

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 25th (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 10th – March 7th

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

Senior Team: Season: September 11th – March 8th

- 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 31st, November 21st-22nd for Thanksgiving break, and December 24th – January 6th for the winter break
Practice resumes January 7th***

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: 1st 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. 25th for Thanksgiving break**

- September 9th – October 14th
- October 28th – December 9th

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. 20th & 22nd for Thanksgiving break**

- September 11th – October 18th
- October 30th – December 13th

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 28th and Wednesday, August 29th. 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 3rd
and for Non-Members on August 15th

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

Contact the Aquatics Director at HU for more information
Phone: 301-829-9730, ext. 105
Email: 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

