

# HIGH POINT SWIM CLUB

## Home School Swimming



HPSC offers fitness opportunities for home school students, ages 6-18! Affordable and flexible, our program has been structured with home school student and parent in mind. Most importantly, the program is taught at the same time in the same pool for all ages!

Classes are conveniently offered at both HPSC locations in the summer. The Igloo (1705 Whitehall Street in High Point and City Lake Park Pool in Jamestown) Classes, September – April, are offered at the Igloo.

*"Without a doubt, [Home school with HPSC] has benefitted all 3 of my children. Not only are they getting organized 'P.E.' time, they are learning important skills from someone who loves what they doing. [The] coaches are great and so patient, while still making it fun. I am talking [Home school with HPSC] up to all my home school contacts. It's awesome!"* –Home school with High Point Swim Club Parent

September – April we meet Tuesday, Thursday mornings 10:30 – 11:30 am and Saturday 9:00 – 10:30. Our first "Practice" will be September 1. Contact us for our Summer Schedule 887-4772 or [homeschool@polarbearswim.org](mailto:homeschool@polarbearswim.org)

### **Home School Novice Group**

- For children ready to learn basic swimming skills and build a base for great strokes.
- Tailored to the beginning swimmer who can swim 15 yards.
- No previous swimming experience necessary.
- Classes meet 2-days a week for 60 minutes

### **Home School Intermediate Group – Introduction to Competitive Technique**

- For children who swim freestyle, backstroke, and are ready to learn butterfly and breaststroke.
- Excellent for recreational swimming and advancing technique.
- Develop skills needed to earn Boy Scouts Swimming Merit Badge or Girl Scouts programs, such as ShapeUP!
- Swimmer must be able to swim 25 yards of freestyle and backstroke.
- Classes meet 2-days a week for 60 minutes

### **Home School Advanced Group - Strokes and Conditioning**

- For children proficient in all four strokes.
- Strength, agility, non-impact, and aerobic conditioning program.
- Can be incorporated into high school P.E. credit.
- Swimmer must be able to swim 50 yards of freestyle and backstroke.
- Classes meet 2-days a week for 60 minutes

### **FEES:**

- Annual membership with USA Swimming of \$55
- \$45 for the 1<sup>st</sup> child and \$25 for each additional child, maximum of \$90 per family.
- Monthly fees allow you to take a month off if needed.