

HU Masters Program

Welcome to HU Masters Swimming Program. Masters is for adults 18yrs and older. This program is lead by our HU Hurricanes swim team coaches. We welcome lap swimmers of all levels to have the opportunity to enhance their swimming skills while training in a team-oriented setting, and increase their overall fitness through consistent, quality swim sessions. Our professional coaches and structured practices will provide the motivation and knowledge to take your swimming to a whole new level. Choose the practice schedule that fits your lifestyle – swim during the week – day and/or evening, Saturdays or both.

Swimmers will need to be registered with the USMS – United States Masters Swimming. Visit www.usms.org to register. Fee for joining is \$60.

We offer three levels for Masters:

- Category 1 – Practice one day per week
- Category 2 – Practice two days per week
- Category 3 – Practice three days per week



CATEGORY 3 LEVEL:

Choose your practices each week: 3 days/week

Pay for each session separately:

Session 1: November 9th – February 27th

Session 2: March 1st – June 12th

Session 3: September 6th – December 17th

Each Session: Members \$234 / Non-members \$304

*Payment due at registration

CATEGORY 2 LEVEL:

Choose your practices each week: 2 days/week

Pay for each session separately:

Session 1: November 9th – February 27th

Session 2: March 1st – June 12th

Session 3: September 6th – December 17th

Each Session: Members \$175 / Non-members \$214

*Payment due at registration

CATEGORY 1 LEVEL:

Choose your practice each week: 1 day/week

Pay for each session separately:

Session 1: November 9th – February 27th

Session 2: March 1st – June 12th

Session 3: September 6th – December 17th

Each Session: Members \$125 / Non-members \$155

*Payment due at registration

Practice Schedule

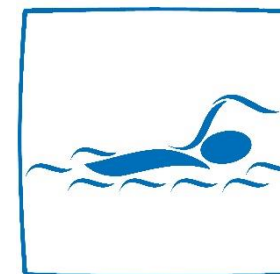
Monday: 6am – 7am

Wednesday: 6am – 7am / 7:30pm – 8:30pm

Friday: 6am – 7am

HU Master's Swimming COACHING STAFF:

Michele Firlie, *Lead Coach*
Kathy Capron



Coach Firlie has been an integral part of the Health Unlimited Aquatics Team for almost a decade. In 2013, she became the Lead Coach for the Health Unlimited Master's program. She is currently a Level 2 certified coach for Masters swimmers, certified Adult-Learn-to-Swim Instructor, and a Level 1 certified coach for Age Group swimmers. She is actively involved in the Health Unlimited non-competitive team swimming and swim clinic programs, as well as in swim instruction for adults and children. During the summer months, she coaches at a local community pool. Outside of the HU Aquatic center, Coach Firlie enjoys swimming, running, baking and spending time with her family.

Masters Swimming Calendar

Fall 2020/Winter 2021

November 9th – February 27th

Dry-land: TBA

Spring 2021

March 1st – June 12th

Dry-land: TBA

Fall 2021

September 6th – December 17th

Dry-land: TBA



The Dry-Land program is a land-based exercise program that is supplemental and optional for registered HU Masters Swimming participants. It will be led by one of our coaches or fitness professionals, and will focus on increasing strength, flexibility, and conditioning for swimmers.

Registration for the Spring 2021 session

OPENS 8am on Wednesday

Members - February 3rd

Non-Members – February 17th

Spring 2021

March 1st – June 12th

Practice Schedule

Monday: 6am – 7am

Wednesday: 6am – 7am / 7:30pm – 8:30pm

Friday: 6am – 7am

Health Unlimited Aquatics

HU swimming programs offer a distinctive lesson/clinic/team progression, and include mentoring, coaching, and instruction for infants (starting at 6mos) thru adulthood. Our programs allow all ability levels to develop their enjoyment of swimming through competitive and non-competitive programs, which can lead to swimming as a lifelong fitness activity.

For more information
please contact us at:
301-829-9730/410-795-0793 or
www.myhealthunlimited.com

Health Unlimited

Family Fitness and Aquatic Center

2021 HU MASTERS SWIMMING



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