

WINTER/SPRING 2021 SWIM CLINICS



Health Unlimited Team coaches will be coaching weekday and weekend swim clinics designed to master the basic mechanics of all 4 strokes (legal swimming standards), and to build their swimming endurance 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 practices for additional practices each week.

Space is very limited! We will have a much smaller number of available spots on the roster per practice group than we have had in the past. In terms of actual practice logistics, we will have a maximum of 2-3 swimmers per lane (depending on age group), starting and finishing each set in a staggered pattern so that we are able to maintain safe physical distancing when swimmers pause.

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

Weekday Swim Clinic:

Eligible Swimmers: Ages 6 – 12 years

Winter Session:

- Session 1: January 12th – February 18th
- Session 2: March 2nd – April 8th

Practices:

- 6-8years → Thursday 5-5:50pm
- 9-12years → Tuesday 5-5:50pm, 6-6:50pm, OR Thursday 6-6:50pm

Pricing: Members \$90 / Non-Members \$120

Sunday Swim Clinic:

Eligible Swimmers ages 6 – 17 years

Winter Sessions:

- Session 1: January 10th – February 14th
- Session 2: February 28th – April 11th

Practices: **No practice on Easter, April 4th**

- Ages 6yrs – 8yrs: 3:30pm to 4:20pm
- Ages 9yrs - 12yrs: 2:30pm to 3:20pm
- Ages 13yrs & older: 1:30pm – 2:30pm

Pricing: Members \$90 / Non-Members \$120

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

- Practices are Tuesday **AND** Thursday 4pm – 4:50pm
- Winter Session dates are the same as Weekday Swim Clinic
- **Teen Swimmers: Members \$170 / Non-Members \$220**

Registration starts at 8am:

- Open for Members on Monday, December 28th
- Open for Non-Members on Monday, January 4th

Stop by the Front Desk (or call) to register your swimmer(s).

You can also 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