

G.A.C. Swim Team
 **is making waves** 
Winter, 2009 TRAINING SEASON

Session 1: January 5 – February 12, 2009 (6 weeks)

Session 2: February 23 – April 2, 2009 (6 weeks)

	Monday	Tuesday	Thursday
Level 1 Developing the Competitive Strokes	n/a	4:30 – 5:10 p.m.	n/a
Level 2 Fundamentals of Competitive Swimming	5:40 - 6:40 p.m.	n/a	4:30 - 5:30 p.m.
Level 3 Refining the Competitive Skills	4:35 - 5:35 p.m.	n/a	5:35 - 6:35 p.m.
Level 4 Stroke Refinement and Endurance	3:30 – 4:30 p.m.	5:15 – 6:15 p.m.	6:40 - 7:40 p.m.

(see back for descriptions and entry requirements.)

Costs

(POS Code 65704)

		One Day/Week	Two Days/Week	Three Days/Week
Session 1 (six weeks)	Members	\$48.00	\$96.00	\$144.00
	Non-members	\$60.00	\$120.00	\$180.00
Session 2 (six weeks)	Members	\$48.00	\$96.00	\$144.00
	Non-members	\$60.00	\$120.00	\$180.00



Stroke Specific Clinics



(POS Code 65704)

The purpose of the Stroke Specific Clinics is to provide intense stroke and turn specific instruction and refinement. Swimmers must meet the Swim Team Level 2 requirements and be able to maintain attention and focus for the 1½ hours of instruction. Enrollment will be limited. Each clinic will meet for two consecutive Saturdays,

Clinic	Saturdays (8:30 a.m. – 10:00 a.m.)		Cost per Clinic	
Butterfly	Jan. 3	Jan. 10	Member \$45.00	Non-member \$60.00
Freestyle	Jan. 24	Jan. 31		
Backstroke	Feb. 21	Feb. 28		
Breaststroke	Mar. 21	Mar. 28		

To register, please contact the **Service Desk** (810) 606-7300.

For **Additional Information** please contact Denise Kirbitz, Swim Team Coordinator, by voice mail at

(810) 606-7813 or check the website at www.GenesysAthleticClub.com

No refunds of class fees will be given after the start of the session

Eye goggles and swim caps are highly recommended and are available in the GAC pro shop.

CLASS DESCRIPTIONS

Level 1 Developing the Competitive Strokes

Entry Requirements	Focus/Goals
<ul style="list-style-type: none"> ▪ Swim front crawl with rhythmic (side) breathing and backstroke one lap of the lap pool (25 yards) ▪ Swim butterfly or breaststroke length of therapy pool (15 yards) • Have confidence in deeper water (5' deep in GAC lap pool) 	<ul style="list-style-type: none"> ▪ Continued refinement of freestyle (front crawl) and backstroke. ▪ Swim 50 yards of freestyle with rhythmic breathing and backstroke and without stopping in the lap pool ▪ Swim 25 yards of legal breaststroke or butterfly

Level 2: Fundamentals of Competitive Swimming

Entry Requirements	Focus/Goals
<ul style="list-style-type: none"> ▪ Swim 50 yards of freestyle with rhythmic breathing and backstroke and without stopping in the lap pool ▪ Swim 50 yards (2 lengths of lap pool) backstroke without stopping in the lap pool. ▪ Swim 25 yards of legal breaststroke or butterfly 	<ul style="list-style-type: none"> ▪ Fundamental of competitive swimming and training are taught such as: circle swimming, reading a pace clock, completing a set, performing pullouts, turns and finishes ▪ Swim 200 yards of freestyle proficiently (without stopping and with flip turns) ▪ Swim 100 yards of backstroke with turns ▪ Swim 50 yards of legal breaststroke and/or butterfly with pullouts and turns

Level 3: Refining the Competitive Skills

Entry Requirements	Focus/Goals
<ul style="list-style-type: none"> ▪ Swim 200 yards freestyle proficiently (without stopping and with flip turns) ▪ Swim 100 yards backstroke with turns ▪ Swim 50 yards of legal breaststroke and/or butterfly with pullouts and turns 	<ul style="list-style-type: none"> ▪ Refine the four competitive stroke including turns and finishes ▪ Swim 500 yards of continuous freestyle with turns ▪ Swim 200 yards of backstroke with turns ▪ Swim 100 yards of legal butterfly and breaststroke with pullouts and turns

Level 4: Stroke Refinement and Endurance

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