

# Youth Aquatics

## Swim Team — Fall Session 1

*Tuesday, September 17- Thursday, October 24, 2019 (six weeks)*

Our Swim Team trains during the fall, winter and spring sessions and competes only during the summer session. Swimmers may elect to train one or two days a week.

Day	Time (p.m.)	Training Levels		
Tuesday	5:30 — 6:15 pm	Level 1		
	6:15 — 7:15 pm		Level 2	
	7:15 — 8:15 pm			Level 3-4
Thursday	5:30 — 6:30 pm		Level 2	
	6:30 — 7:15 pm	Level 1		
	7:15 — 8:15 pm			Level 3-4

- **Member** registration begins Monday, August 12
- **Non-member** registration begins Monday, August 19

Program costs		
	1 day/week	2 days/week
Members	\$60	\$120
Non-Members	\$80	\$160

To register, use the online registration feature on your Club Automation account. For more information or assistance, contact our swim team line at (810) 606-7813.

Payment must be made at the time of registration. No refunds after September 11, 2019. No make ups dates for missed classes.

 Stay up to date with Ascension Genesys Health Club updates! Receive special offers and the latest information on all the programs and services you love "real time" on Facebook @AGHCfit and also stay in the loop by visiting us online at [www.AscensionGenesysHealthClub.com](http://www.AscensionGenesysHealthClub.com)!

# CLASS DESCRIPTIONS

## Level 1: Fundamentals of Competitive Swimming (coaching ratio approximately 8:1)

Entry Requirements	Focus/Goals
<ul style="list-style-type: none"> <li>Swim freestyle with rhythmic (side) breathing and backstroke 50 yards (2 lengths of the lap pool.)</li> <li>Swim butterfly and breaststroke 25 yards. (1 length of</li> <li>Attempt a freestyle flip turn after 25 yards.</li> </ul>	<ul style="list-style-type: none"> <li>Continued refinement of all four competitive strokes (freestyle, backstroke, breaststroke and</li> <li>Swim 100 yards continuous of freestyle and</li> <li>Swim 50 yards of legal breaststroke or butterfly.</li> <li>Fundamental skills of competitive swimming and training are taught such as circle swimming, and</li> </ul>

## Level 2: Refining the Competitive Skills (coaching ratio approximately 12:1)

Entry Requirements	Focus/Goals
<ul style="list-style-type: none"> <li>Swim 100 yards (4 lengths of lap pool) continuous freestyle with proper flip turns.</li> <li>Swim 100 yards (4 lengths of lap pool) of continuous backstroke with proper flip turns.</li> <li>Swim 50 yards of legal breaststroke or butterfly.</li> </ul>	<ul style="list-style-type: none"> <li>Swim 200 yards of freestyle proficiently (without stopping and with flip turns).</li> <li>Swim 200 yards of backstroke with turns.</li> <li>Swim 100 yards of legal breaststroke and butterfly with pullouts and turns.</li> <li>Fundamental of competitive swimming and training taught in Level 1 are refined and the reading of</li> </ul>

## Level 3 Stroke Refinement and Endurance (coaching ratio approximately 12:1)

Entry Requirements	Focus/Goals
<ul style="list-style-type: none"> <li>Swim 200 yards freestyle proficiently (without stopping and with flip turns.)</li> <li>Swim 200 yards backstroke with turns.</li> <li>Swim 100 yards of legal breaststroke and/or butterfly with pullouts and turns.</li> </ul>	<ul style="list-style-type: none"> <li>Swim 500 yards of continuous freestyle with turns.</li> <li>Swim 200 yards of backstroke with turns.</li> <li>Swim 100 yards of legal butterfly and breaststroke with pullouts and turns.</li> <li>Pace clock is used in completion of practice sets.</li> </ul>

## Level 4: Building Competitive Endurance (coaching ratio approximately 12:1)

Entry Requirements	Focus/Goals
<ul style="list-style-type: none"> <li>Swim 500 yards continuous freestyle with turns.</li> <li>Swim 200 yards of backstroke with turns.</li> <li>Swim 100 yards of legal butterfly or breaststroke with pullouts and turns.</li> </ul>	<ul style="list-style-type: none"> <li>Continue refining the four competitive strokes.</li> <li>Increase amount of yardage and endurance.</li> <li>Target age is 13 years old or older. Dry land training is recommended.</li> </ul>