



HMS Swim Club

Mrs. Barbara Toohey, HHS Swim Team Coach

Join Hanover High School Swim Team Coach Barbara Toohey and the HMS Swim Club on Tuesdays at Healthtrax Fitness & Wellness. The goal of this program is to provide swimmers with an opportunity to improve strokes and develop swimming strength and endurance. You will get a workout!

Requirements:

- Swimmers must be able to swim 25 yards freestyle and 25 yards backstroke
- Swimmers must provide their own goggles, swim cap and swim suit
- If swimmers are not found to be at the appropriate swim level, coaches reserve the right to restrict their participation

This class will take place at Healthtrax Fitness & Wellness in Hanover. Transportation will be provided from HMS to Healthtrax Fitness & Wellness. Parents/Guardians are expected to pick up their students on site at Healthtrax.

****ImPACT testing is required for 6th - 8th graders prior to attending this class****

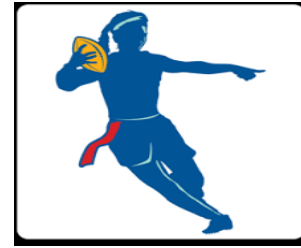
Tuesdays: Sessions 3, 4 & 5 -- 1/22, 1/29, 2/12, 2/26, 3/12, 3/19, 3/26, 4/9, 4/23, 4/30, 5/14 & 5/21

Time: 2:30PM-3:30PM

Grades: 5th – 8th

Class Size: 16-20 Students

Cost: Sessions 3-5 - \$225.00 ~Prices include a t-shirt



Flag Rugby

Mr. Padraic McDonough, HHS Rugby Assistant Coach

Join HHS Rugby Volunteer Assistant Coach, L200 Youth Rugby Coach and Boston Irish Wolfhounds Youth Rugby administrator Padraig McDonough for this brand new program. Become a part of the fastest growing sport in the US. Students in this class will learn the proper way to kick, catch and pass. This non-contact version of rugby is a great way to develop skills for other sports while learning the sport of rugby in a fun and supportive environment.

This class will take place at the University Sports Complex in Hanover. Transportation will be provided to the University Sports Complex. Parents/Guardians are expected to pick up their students on site at The U.

****ImPACT testing is required for 6th - 8th graders prior to attending this class****

Fridays: 1/11, 1/25, 2/1, 2/8, 2/15 & 3/8

Time: 2:30PM-3:45PM

Grades: 5th – 8th

Class Size: 20-30 Students

Cost: \$100.00 ~ Includes a t-shirt