

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. ***Need to gear up for the summer swim season? "Spring Into Summer" swim program begins March 23rd. Information provided on back of this flyer.***

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: January 6th – March 7th

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

Senior Team: January 7th – 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

Pricing:

A swimmer **MUST BE Member of HU** to receive the appropriate **Member** rate. Prorated end-of-season cost: Members - \$210 / Non-Members - \$290

Registration Information:

Registration for these programs OPEN at 8am
on December 11th for Members
& December 23rd for Non-Members

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

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

Winter Sessions:

- January 12th – February 16th
- March 1st – April 5th

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

Winter Session:

- January 14th – March 5th

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

Pricing: Members \$225 / Non-Members \$295

Teen Fitness Swimming: This is designed for teen swimmers (ages 13-17yrs) who are looking to continue swimming in winter.

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

HU Coaching Staff:

The Hurricanes coaching staff are 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
Asst. Coaches: Nick Bloch & Daniel 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 you **MUST** schedule a coach's evaluation for your swimmer. Contact Valencio Jackson, Aquatics director at Health Unlimited at your earliest convenience to setup the evaluation or if you have any further questions or concerns.

LOOKING AHEAD....

SPRING INTO SUMMER TRAINING is a program geared for those swimmers getting ready to participate on a summer swim team. Session dates: **March 23rd – May 14th**

Swim practice schedule:

- Ages 8 and under → 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

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.

**Registration OPENS at 8am:
Members – February 26th & Non-Members – March 11th**

HEALTH UNLIMITED FAMILY FITNESS & AQUATIC CENTER



NON-COMPETITIVE TEAM SWIMMING

WINTER 2020

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

www.myhealthunlimited.com

