

**NORTH BALTIMORE AQUATIC CLUB** *and*  
Michael Phelps Swimming

**2015 - 2016 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, March 5—May 15,2016 ( No Clinics March 26and 27)**

All swimmers should be at least 6 years old and able to swim 25yds. freestyle and 25 yds. backstroke.  
**Get ready for Summer Swimming !!!!!!! Keep swimming all year !!**

**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

**10week Stroke Clinic \$200 Saturday, March 5—May 15,2016**  
( No Clinics March 26and 27)

**SPRING STROKE CLINIC REGISTRATION**

**March 5 - May 15, 2016**

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

## Michael Phelps Swim School

Multi-tiered lessons for swimmers of all ages and abilities

Small groups  
Private Lessons  
Semi-Private Lessons

[www.mpswimschool.com](http://www.mpswimschool.com)

\*\*\*\*\*

*Lifeguard Training and CPR will be taught throughout the year*

\*\*\*\*\*

MEADOWBROOK  
410-433-8300  
[www.mbrook.com](http://www.mbrook.com)  
[www.mpswimschool.com](http://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](mailto:thimes@nbac.net).