

Youth Aquatics

Ascension Genesys Health Club Swim Team

The Ascension Genesys Health Club Competitive Swim Team competes in the six-member Genesee County Interclub Swimming League! With ages ranging from 4 to 18 years, swimmers compete on Tuesday and Thursday evenings from mid-June through mid-July and train three to five days a week. In addition, swim team members and their families are invited to participate in various social events such as team pizza parties and Friday fun activities. The 2019 coaching staff will be led by Head Coach Dan Command. Swimmers train based on their ability rather than age. **Our team is offering five different practice groups.** *Placement in a practice group depends on the swimmers interest, ability, and practice habits. If needed, placement swims will be conducted by appointment.*

- **High Intensity** is for the more advanced swimmers who are interested and capable in maintaining a more rigorous training program through the summer while also competing in the Ascension Genesys Health Club Interclub Swim Team dual meets.
- **High Intensity Advanced** is focused toward varsity high school and college-ready swimming. This includes approximately 9-10 hours of training per week, swimming Monday-Friday.
- **High Intensity Entry** is focused toward developing middle school and high school-ready swimmers. Weeks consist of approximately 9 hours of practice per week, swimming Monday-Friday.

- **Practice Group A** is structured for older swimmers who have legal competitive strokes (freestyle, backstroke, butterfly, breaststroke) and desire longer practice. Practice is between 1.25 and 1.5 hours long, five days a week, for 6.75 hours per week.
- **Practice Group B** is structured for younger swimmers who have legal competitive strokes (freestyle, backstroke, butterfly, breaststroke). Practice is 1 hour long, five days a week, for a total of 5 training hours per week.
- **Stroke Development** is for swimmers interested in being a part of a competitive team who can swim freestyle (with rhythmic breathing) and backstroke for 25 yds. During practice, participants will work on the other two competitive strokes: butterfly & breaststroke. Practice is 45 minutes, 3 days a week, for a total of 2.25 training hours per week. The group size will be limited to allow the coaching staff to provide more in-water instruction.

For more information visit us online at www.ascensiongenesyshealthclub.com. Click "Member Portal" to register!

For additional information, contact the Aquatics Department at (810) 606-7813.

The Interclub board is accepting design ideas for the 2019 Interclub Championship t-shirt. Designs must be submitted electronically by June 25th. Please see Jessica Haney if you are interested in submitting a design. Designs must include all team names and current year.

 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!

Date	Activity	Time
April 29 <i>Members</i> May 6 Summer Swim Team Members only	Registration opens online. Payment is due upon registration. Multiple-child discounts available if more than two children. After May 30, refunds will only be given at the discretion of the Aquatics Manager. Ascension Genesys Health Club reserves the right to limit team size and may close registration without notice. Please contact Jessica Haney at (810) 606-7813 for more information.	Anytime Email addresses and practice level must be assigned to child prior to registration
Thursday, May 16 Saturday, May 18	Swimsuit and team apparel try-on dates (30% discount on swimsuits if ordered and paid on or before May 18). The selected suit is Speedo Liquid Velocity. After May 18 , in-stock-only team suits will be available for purchase at a 20% discount. No additional orders will be placed after May 18. If you cannot participate on one of these dates, special try-on arrangements will need to be made with Jessica Haney. Every attempt will be made to have suits ordered available for the first meet. Team swim caps and team apparel will also be for sale during the fittings.	May 16 6:30–8:00 p.m. OR May 18 10:00–11:30 a.m.
June 3–June 14	After-school practices	See practice schedule below
June 17–July 26	Morning/Afternoon practices	
June 20	First meet of the season: Home vs. Davison (Pizza Party)	4:30 p.m. warm-up 5:15 p.m. start
July 22–26	<i>*Practice for all Interclub Championship and High Intensity swimmers only. Swimmers who qualify for the championship meet will be notified by the coaching staff by the morning of July 21.</i>	7:00–9:00 a.m. 9:00–10:15 a.m.
July 27	Interclub Championship meet at Warwick	8:30 a.m.–3:00 p.m.
July 28	Swim Team Recognition and Celebration	T.B.D.

	Practice Group A	Practice Group B	Stroke Development Practice	High Intensity Entry Practice	High Intensity Advanced
Member Price	\$285	\$255	\$235	\$385	\$415
Summer Team Membership	\$345	\$315	\$295	\$430	\$460
June 3–June 14	4:45–6:00 p.m. (M,W,F) 5:00–6:30 p.m. (T,R)	6:00–6:45 p.m. (M,W,F) 6:30–7:30 p.m. (T,R)	6:45–7:30 p.m. (M,W,F)	7:30–9:15 p.m. (M,W,F) 3:30–5:00 p.m. (T,R)	3:00–4:45 p.m. (M,W,F) 7:15–9:15 p.m. (T,R)
June 17–July 19	10:45 a.m.–12:00 p.m. (M,W,F) 10:45 a.m.–12:15 p.m. (T,R)	12:00–1:00 p.m. (M,W,F) 12:15–1:15 p.m. (T,R)	1:00–1:45 p.m. (M,W,F)	9:00–10:45 a.m. (M,W,F) 7:00–8:45 a.m. (T,R)	7:00–9:00 a.m. (M,W,F) 8:45–10:45 a.m. (T,R)
July 22–July 26*	*Practices for those qualifying for Interclub, or High Intensity athletes. Practice times: High Intensity: 7:00–9:00 a.m. All others: 9:00–10:15 a.m.				

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