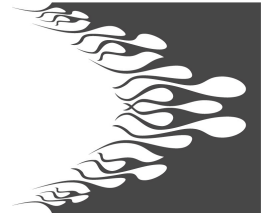


HEAT



Hudsonville Eagles Aquatic Team Spring 2011 - Swimming & Diving

HEAT Development Swimming Group

Beginner and intermediate swimmers looking to learn strokes (all strokes with emphasis on Freestyle and backstroke) and refine techniques are encouraged to join the spring season of HEAT D-Groups. Emphasis will be placed on proper technique, as well as starts and turns. This is a great way to experience competitive swimming for the first time or to refine your strokes if you have never been a member of a team before.

Resident: \$50 Non Resident: \$60

Dates: Saturday Mornings, April 16 - June 4, 2011

Ages: 8th grade and under. Swimmers must be able to swim one length of a 25 yd. pool without stopping. Bring swim suit, goggles, and towel.

Practice times: 8 and under: 10:00 a.m. - 10:45 a.m.
9 -14: 10:45 a.m. - 12:00 p.m.

HEAT Elite Stroke Improvement Group

Intermediate and Advanced swimmers looking to refine strokes (all strokes with focus on Breast and Butterfly) and techniques are encouraged to join the Spring Elite Stroke Improvement Group. Coach Veenstra and the HEAT Staff will lead swimmers through drills. Emphasis will be placed on proper technique, as well as starts and turns. This is a great way to improve competitive swimming fundamentals.

Resident: \$60 Non Resident: \$70

Dates: Mondays & Wednesdays, April 13 - June 4, 2011

Practice times: Ages 9-14: 7:00 - 8:00 p.m.

Swim Suits: HEAT Swim Suits and Swim Caps will be available at the pool office before and after practices.

Swim Meets

Both the HEAT Development Group and the Elite Stroke Group will be invited to participate in 2 swim meets, giving swimmers added meet experience.

Meet #1: May 7 - Check in 9:45 a.m., Warm-up 10:00 a.m., Meet Starts at 10:30 a.m. Finished by noon.

Meet #2: June 4 - Check in 9:45 a.m. Warm-up 10:00 a.m., Meet Starts at 10:30 a.m. Finished by noon.

Diving

The HEAT diving club is open to all levels of experience. We encourage those who are just starting as well as those who already competing to join. Beginners will learn basic approaches, dives, and dry-land drills to help them learn to appreciate the sport of diving. Advanced divers will be able to better themselves by learning new dives.

Resident: \$60 Non Resident: \$70

Dates: Saturday Mornings, April 16 - June 4, 2011

Ages: 9 - 18

Practice times: All ages: 10:00 a.m. - 11:30 a.m.

All swim programs take place at the Hudsonville High School Pool, 5037 - 32nd Avenue, Hudsonville.

To register, please visit

**www.hudsonvillepublicschools.org & click on the
Community Ed. link or use form below.**

HEAT Registration Form - Spring - 2011

1st Swimmer _____ D.O.B. _____ Grade: _____ Team Option: _____

2nd Swimmer _____ D.O.B. _____ Grade: _____ Team Option: _____

Parent's Names _____

Address _____ City _____ Zip _____

Home Phone _____ Cell Phone _____ Email _____

Waiver: I realize that by signing this form, I will not hold Hudsonville Community Education, or any of its employees associated with this program responsible for any injuries that might occur in the HEAT program. I realize that by participating in the HEAT program that there is also a certain degree of risk and injuries might occur.

Parent Signature _____

Please return form and fee payable to:

**Hudsonville Community Education
3886 Van Buren
Hudsonville, MI 49426**