

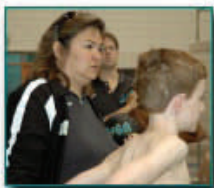
Our Coaches

HUGH CONVERY



Hugh began coaching as a head USA Swimming coach in 1982. Before starting Gwinnett Aquatics in 2004, he was head coach at Dynamo-Mountain Park for 7 years, where he trained Senior National, Junior National and Zone qualifiers, and an Olympic Trial finalist. He earned a B.A. from Michigan State and an M.A. from Tulane. He coach Senior, Gold and Homeschool.

CATHY RUFFING



Cathy was also with Dynamo before GwinAq started. She swam for the original Gwinnett Aquatics and then Dynamo in the 80s before attending and swimming for Georgia State University. She has been a swim teacher and summer league coach, mostly in Gwinnett County, since 1981. Cathy works with the Gold team and the 130 Training Clinic.

Directions to Quinn Ridge Pool

Using 78

Take 78 to Bethany Church Rd, turn south. Go two miles and then take a left on Quinbery Dr. Quinn Ridge facility is at the end of Quinbery Rd

Using 124

Take 124 to Bethany Church Rd. Go less than a mile and take a right on Quinbery Dr. Quinn Ridge facility is at the end of Quinbery Rd

Using Killian

Take Killian Hill Dr south through 78 where it becomes Bethany Church Rd. Go two miles and then take a left on Quinbery Dr. Quinn Ridge facility is at the end of Quinbery Rd

How to join:

- 1) Contact Gwinnett Aquatics via phone (770-972-4055) or email (hugh@gwinnettaquatics.com).
- 2) Attend an evaluation at 6pm any Monday or Wednesday.
- 3) Register with Gwinnett Aquatics online at www.gwinnettaquatics.com

Gwinnett Aquatics



**Pursuing Excellence
Every Day**

gwinnett aquatics



Stroke Clinics & Home School Programs

Phone: (770) 972-4055

Web: <http://www.gwinnettaquatics.com>

Why Swimming? Why Gwinnett Aquatics?

Competitive Swimming helps young people develop great habits for life. It offers an excellent cardiovascular workout and a lifelong fitness activity but has a lower risk of injury than most other sports. Swimmers learn the values of hard work, commitment, loyalty to teammates and goal setting all in an environment of fun and friendship. Home-schooled swimmers can meet their physical education requirement. You can participate at any of four levels from 1 hour a week to full team membership



Gwinnett Aquatics is one of the best ways to get involved in swimming in the Atlanta area. We provide top notch coaching in a small team setting. Swimmers will have a personal relationship with coaches and one another as our team acts as a family with movie nights, cookouts, and other team activities. Our program is also unique in that it stresses all-round fitness even at the youngest levels. All swimmers spend significant time in dryland training designed to improve functional strength, coordination and motor skills. Our training philosophy stresses the gradual, consistent development of all swimmers built on a base of technical proficiency.

GwinAq Homeschool

Home School Stroke Clinic— Swimmers are instructed in proper stroke technique and conditioning. No meets. No registration fee.

Tues and/or Thurs 1:45-2:45pm

Session 1 = 9/28-12/16

Session 2 = 1/4-3/24

Home School Team – For 14 and unders. Home School Team members can take advantage of the regular practices and participate in the meets.

To join you will register with the appropriate team which can be determined at one of our free evaluations Mondays and Wednesdays at 6pm.

A family discount of 15% for the second swimmer and 30% for the third is available.

To register go to the “Homeschool” section of the Gwinnett Aquatics Website.



Monthly fees

1x/wk-\$150
per 12-week
session

2x/wk-\$270
per 12-week
session

Same as
Team prices.

\$115 registra-
tion fee.

GwinAq Clinics

13&Over Training Clinic

What - 3x/wk training for middle school and high school aged swimmers. Drylands optional and no competition.

When - Session 1: Aug 16-- Oct 7,
Session 2: Oct 12 - Dec 2,
Session 3: Dec 6-Jan 28

Monday, Tuesday, Thursday 7:15-8:45pm.

Cost - \$300 per 12-week session.

12&Under Stroke Clinic

What - 1x or 2x/wk clinic for 12 and under swimmers

When - Session 1: October 14 - Dec 4
Session 2: Jan 3 - Mar 12

Wednesdays 6:30-7:30 and/or Saturdays 11-12am.

Cost - \$110 per 12-week session for 1x/wk
\$180 per 12-week session for 2x/wk.

High School Tune-Up

What - 4 week clinic to prepare for HS season.

When - September 20-October 14.

Monday-Thursday 3-4:30pm.

Cost - \$100

To register go to the “Clinics” section of the Gwinnett Aquatics Website.

Gwinnett Aquatics

Pool Address:
2800 Quinbery Dr
Snellville GA 30039
Phone - (770) 972-4055

Mailing Address:
4691 Bryson Cove
Lilburn GA 30047

Web: <http://www.gwinnettaquatics.com>

Email: hugh@gwinnettaquatics.com