

Youth Aquatics

Fall Swim Team - Session I

Tuesday, November 3—Thursday, December 17

Our Swim Team trains during the fall, winter, and spring sessions and competes during the summer session (only).

- Registration begins Monday, October 19, 2020
- Six weeks
- No classes the week of Thanksgiving

Day	Time (p.m.)	Training Levels		
Tuesday	4:45-5:45 p.m.	Level 3-4		
	6:00-7:00 p.m.		Level 2	
Thursday	4:45-5:45 p.m.	Level 3-4		
	6:00-6:45 p.m.			Level 1

		1 day per week	2 days per week
Program Costs	Member	\$65	\$130

**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 make up 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!

Youth Aquatics

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

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

Level 2: Fundamentals of Competitive Swimming (coach ratio: approximately 12:1)

Entry Requirements	Focus/Goals
<ul style="list-style-type: none"> Swim 100 yards (4 lengths) continuous freestyle with proper flipturns Swim 100 yards (4 lengths) continuous backstroke Swim 50 yards of legal breaststroke/butterfly 	<ul style="list-style-type: none"> Swim 200 yards of freestyle continuously Swim 200 yards of backstroke continuously Swim 100 yards of of legal breaststroke and butterfly with pullouts and turns Fundamentals of competitive swimming and training are reinforced. The pace clock and its use is also introduced

Level 3: Fundamentals of Competitive Swimming (coach ratio: approximately 12:1)

Entry Requirements	Focus/Goals
<ul style="list-style-type: none"> Swim 200 yards of freestyle continuously Swim 200 yards of backstroke continuously Swim 100 yards of of legal breaststroke and butterfly with pullouts and turns 	<ul style="list-style-type: none"> Swim 500 yards freestyle continuously Swim 200 yards backstroke continuously Swim 100 yards of legal breaststroke or butterfly with pullouts and turns Pace clock is used in completion of practice sets

Level 4: Fundamentals of Competitive Swimming (coach ratio: approximately 12:1)

Entry Requirements	Focus/Goals
<ul style="list-style-type: none"> Swim 500 yards freestyle continuously Swim 200 yards backstroke continuously Swim 100 yards of legal breaststroke or butterfly with pullouts and turns 	<ul style="list-style-type: none"> Continued refinement of all four competitive strokes Increase yardage and endurance Target age is 13 years. Dryland outside of swim program is recommended