



Golden Comets Competitive Swim

The Golden Comets 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 competitive swimming. Henrietta Recreation and the R-H Swim Club are proud to offer a first-rate professional competitive swim program to the community. All swimmers will have the opportunity to swim competitively.

Additional fees are related to the competitive piece of the program and are handled by the Swim Club. More information about the Swim Club, competition and other fees is located on the teams website www.goldencomets.org

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LEVEL SCHEDULE (Program runs 9/8/14 - 6/26/15)

Develop 1		Tues 5:45-6:30pm	Wed (MCC) 6:00-7:00pm		Fri 5:45-6:30pm
Develop 2	Mon (MCC) 6:00-7:15pm	Tues 5:45-7:00pm		Thurs 5:45-7:00pm	Fri 5:45-7:00pm
Age Group 1	Mon (MCC) 6:00-7:30pm	Tues 5:45-7:15pm		Thurs 5:45-7:15pm	Fri 5:45-7:15pm
Age Group 2	Mon (MCC) 6:00-7:45pm	Tues 6:45-8:30pm	Wed (MCC) 6:00-8:00pm	Thurs 6:45-8:30pm	Fri (MCC) 6:00-8:00pm
Senior	Mon (MCC) 6:30-9:00pm	Tues 6:45-8:30pm	Wed (MCC) 6:00-8:30pm	Thurs 6:45-8:30pm	Fri (MCC) 6:00-7:30pm

Please note: The option of registering for the full year (Sept-June) or for one season at a time, is available. You must register for Season B before 2/2/15 at the Recreation Department.

LEVEL	Class#	Fee	
		Season A 9/8/14-1/26/15	Season B 2/2/15-6/22/15
Develop 1	20GCD1F2	\$75/\$83	\$75/\$83
Develop 2	20GCD2F2	\$140/\$150	\$140/\$150
Age Group 1	20GCAG1F2	\$150/\$163	\$150/\$163
Age Group 2	20GCAG2F2	\$190/\$205	\$190/\$205
Senior	20GCSF2	\$215/\$233	\$215/\$233
High School Team	High School	\$160/\$173	\$160/\$173

Registration begins 8/18 for Henrietta residents & 8/25 for all others.

Town of Henrietta Parks & Recreation Department
475 Calkins Road • Henrietta NY, 14467 • 359-2540 • www.henrietta.org

IMPORTANT PROGRAM INFORMATION

Practices take place at the R-H Senior High School Pool, 1799 Lehigh Station Road and Monroe Community College, 1000 East Henrietta Road (per the practice schedule). Please refer to the practice schedule at <http://www.goldencomets.org> for the latest schedules. Please be aware that there may be some shifting of practice times. Safety is our first priority and we have to make sure we are in compliance with safe staff ratios at both pools.

The 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 programs design and team needs. There is a maximum fee of \$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 into the sport of competitive swimming. All new swimmers are encouraged to join at this level. The emphasis will be on having fun and developing skills correctly. 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. (up to 3 days per week).

Developmental 2: This level is for swimmers who have progressed from the Developmental 1 level. 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. (up to 4 days per week).

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. (up to 4 days per week, 1.5 hour session).

Age Group 2: This level is for swimmers who have progressed from the Age Group 1 level. Skills emphasized will be similar 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. (up to 5 days per week).

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. Many practices will be swum at the MCC Pool (see reverse scheduling). (up to 6 days per week).