



# SPRING SWIM CLUB

Session consists of one class per week for 6 weeks.

**Registration opens 4/2/2023**



Member: \$ 126\*

Public: \$174



\*Child must maintain an active membership to receive the member rate.

**ORCHARD HILLS**  
ATHLETIC CLUB

100 Duval Rd. Lancaster, MA 01523

[www.ohaclub.com](http://www.ohaclub.com)

[swimschool@ohaclub.com](mailto:swimschool@ohaclub.com)

978-537-8387 ext. 501

# SPRING SESSION 1

April 29 - June 3

Saturday 11:30 am - 12:30 pm

For swimmers who are in level 3 - 6 here at Orchard Hills/Red Cross Program or equivalent. They must be able to perform a basic front crawl, back crawl, breast stroke, and dolphin kick. Orchard Hills Swim Club will provide an opportunity where swimmers can develop stroke/speed techniques, endurance, and competitive skills in a fun, encouraging environment among their peers. It is a great alternative for those who don't have time to commit to a swim team or want to learn what a swim team workout entails. All swimmers must wear swim caps and everyone must bring their own goggles and be ready to work hard!

\*One piece swim suit required for females, no rash guards (swim shirt) for male or female.

## Policies

One makeup allowed per student per session. Makeup must be completed during the current session and scheduled by email at [swimschool@ohaclub.com](mailto:swimschool@ohaclub.com).

No photos/videos during class. You are welcome to take photos/videos of your child before/after class.

A maximum of TWO adults per family allowed in the pool area. All others must watch from the Lobby.

Please help keep our students and staff healthy by staying home when sick.

No refunds after the first class of the session.