

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 2020. We then offer a “Spring Into Summer” swim clinic, beginning March 23rd (7 weeks) to gear up for the outdoor summer swim season.

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 9th – March 11th

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

Senior Team: Season: September 10th – March 12th

- 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 27th-28th for Thanksgiving break, and December 23rd – January 5th for the winter break... Practice resumes January 6th***

Pricing:

A swimmer **MUST BE** a 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
 - Installment 2: November 4, 2019
 - Installment 3: January 6, 2020
- If you would like to participate in competitive swim meets, USA Swimming offers a **FlexSwim Membership**, an entry-level membership designed for kids who want to get a feel for the team competition. *This is an additional cost – please contact Aquatic Director for more information about 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 sessions, 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 other side for information on evaluation dates

Must be able to swim 50 yards of Freestyle & Backstroke

- 25 yards of each stroke 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 December 1st for Thanksgiving break**

- September 15th – October 20th
- November 3rd – December 15th

Practices:

- Ages 6yrs – 8yrs: 4:20pm – 5:20pm
- Ages 9yrs - 12yrs: 3:20pm – 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 November 28th for Thanksgiving break**

- September 10th – October 17th
- November 5th – December 17th

Practices are held Tuesday & Thursday 6:30pm – 7:30pm

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

Teen Fitness Swimming Clinic: 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, Michele Firlie, Sheila Marino

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 27th and Wednesday, August 28th. Evaluations for swimmers ages 6-10yrs will be held 4:30pm – 5:30pm, and for swimmers ages 11-17yrs, 5:30-6:30pm. 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 7th
and for Non-Members on August 14th

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 2019

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www.myhealthunlimited.com

