

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**
10 weeks \$200

Saturday, September 17—November 20, 2016

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

10 week Stroke Clinic \$200

September 17—November 20, 2016

FALL STROKE CLINIC REGISTRATION
September 17 —November 20,2016

Swimmer's Name: _____ Age _____

Parent's Name: _____ Email _____

Address: _____ City: _____ Zip: _____

Phone: _____ Email: _____

Credit Card _____ EXP.DATE _____

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

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
Lessons begins September 12, 2016
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.