

## HU Team Swimming

Our Team swimming programs are designed to create the swim team experience without the pressure of competition. Our coaches focus on stroke development to the nationally legal swimming standards, including starts, dives, and turns. It is a longer-term commitment with the swim season running from September to March 2019. "Spring Into Summer" swim clinic begins March 25<sup>th</sup> (for 7 weeks) to gear up for the summer swim season. All team swimmers are eligible to register in February

### Requirements:

Coach Evaluation - See back for more details

1 season swim team experience

Legal in 3 strokes:

- Must be able to swim 50 yards of Freestyle & Backstroke
  - 25 yards each for Junior Team swimmers
- Must be able to swim 50 yards of either Breaststroke or Butterfly

**Junior Team:** Season: September 10<sup>th</sup> – March 7<sup>th</sup>

- Ages 6–9 years
- Practices held on Monday & Wednesday, 5-6pm

**Senior Team:** Season: September 11<sup>th</sup> – March 8<sup>th</sup>

- Practices held on Tuesday & Thursday
- Ages 9-12yrs: Practice is 6:30pm – 7:30pm
- Ages 13-17yrs: Practice is 5:30pm – 6:30pm

***\*No practice on October 31<sup>st</sup>, November 21<sup>st</sup>-22<sup>nd</sup> for Thanksgiving break, and December 20<sup>th</sup> – January 6<sup>th</sup> for the winter break  
Practice resumes January 7<sup>th</sup>***

### Pricing:

A swimmer **MUST BE Member of HU** to receive the appropriate Member rate. Prices are as follows:

- Seasonal Rate: Members - \$598 / Non-Members - \$798
- OR Pay in 3 installments: 1<sup>st</sup> installment due at registration
  - Each payment: Members - \$210 / Non-Members - \$290
  - Session 2: October 30, 2018
  - Session 3: January 7, 2019
- If you would like to participate in 2 competitive swim meets, USA Swimming **FlexSwim Membership** is an entry-level membership designed for kids who want to get a feel for the team competition.  
Additional Cost: \$20 for 1 year

*Please let Aquatic Director know at your earliest convenience if you are interested in this competitive option.*

## HU Swim Clinics

Health Unlimited Team coaches will be coaching weekday and weekend swim clinics designed to master the basic mechanics of all 4 strokes, and build endurance for longer swim practices in an atmosphere that is supportive and motivating. It is a short-term commitment with each session set at 6 weeks in length. You can register for multiple session's, as well as register for a combination of weekday and Sunday swim clinic for an added practice day each week.

### Requirements for all swim clinics:

Coach Evaluation - See back for more details

Must be able to swim 50 yards of Freestyle & Backstroke

*(25 yards for swimmers ages 6-8years old)*

Must be able to swim 25 yards of either Breaststroke or Butterfly

### Sunday Swim Clinic:

Eligible Swimmers ages 6 – 17 years

Fall Sessions: **No practice Nov. 25<sup>th</sup> for Thanksgiving break**

- September 9<sup>th</sup> – October 14<sup>th</sup>
- October 28<sup>th</sup> – December 9<sup>th</sup>

Practices:

- Ages 6yrs – 8yrs: 4:20pm to 5:20pm
- Ages 9yrs - 12yrs: 3:20pm to 4:20pm
- Ages 13yrs & older: 2:20pm – 3:20pm

Pricing: Members \$85 / Non-Members \$110

### Weekday Swim Clinic:

Eligible Swimmers ages 9 – 12 years

Fall Sessions: **No practice Nov. 20<sup>th</sup> & 22<sup>nd</sup> for Thanksgiving break**

- September 11<sup>th</sup> – October 18<sup>th</sup>
- October 30<sup>th</sup> – December 13<sup>th</sup>

Practices are held Tuesday & Thursday 5:30pm – 6:30pm

Pricing: Members \$170 / Non-Members \$220

**Teen Fitness Swimming:** This is designed for teen swimmers (ages 13-17yrs) who are looking to continue swimming into the fall and winter, as well as for those gearing up for the high school swim season.

- Practices are held Tuesday **AND** Thursday 5:30pm – 6:30pm
- Requirements, fall Session dates, cost and practice days/times are the same as Weekday Swim Clinic above

### *HU 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.

*Coaches Kathy Capron, Karen Heinz, Michele Firlie,  
Sheila Marino, Brooke St. Martin*

### ***Swim Evaluations and Registration***

If your swimmer has not been in these programs prior to this year, is new to Health Unlimited Aquatics, or has not been swimming in our program for more than a year, then your swimmer **MUST** schedule a coach's evaluation, currently scheduled for Tuesday, August 28<sup>th</sup> and Wednesday, August 29<sup>th</sup>. Evaluations for swimmers ages 6-10yrs will be held 4:30pm – 5:30pm, and for swimmers ages 11-17yrs, 5:45-6:45pm. If you have any conflicts with these evaluation dates/times, or have any questions or concerns, please contact Valencio Jackson, Aquatics director at Health Unlimited at your earliest convenience.

#### **Registration Information:**

Registration **OPENS** at 8am for Members on August 3<sup>rd</sup>  
and for Non-Members on August 15<sup>th</sup>

Stop by the Front Desk to REGISTER or Register ONLINE at  
[www.myhealthunlimited.com](http://www.myhealthunlimited.com)

Contact the Aquatics Director at HU for more information  
Phone: 301-829-9730, ext. 105  
Email: [aquatics@myhealthunlimited.com](mailto:aquatics@myhealthunlimited.com)

## Health Unlimited Family Fitness & Aquatic Center



## **Non-Competitive Team Swimming**

Fall 2018

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

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

