

Teen Fitness Swimming

This is HU's Non-Competitive High School Prep Swimming Program. It is designed for Teen swimmers (ages 13-17yrs) who are looking to continue to swim for fitness in a non-competitive environment. It will also prepare teen swimmers to participate on their High School or club teams when the season begins.

Winter 2017 season:

For ages 13yrs to 17yrs – must be 13 by January 1st

Winter Session: January 31st – March 9th

Practices:

Tuesdays & Thursdays, 5:30pm – 6:30pm

Requirements:

- HU Coach Evaluation
- 1-2 seasons of swim team experience (summer team included)
- Legal in 3 strokes - Freestyle and Backstroke are required, 3rd stroke can be Butterfly or Breaststroke

Pricing: Participant **MUST BE** a member of HU to receive Member rates.

Following are the rates per session:

- Members - \$175
- Non-Members - \$200

Jr. Team Swimming

This is HU's youngest segment of the Non-competitive team swimming program. It is for kids ages 6-9yrs, and geared towards those interested in starting or continuing to develop their skills in a non-competitive swimming environment. Emphasis will be placed on becoming more proficient with the 4 competitive strokes, properly executing shallow dives, proper starts and turns, as well as becoming familiar with swim practice routines.

Winter 2017 Season:

For ages 6-8yrs old – Must be 6 years old by January 1st

Winter Session: January 30th – March 8th

Practices:

Practices are 2 days per week - Monday & Wednesday, 4:45-5:30pm

Requirements:

HU Coach Evaluation or Recommendation

Be able to swim 25 yards of freestyle and backstroke

Pricing: Participant **MUST BE** a member of HU to receive Member rates.

Following are the rates per session:

- Members - \$120
- Non-Members - \$140

Swim Evaluations and Registration

Evaluation Dates:

If your swimmer has not participated in the HU aquatics program recently, and has not been swimming with any of the HU coaches at other pools, a brief 15-minute swim evaluation with one of our coaches is required. Please contact the Aquatics director to setup an evaluation, or if you have any questions concerning registration or any of the above programs.

Registration Information:

Registration OPENS at 8am for Members - December 28th & for Non-members - January 4th

Stop by the Front Desk to REGISTER or Register ONLINE at www.myhealthunlimited.com

Please contact Valencio Jackson, Aquatics Director at HU for more information:

Phone: 301-829-9730, ext. 105

Email: aquatics@myhealthunlimited.com

HU Hurricanes Coaching Staff:

The Hurricanes coaching staff consists of USS and ASCA certified coaches dedicated to developing each individual athlete to his/her maximum potential in a motivating and fun team environment.

Pre-Team Coach: Sheila Marino

Other Coaches: Monique Bender, Kathy Capron

Head Coach of Teen Fitness Swimming: Karen Heinz

Coach Karen has been teaching group and private lessons for over 10 years and has just completed her 7th year at Cattail Creek Country Club summer swim team. She is also very active in the HU Masters program as a participant and coach. Coach Karen has been swimming since the age of 8 moving through the ranks of summer teams, high school and college programs. She enjoys working on the building blocks of a lifetime sport and working with children. Karen has two daughters who are competitive swimmers as well.

Lead Coach of Junior Team: Sheila Marino

Coach Sheila has over fifteen years experience coaching swim teams at various levels. She has coached YMCA, high school, summer and club teams. She currently works for FOX swim club as an assistant coach, for Nottingham Marlins Swim Team (a local CMSL summer team which she founded in 2003) as a head coach, and at Health Unlimited as a swim instructor. Her certifications include: ASCA level 2, Principles of YMCA Competitive Swimming and Diving, and AAU-PCA level 3. She is currently working on completing ASCA level 3. Her swimmers range from beginner to nationally competitive. Her focus always includes teaching proper stroke technique, and then increasing endurance and speed. Coach Sheila's philosophy is based on the goals to foster the love of swimming, while learning life skills and growing as a person and as an athlete.

HEALTH UNLIMITED FAMILY FITNESS & AQUATIC CENTER



NON-COMPETITIVE SWIMMING AT HU

WINTER 2017

TEEN FITNESS SWIMMING
JR. TEAM SWIMMING

103 Century Dr.
Mt. Airy, MD
301-829-9730

www.myhealthunlimited.com

