

NORTH BALTIMORE AQUATIC CLUB *and*
Michael Phelps Swimming

2016 - 2017 Stroke Clinics

Meadowbrook
5700 Cottonworth Ave.
Baltimore, Maryland 21209
410-433-8300 410 -433-0953 (FAX)

Instruction by **NBAC** coaching staff
Stroke Refinement

Stroke development / Stroke technique
Starts and Turns

Four Stroke Clinics

Saturday 1:30 pm * Saturday 2:30 pm**
60 minute classes

Sunday 12:00 pm * Sunday 1:00 pm**
8 weeks \$160

Saturday, January 7—February 26, 2017

All swimmers should be at least 6 years old and able to swim 25yds. freestyle and 25 yds. backstroke. The first stroke clinic we will watch each participant swim freestyle and backstroke. We will determine readiness for the clinic at that time.

Three Ways to Register

By Mail: P.O. Box 20801 Baltimore, Md. 21209*****At Meadowbrook: 5700 Cottonworth Ave. Baltimore, Md 21209
By Telephone 410-433-8300

Payment must be received in order to reserve a place in class

Classes are filled on a first come-first serve basis

8 week Stroke Clinic \$160

January 7—February 26, 2017

SPRING STROKE CLINIC REGISTRATION

January 7-February 26, 2017

Swimmer's Name: _____ Age _____

Parent's Name: _____ Phone: _____

Address: _____ City: _____ Zip: _____

Email: _____

Credit Card _____ EXP.DATE _____ CVC _____

1ST Choice _____ 2ND Choice _____

_____ Amount Chk. Chg. Cash Make Checks Payable to **North Baltimore Aquatic Club**

STROKE CLINIC

\$25 cancellation fee will be charged for students withdrawing 1 week prior to the first class

No refunds after classes begin

\$25 fee will be charged for returned checks

This year we invite all of the parents to come to the first stroke clinic each session to learn about our plans. The last clinic will be open for visitation. We hope that swimmers can attend their regularly scheduled clinic. Make ups are discouraged. Please be prepared to start on time. Any questions, contact Cathy Lears Bennett
410-433-8300.

Thank you

Spring Stroke Clinic

March 4-May 14, 2017 (No clinics April 15-16th)

Michael Phelps Swim School

Registration begins August 9th

Multi-tiered lessons for swimmers of all ages and abilities

Small groups

Private Lessons

Semi-Private Lessons

www.mpswimschool.com

Lifeguard Training and CPR will be taught throughout the year

MEADOWBROOK

410-433-8300

www.mbrook.com

www.mpswimschool.com

NBAC... a team for Excellence

Since 1969

COMPETITIVE SWIM TEAM: NBAC is the #1 swim team in Maryland. We offer training opportunities to swimmers from the novice level to National and International levels. NBAC's multi-tiered competitive swim team provides an environment that enables swimmers to reach their full potential. For more information contact Tom Himes at thimes@nbac.net.