



— O G D E N —
ATHLETIC CLUB

SWIMMING LESSONS 2021

Instructors: Certified Water Safety Instructors on Staff.

Registration: To sign up for swim lessons the participant must be in our Club Automations System software system. If you are not in Club Automations, a new profile must be created for each participant. (See other side for Registration details.)

Cost: **\$40** for Members (Child participant must be on a current membership.)
\$60 for Non-Member guests.
All Participants must pay at the time of sign-up

Class Days: Tuesdays, Wednesdays, Thursdays (for 2 weeks)

Class Length: All classes are 40 minutes

Class Size: Limit of 5 students per class. Limit 4 students for Early Start.
Must have 3 students registered to run class.

Cancellation and Refund Policy:

FULL REFUND will be given to cancellations received up until 3 PM on the Saturday prior to class starting. A full refund will also be given only if a Doctor's verification in writing is received or if a class was cancelled due to low participation (must have 3 students to run class).

PARTIAL REFUND: A \$20 FEE per participant will be COLLECTED FOR CANCELLATIONS from Saturday (Before the first day at 3 PM) up until the second day of class, due to the fact that a position was saved for that student which would have been filled by another student on the waiting list.

NO REFUND will be given after the second day of class. No refunds will be granted in cases of disciplinary action. Requests for refunds must be made in writing at the Business Office during business hours. The Aquatics Director must approve any changes for refunds and circumstances. Refunds will be credited to a credit card, debit card or applied as a credit to the a membership account.



SWIM LESSONS

SIGN-UP INSTRUCTIONS

To sign up for swim lessons the participant must be in our Club Automations software program. If they are not in Club Automations (a new guest), a new profile must be created for each participant. All Members are in the system.

STEP 1

Log on to computer – <https://cacoac.clubautomation.com>

A. Enter your username and password in the box at the top of the screen – proceed to Step 2.

B. If you don't know your username and password, click on the "Access My Account" button located at the bottom left of screen

A box "Register Now" will pop up – Enter "First Name, Last Name, & email

Another box will pop up "We found your account" stating instructions have been emailed to you

The email will have a "link" – click on the link and verify/complete your account information, agree to terms and conditions, then create your password (make sure it is something you can remember because OAC has no access to your password!)

After verifying your account, go to Step 1, A – your email is now your username.

STEP 2

OGDEN ATHLETIC CLUB MEMBER PORTAL

1. Click on the "REGISTER FOR PROGRAMS" button (located on the left side of the screen)p

2. Select which OAC Swim Lessons program "Spring" or "Summer"

3. Select the class(es) (age appropriate/skill level) by clicking on the green "SIGN UP" button

4. Click on the name(s) of the child you are registering – then click on the "ADD TO CART" button

To register more than one child for the same class – multiple names can be selected

To register more than one child in a different class repeat Step 2 (C and D).

STEP 3

1. Click on "VIEW CART" at the top of the screen.

2. Select payment method from the drop-down box (located in the bottom left side of screen).

3. Click on the green "SUBMIT PAYMENT" button.

A receipt for your transaction will be emailed to the email on file.

OAC SWIM LESSONS

Class Requirements

Early Start 1:

Prerequisite: Must be 3 yrs. old no exceptions.

Class Foundation: For non-swimming younger children to help them become comfortable in the water.

Skills : Submersion, front floats, back floats with assistance.

Exit skills: 1.) Submerge for 5 secs. 2.) Front glide with kick (5 secs) 3) . Back glide with kick (5 secs) Assisted or Unassisted * [If they pass skills they can proceed to Beginner 2B](#)

Early Start 2

Prerequisite: (3-5 years) Submerge for 5 secs. 2.) Front glide with kick (5 secs) 3).Back glide with kick (5 secs)

Class Foundation : Strokes and skills will be taught such as floating (front and back) assisted and non-assisted,kicking, and retrieving objects , etc.

Exit skills: ALL UNASSISTED - 1.) Submerge for 5 secs. 2.) Front glide with kick (10 secs)

3.) Back glide with kick (10 secs) 4.) Windmill roll (Front to back 10 yds) 5.) Elementary backstroke arms
6.) Jump into deep 7.) Front Crawl (Arms and Legs) * [If they pass skills they can proceed to Beginner 2B](#)

Beginner 1

Prerequisite: Must be 5 years old, no exceptions..

Class Foundation: For non-swimming younger children to help them become comfortable in the water.

Skills : Submersion, front floats, back floats with assistance.

Exit skills: 1.) Submerge for 5 secs. 2.) Front glide with kick (5 secs) 3.) Back glide with kick (5 secs)
Assisted or Unassisted

Beginner 2

Prerequisite: Must be 5 years old, no exceptions. Submerge for 5 secs. 1.) Front glide with kick (5 secs)

2.) Back glide with kick (5 secs)

Class Foundation : Strokes will be taught such as floating (front and back) assisted and non-assisted, kicking, and retrieving objects , etc.

Exit skills: ALL UNASSISTED 1.) Submerge for 10 secs. 2.) Front glide with kick (10 yds)

3.) Back glide with kick (10 yds.) 4.) Front to back 10 yds. 5.) Elementary backstroke arms 6.) Jump into deep
7.) Front Crawl (arms and Legs)

Beginner 2B

Prerequisite:(age 5 and above) **MUST BE ABLE TO SWIM ON FRONT AND BACK INDEPENDENTLY TO BE IN THIS CLASS .**

Class Foundation: A good foundation of strokes will be taught such as floating front and back, arm stroke with breathing, kicking, and retrieving objects , etc. To pass children must be able to do the strokes unassisted and move through the water 15 yds.

Exit skills: 1.) Front to Back (10 yds) 2.) Elementary Backstroke 3.) Jump into deep4.) Front Crawl (arms and Legs/) (10 Yds) 5.) Dolphin kick 6.) Bobbing to safety

Advanced Beginner (Level 3)

Prerequisite: 1.) Jump into deep 2.) Front Crawl (arms and Legs) (10 Yds) 3.) Dolphin Kick 4.) Elementary Backstroke 5.) Bobbing to safety

Class Foundation: Coordinating front and back crawl (Side Breathing), jump into deep water, dive from kneeling

Exit Skills: Front Crawl (side rhythmic breathing),Breaststroke kick , Backstroke

Intermediate (Level 4)

Prerequisite: Front Crawl (side rhythmic breathing), Breaststroke kick, Elementary Backstroke, Backstroke
Improvement of basic strokes and introduction of more advanced strokes. Refinement of Rotary Breathing, Side Stroke and Breaststroke kicks, Refine Front and Back Crawl. Deep water swimming at longer distances are practiced.

Exit Skills: One pool Length (25 yds) of Front Crawl with Breathing , Breaststroke, Backstroke, Butterfly, Swimmer Advanced stroke technique and breathing. Breaststroke, Side stroke, Butterfly, long shallow dive,

Level 5 some lifesaving skills ***Prerequisite:** A "must have" to qualify to take the class

* **Exit Skill:** A " Must do" to pass the class

PRIVATE SWIM LESSONS

Member Lesson Rates

Lesson Rate:

Private Individual Lesson- (1 Person)

Members - \$16 Half-hour Lesson

Semi-Private Lesson- (2 Persons)

Members - \$20 Half-hour Lesson Semi-Private Lesson- (3 Persons)

Members - \$25 Half-hour Lesson

Non-members must pay Current Guest Pass Each Time.

Registration:

If you or your children are interested in private lessons, simply sign-up at the Front Desk and we will call you to set-up the lesson times. On the sign-up sheet you may also request a particular instructor. Instructors are available to fit your schedule; mornings, days, and evenings, and weekends. Since the private lessons are set-up with the instructor directly, we would ask if you must cancel the lesson, that 12 hours notice be given to the instructor.