



Summer 2016



Golden Comets Competitive Swim



This is a competitive swim program open to boys and girls ages 5 & up. The program is designed to teach the four competitive strokes and other skills used in competition. Children must be swimming at level 3 or above.

Days: Monday-Saturday, June 27 - Aug. 27

Level	Fee (Res/NR)	Class #
Developmental 1	\$54/\$62	2SGCD1
Developmental 2	\$88/\$102	2SGCD2
Age Group 1	\$132/\$152	2SGCG1
Age Group 2	\$203/\$234	2SGCG2
Senior	\$220/\$253	2SGCGS

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Developmental 1	X	6-7pm R-H	6:30pm-7:30pm MCC	X	6-7pm R-H	X
Developmental 2	6-7:15pm R-H	5:45-7:00pm R-H	X	5:45-7:00pm R-H	6-7:15pm R-H	X
Age Group 1	6-7:30pm MCC	5:30-7:00pm R-H	6-7:30pm MCC	5:30-7:00pm R-H	6-7:30pm R-H	X
Age Group 2	6-8:15pm MCC	5:30-7:00pm RH	TBA	5:30-7:00pm R-H	5:45-8:15pm MCC	7:30-9:30pm MCC
Senior	6:15-9pm MCC	5:30-7:00pm R-H	TBA	5:30-7:00pm R-H	5:45-8:15pm MCC	7:30-9:30pm MCC

Registration begins 4/11/16 for residents and 4/25/16 for non-residents.

Town of Henrietta Parks & Recreation Department

475 Calkins Road, Henrietta, NY, 14467 • (585) 359-2540 • www.henrietta.org

Register online at parksandrecreation.henrietta.org

IMPORTANT PROGRAM INFORMATION

Practice takes place at the RH Senior High School pool at 1799 Lehigh Station Road and Monroe Community College at 1000 East Henrietta Road (see practice schedule on reverse side for times and locations). Safety is our first priority; as such, practice times and locations may vary to make sure we are in compliance with staff ratios at both pools. For the most up-to-date information, check the online practice schedule at www.goldencomets.org.

This program consists of five levels and is designed to ensure that swimmers develop in groups specific for their individual needs. The program is designed for novice swimmers through National Level qualifiers. Swimmers who qualify may participate in local, state, and national meets sanctioned by USA-S who are the governing body of swimming in the USA. The Golden Comets is a USA-S member and all participants are required to register. The \$62 USA-S card is mandatory and will be collected by the swim club annually.

The Swim Club also determines club expenditures which may include meet fees, trophies, and costs that are important to the program's design and needs. The maximum fee is \$250 per year per family. These additional fees are not affiliated with the Henrietta Recreation Department.

LEVELS

Developmental 1: This program is designed to introduce new swimmers to the sport of competitive swimming. All new swimmers are encouraged to join at this level. The emphasis will be on having fun and developing the correct skills. Swimmers should have passed level III in the American Red Cross swimming lessons or have the ability to swim 25 yards (one length) without stopping.

Developmental 2: This level is for swimmers who have progressed from Developmental 1. Skills will be similar to the Developmental 1 group, with more advanced stroke mechanics stressed. Swimmers are expected to compete in many of the competitive opportunities available. You must have approval from the coaching staff to enter this level.

Age Group 1: This level is for swimmers who have progressed from the developmental levels. Swimmers at this level will continue to develop and compete at higher levels of competition as they improve. The time commitment and dedication will be greater than at the developmental levels. You must have approval from the coaching staff to enter this level.

Age Group 2: This level is for swimmers who have progressed from Age Group 1. Similar skills will be emphasized with additional training applications and specifics appropriate for competitive swimmers. Meets attended will be similar to the Bronze level, with higher levels based on individual qualification times. You must have approval from the coaching staff to enter this level.

Senior: This level will continue to emphasize development of all-around swimmers. The commitment level is the highest in the club and training will be significantly more intense. Dedication and self-discipline will be primary characteristics of the Senior swimmers. You must have approval from the coaching staff to enter this level.