

Winter 2012 AquaFit Swimming

*Long Island's Premier Swim Program for Adults Age 18 & older
headquartered at Nassau County Aquatic Center in Eisenhower Park*

PROGRAM HIGHLIGHTS

- *professional, experienced, certified & caring staff*
- *cutting-edge freestyle & multi-stroke technique instruction*
- *fun, motivating, structured and enthusiastic group dynamics*
- *diverse schedule (weekday mornings & evenings and weekends)*
- *supervised open water swim practices during warm-weather months*
- *challenging workouts for experienced competitive swimmers & triathletes*
- *summer outdoor group combo training sessions & clinics on local event venues*

TRAINING SWIM LANES

Year-round short course & long course pool training plus open water swimming for experienced, advanced-skill competitive swimmers and triathletes under the supervision & direction of a professional, certified coaching staff in a challenging and structured environment. Nine (9) scheduled pool workouts each week.

COMBO SWIM LANES

Our unique instruction & training combo lanes are for those who already possess a fundamental grasp of basic swimming skills, but are not yet ready to participate in full-fledged, challenging swim training. Combo lane swimmers further refine skills with technique instruction while progressively integrating group training concepts. This is our most popular introductory participation level for multi-sport athletes & fitness enthusiasts. Combo technique instruction and training is offered weekday mornings and evenings.

PRIVATE OR SMALL GROUP INSTRUCTION

Private instruction tailored to individual needs. By appointment only. Contact Coach Lisa Hiller (cell 516-732-0644 or lisa@lisahillerfitness.com) or Coach James Christie (cell 917-670-0836 or JamesLW3d@gmail.com) for rates & info.

Looking to expand & diversify your exercise regimen? Want to improve or fine-tune swim ability for a more pleasant and productive pool or open water swim experience? Bored with solitary lap swimming? Frustrated at your lack of comfort, speed or endurance when swimming? Feeling fatigued and out of breath after just a short swim distance? Want to learn correct balance, body alignment, torso rotation and connecting to your core power source to dramatically enhance your swimming? Then join us for a fun, invigorating and motivating experience!

Potential new members should make an appointment for an ability evaluation or to take advantage of one free trial workout before making membership decision. Contact Program Director Lisa Baumann via email at aquafitinc@aol.com.

AQUAFIT SWIMMING 2012 SCHEDULE

Winter (February 1 - April 30) Membership Term

<u>Day of Week</u>	<u>Swim Session Time</u>	<u>Pool Configuration</u>
Monday morning	6:00AM - 7:30AM	long course meters
.	7:30AM - 9:00AM	long course & short course
Tuesday evening	7:00PM - 8:15PM	long course & short course
.	<i>or 6:45PM-8:00PM</i>	<i>when pool is set up short course</i>
Wednesday morning	6:00AM - 7:30AM	long course meters
.	7:30AM - 9:00AM	long course & short course
Thursday evening	6:30PM - 7:45PM	short course
Friday morning	6:00AM - 7:30AM	short course
.	7:30AM - 9:00AM	short course
Sunday morning	9:00AM - 10:30AM	short course

[long course = 50 meters; short course = 25 yards or 25 meters]

Facility special events, along with major federal and religious holidays, occasionally affect the swim schedule and pool configuration. Any schedule change is posted in advance on the AquaFit website.

Frequently check the AquaFit "Schedule & News" website section (and team emails) to remain aware of daily schedule details and potential changes, upcoming event deadlines and important team announcements. Each full month's schedule is posted on the AquaFit website approximately ten (10) days in advance for your reference.

Seasonal pool swim schedule changes are observed each year with the Spring and Fall representing a gradual transition between Winter and Summer pool swimming schedules. Peripheral cross-training opportunities respective to seasonal shifts in training needs are conducted at a variety of locations such as core strength & conditioning classes and spin classes (extra fee required); and track workouts, group bike rides, and supervised group open water swims during warm-weather months (no extra fee). Peripheral outdoor training opportunities are restricted to current AquaFit swim program members and do not involve any additional participation fee.

Nassau County Aquatic Center facility membership is NOT required for AquaFit program enrollment. But consider obtaining a Nassau County Leisure Passport at the pool front desk for discounted resident use of the Aquatic Center during non-AquaFit hours or to access any other County pool, park, beach, golf course, museum, etc.

Website: www.aquafitmasters.com
 Program Director Lisa Baumann Contact Info:
 Office 516-294-SWIM(7946) • E-Mail aquafitinc@aol.com
 AquaFit Masters Mailing Address:
 734 Franklin Avenue #383, Garden City, NY 11530

AQUAFIT SWIMMING ENROLLMENT FORM

Winter 2012 (February 1 - April 30) Membership Term

STEP #1: You must register with the national governing body of our sport - U. S. Masters Swimming (USMS) - to satisfy mandatory insurance requirements and for participation eligibility in our swim program. Annual (by calendar year) USMS registration/insurance fee is \$45 payable online with credit card (VISA or M/C only) at <https://www.clubassistant.com/club/usms.cfm?club=AQFT>.

STEP #2: Provide your personal information. Email is our primary form of communication. Please print legibly.

Print Name _____ DOB (mm/dd/yyyy) ____/____/____

Mailing Address (include apartment, floor or suite number, if applicable, and zip code):

Primary E-Mail Address _____

Secondary E-Mail Address _____

CELL (____)____-____ WORK (____)____-____

HOME (____)____-____ Occupation _____

STEP #3: Select (check one box) Fee based on Weekly Swim Frequency. Payable by check or money order to **AQUAFIT**.

- | | |
|---|---|
| <input type="checkbox"/> \$225.00 Unlimited weekly swims with schedule FLEXIBILITY
<i>(equates to \$4.50 per session if swimming 4x each week)</i> | <input type="checkbox"/> \$200.00 Unlimited weekly swims with schedule FLEXIBILITY
Married couples/senior (65+) discounted membership fee
<i>(equates to \$3.98 per session if swimming 4x each week)</i> |
| <input type="checkbox"/> \$170.00 LIMITED (1-2) weekly swims with NO flexibility
<i>(equates to \$6.76 per session if swimming 2x each week)</i> | <input type="checkbox"/> \$155.00 LIMITED (1-2) weekly swims with NO flexibility
Married couples/senior (65+) discounted membership fee
<i>(equates to \$6.16 per session if swimming 2x each week)</i> |

STEP #4: Check session days/times when you expect to most often swim based on above membership selection.

- | | | |
|--|--|--|
| <input type="checkbox"/> 6:00-7:30AM Monday morning | <input type="checkbox"/> 6:00-7:30AM Wednesday morning | <input type="checkbox"/> 6:00-7:30AM Friday morning |
| <input type="checkbox"/> 7:30-9:00AM Monday morning | <input type="checkbox"/> 7:30-9:00AM Wednesday morning | <input type="checkbox"/> 7:30-9:00AM Friday morning |
| <input type="checkbox"/> 7:00-8:15PM Tuesday evening | <input type="checkbox"/> 6:30-7:45PM Thursday evening | <input type="checkbox"/> 9:00-10:30AM Sunday morning |

>>> READ PAGE 2 BEFORE SIGNING <<<

By signing below, member acknowledges understanding of and agrees to membership terms and information detailed on page two.

SIGNATURE _____ DATE _____

Page 2 AquaFit Enrollment Terms & Info
Winter (Feb-Apr) 2012 Membership Term

- * Program enrollee MUST indicate which swim session days and times he/she plans to most frequently participate in to avoid an over-crowding situation. Each swim session day and time has a maximum number of participants associated with it. Session day/time enrollment is on a first-received basis. Once a session is full, enrollee will have to select different days/times to swim. Member may not CHANGE swim session selection without first discussing same with Program Director to ensure there is room to accommodate schedule switch. We do not offer a pay-as-you-go or punch-card swim membership option.
- * Membership fee is payable by check or money order to AQUAFIT (or cash, exact amount only please). Mail to address indicated below.
- * Our workout training lanes are for competitive athletes. As such, each participant is expected to discuss specific goals with the Head Coach. Training lane minimum eligibility requirements are as follows:

Level 1: The ability to train on the following freestyle intervals: 1:45/100 or faster for long course meters; 1:35/100 or faster for short course meters; 1:25/100 or faster for short course yards. Four-stroke (butterfly, backstroke, breaststroke and freestyle) training ability (or the willingness to learn to improve and train all four strokes if not already proficient).

Level 2: The ability to train on the following freestyle intervals: 2:05/100 or faster for long course meters; 1:55/100 or faster for short course meters; 1:45/100 or faster for short course yards. Three-stroke (butterfly, backstroke, breaststroke and/or freestyle) training ability (or the willingness to learn to improve and train three strokes if not already proficient).

Level 3: The ability to train on the following freestyle intervals: 2:25/100 or faster for long course meters; 2:15/100 or faster for short course meters; 2:05/100 or faster for short course yards. Two-stroke (butterfly, backstroke, breaststroke and/or freestyle) training ability (or the willingness to learn to improve and train two strokes if not already proficient).

If your current ability does not meet any of the levels indicated above, you would be placed in our Combo/Instruction lanes

- * All swim program members are on the same billing cycle for bookkeeping and administrative purposes. Each year is divided into three equal four-month membership terms (September-December, January-April, May-August). Prorated fee is calculated for late enrollment IF room remains available in our program. Membership expires at the end of each term. Program membership and USMS registration fees are non-refundable and non-transferable.
- * All members are required to support our program's fund-raising efforts by volunteering (2-3 hour shift) at ONE or more AquaFit hosted events during membership term. Failure to do so may result in membership suspension without fee refund. If the specific dates of our hosted events present a scheduling conflict for you, simply contact the Program Director to discuss how you can help out prior to event date.
- * NO DIVING into the pool is permitted during swim sessions UNLESS supervised racing starts are being practiced.
- * Members must obey facility rules and comply with double attendance/sign-in procedures (at front desk and on pool deck).
- * Nassau County residency and Aquatic Center facility membership is NOT required for AquaFit program enrollment. We do, though, recommend obtaining a Nassau County Leisure Passport at facility front desk for discount access to pool during non-AquaFit hours, along with access to all County parks, pools, beaches, museums, golf courses, and other venues.
- * Members should regularly check the AquaFit "Schedule & News" website section to remain aware of team announcements, special events, deadline reminders, and daily and monthly schedule information or changes. Team emails are periodically sent out to all members.
- * If you have special schedule problems or financial needs that our general membership options don't accommodate, contact the Program Director to discuss a personal arrangement. This discussion should NOT occur at the pool during swim times. Every effort will be made to accommodate you.

Website www.aquafitmasters.com

Program Director Lisa Baumann Contact Info:

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