or unenforceable, the remaining provisions shall remain in full force and effect.

9. Governing Law. This agreement shall be governed by and interpreted under the laws of the State of Utah. Any disputes arising from participation in Omega Aquatics programs shall be brought exclusively in courts located within the State of Utah.

10. Medical Certification and Emergency Care Authorization. I certify that my child (or I) is physically able to participate in aquatic activities and have disclosed any relevant medical conditions, allergies, medications, injuries, or limitations.

In the event of illness, injury, or emergency, I authorize Omega Aquatics personnel to obtain emergency medical treatment deemed necessary. I understand that I am financially responsible for any resulting medical expenses.

Medical conditions/allergies: _____

Medications: _____

11. Media Release (Optional). Please select one:

☐ **YES** — I authorize Omega Aquatics to use photographs or video recordings of my child for promotional, educational, website, social media, or marketing purposes without compensation.

☐ **NO** — I do not authorize use of photographs or video recordings.

12. Acknowledgment and Agreement. I certify that I have carefully read this agreement, fully understand its contents, understand that I am giving up certain legal rights, and voluntarily sign this agreement on behalf of myself and/or my minor child.

I acknowledge that this waiver is intended to be as broad and inclusive as permitted under applicable law.

Parent/Guardian Printed Name: _____

Parent/Guardian Signature: _____ Date: _____