

Hillsborough Aquatic Club

Open House

Come join us for an informational session at one of our open house nights. During these sessions parents will receive information about our swimming program, have a chance to ask questions, and meet our coaching staff. Swimmer evaluation will also take place on open house nights to ensure correct group placement.

***Monday August 22, 2011**

6:00 pm-7:00 pm

*** Thursday August 29, 2011**

6:00 pm-7:00 pm

Program Dates

Short Course

September 6, 2011– April 30, 2012

Long Course

May 2012 – July 2012

This is a continuation of the Hillsborough Aquatics Club year-round Program, intended for those swimmers who wish to continue training and competing throughout the summer months. Throughout the program swimmers will be coached to increase and improve swimming ability. All Long Course meets are conducted in an Olympic size, 50 meter pool. This program is open to all interested swimmers.

For more information please contact Head Coach Steve Riegler.
sriegler@trianglesportsplex.com

Orange County SportsPlex
101 Meadowlands Drive
Hillsborough, NC 27278
(919) 644-0339
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Groups

Red Group Pre-Competitive (Ages 10 and under)

This group is for 8 and under swimmers and some 9-10 swimmers who are learning all four competitive strokes. A strong emphasis is placed on stroke mechanics. This group will serve as an introductory program primarily for new swimmers. The emphasis is on developing the fundamentals of the four strokes by means of drills and games that create an enjoyable atmosphere for instruction. After that, the emphasis moves to stroke, starts and turns, and the basic rules of competitive swimming. Two to three practices per week are recommended. Meet attendance is optional.

Blue Group (Ages 8-12)

This practice group is designed for 9-10, 11-12 year olds and some experienced 8 year olds. Stroke, start and turn techniques will be the primary emphasis in this group. It will serve as an introduction to the highest levels of age group swimming. Mild distances and endurance work will be introduced in training. Three to four practices per week are recommended.

Orange Group (Ages 9-14)

This practice group is designed for 11-14 year olds and some 9-10 year olds that have a high experience level. Strong emphasis is placed on technique refinement with a stronger conditioning experience. General distance and IM work is also emphasized. Racing strategies and mental preparation are also introduced. Three to four practices per week are recommended.

Senior Group (Ages 13 and up)

The Senior Group is the introduction to senior swimming. The polishing of stroke technique, starts and turns are important at this level, while general distance and IM work is also emphasized. This group is also for those 12 and over athletes that swim seasonally, are multi-sport athletes or who just want to swim to be involved with the sport. Four to five practices per week are recommended.

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Fee Structure

| Group | Monthly Fee |
|--------------|-------------|
| Red Group | \$70.00 |
| Blue Group | \$85.00 |
| Orange Group | \$95.00 |
| Senior Group | \$110.00 |

**Registration Fee/USA Swimming Fee : \$ 55.00/Swimmer
collected each year for USA Swimming Registration**

Practice Schedule

Red Group

Monday-Friday 3:30pm-4:15pm

Blue Group

Monday-Friday 3:30pm-4:30pm

Orange Group

Monday, Wednesday, Friday 3:30 pm-5:00pm
Tuesday/Thursday 3:30pm-4:30pm

Senior Group

Monday-Friday 4:30pm-6:00pm