

## 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 Training" swim program begins March 25<sup>th</sup> – more information below. All current HU team swimmers are eligible to register.***

**Junior Team:** Last practice this season is Monday, March 11<sup>th</sup>

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

**Senior Team:** Last practice this season is Thursday, 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

***SPRING INTO SUMMER TRAINING*** is a program geared for those swimmers getting ready to participate on a summer swim team. Session dates: **March 25<sup>th</sup> – May 23<sup>rd</sup>.**

Swim practice schedule:

Ages 6-8yrs → Monday & Wednesday, 5:15-6:15pm  
Ages 9-12yrs → Tuesday & Thursday, 6:30-7:30 pm  
Ages 13-17yrs → Tuesday & Thursday, 5:30-6:30pm

**\*No swim practices on Thursday, 4/18 & Monday, 4/22**

Current Sr. and Jr. swimmers are eligible, as well as *coach-approved* swim clinic participants. Other swimmers (members and non-members) who are not currently swimming at Health Unlimited, are also welcomed and invited to consider swimming with HU this spring. These swimmers will need to have a brief evaluation and approval by one of the coaches. Swimmers must commit to both days of swim practice each week.

Cost: Members - \$175 & Non-members - \$210

Registration OPENS for:

Members – February 27<sup>th</sup> & Non-Members – March 13<sup>th</sup>

## HU Swim Clinics

Health Unlimited Team coaches will be coaching Sunday swim clinics this spring. The swim clinics are designed for swimmers to master the basic mechanics of all 4 strokes, and for those swimmers to build endurance for longer swim practices in an atmosphere that is supportive and motivating...

***\*Swim clinics will only be offered on Sunday this Spring***

### **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

Spring Session: April 28<sup>th</sup> – June 9<sup>th</sup>

***No swim practice on May 26<sup>th</sup> – Memorial Day Weekend***

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

### **Registration:**

- Members – April 3<sup>rd</sup>
- Non-Members: April 17<sup>th</sup>

**Teen Fitness Swimming:** This is designed for teen swimmers (ages 13-17yrs) who are looking to continue swimming in a more challenging and fun environment.

- Practices will be held Tuesday **AND** Thursday, 5:30pm – 6:30pm
- Current Teen fitness swimmer participants are eligible and should register for the ***Spring Into Summer Training*** program highlighted on the left, if they would like to continue their teen fitness swimming schedule into the spring.

### *Health Unlimited Coaching Staff:*

The HU 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, Josh Romanchuk*

### **Registration Information:**

Swim Clinic Registration OPENS at 8am for:

Members on February 27<sup>th</sup> & Non-Members on March 13<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

SPRING 2019

103 Century Dr.

Mt. Airy, MD

301-829-9730

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

