



NORTH BALTIMORE AQUATIC CLUB and Michael Phelps Swim School 2011 - 2012 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 \$175

Saturday, March 10—May 20, 2012

All swimmers must be at least 6 years old and able to swim 25yds. freestyle and 25 yds. backstroke. 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

10 week Stroke Clinic \$175

March 10—May 20, 2012

Spring STROKE CLINIC REGISTRATION March 10 —May 20, 2012

Swimmer's Name: \_\_\_\_\_ Age \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Email \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

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

2011 - 2012

Session 1	Sept 12 - Oct 22, 2011
Session 2	Oct 31- Dec 17, 2011
	No classes Nov 21-26
Session 3	Jan 9- Feb 18, 2012
Session 4	Feb 27 - Apr 7, 2012
Session 5	Apr 16 - May 26, 2012

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

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MEADOWBROOK  
410-433-8300  
[www.mbrook.com](http://www.mbrook.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 Meadowbrook 410-433-8300