

# SWIM PROGRAMS

## Hart Park Pool

701 S Glassell St., Orange, CA 92866

### For All Ages & Levels



#### Swim Lessons

Small group (3 years+) and private lessons available! See reverse side for our Academy Kids Levels.



#### Senior Water Aerobics

Low-impact workouts designed to support fitness, mobility, and energy levels.



#### Swim Team

The Orange Orcas Swim Team offers a gentle introduction to the world of competitive swimming.



#### Rec Swim & Lap Swim

Visit [www.swimoc.com/orange](http://www.swimoc.com/orange) for seasonal hours. \$2 Entry Fee.



#### Parent & Me Classes

Give your child a strong start with life-saving water safety skills! For ages 6–36 months!



**SCAN TO SIGN UP**

OR VISIT [WWW.SWIMOC.COM/ORANGE](http://WWW.SWIMOC.COM/ORANGE)

NOTE: Additional aquatics programs beyond swim lessons are anticipated to begin June 15th and will be introduced on a rolling basis throughout the summer season. Please note that summer schedules may differ from current/off-season schedules and remain subject to change.

### Why Families Trust Premier Aquatics



**CERTIFIED  
INSTRUCTORS**



**SMALL CLASS  
SIZES**



**WATER SAFETY  
FOCUSED**



**PROVEN  
CURRICULUM**

For more information, contact Premier Aquatics

949-716-3333 | [admin@swimoc.com](mailto:admin@swimoc.com) | [www.swimoc.com/orange](http://www.swimoc.com/orange)

# ACADEMY KIDS LEVELS

## ACADEMY LEVEL 1: BRAND NEW SWIMMERS

For children who may be hesitant about getting their face wet and those eager to explore but still learning water safety. We'll help them build confidence, develop essential safety skills, and lay the foundation for future success in the water.

## ACADEMY LEVEL 2: WATER-SAFE

Swimmers develop directional kicking and learn to support themselves in the water, ensuring they can always get the breath they need. By completion, they will confidently enter and exit the water and propel themselves to safety.

## ACADEMY LEVEL 3: BEGINNER TECHNIQUE

Swimmers will master a smooth side breath for freestyle while maintaining momentum. They will also refine their backstroke kicks, building a strong foundation for proper backstroke technique.

## ACADEMY LEVEL 4: BUILDING ENDURANCE

Swimmers will develop the skills to swim a full lap of both freestyle and backstroke with confidence. Ideal candidates for Academy 4 should have strong flutter kicks, be able to side-breathe on both sides, and demonstrate proper backstroke kicks.

## ACADEMY LEVEL 5: STROKE DEVELOPMENT

Swimmers will learn butterfly and breaststroke kicks while beginning to build endurance for longer swims. Ideal candidates for Academy 5 should be able to swim freestyle with side breathing and backstroke independently.

## ACADEMY LEVEL 6: SWIM TEAM READINESS

Swimmers will refine all four competitive strokes as they prepare for swim team. Ideal candidates for Academy 6 should be proficient in breaststroke and butterfly kick and able to swim freestyle and backstroke independently.

**Not sure which level to sign up for? Take our Level Finder Quiz:**

