

# NORTH BALTIMORE AQUATIC CLUB

## MICHAEL PHELPS SWIM SCHOOL

### 2009 - 2010 Stroke Clinics

#### Meadowbrook Aquatic and Fitness Center

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 11:00 am \*\*\* Sunday Noon*  
10 weeks \$175

**Saturday, March 13—May 22, 2010** (no clinics April 3rd and 4th)

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*

*Saturday, March 13—Sunday, May 22, 2010*

Spring 2010

STROKE CLINIC REGISTRATION

March 13—May 22, 2010

Swimmer's Name: \_\_\_\_\_ Birth Date \_\_\_\_\_

Parent's Name: \_\_\_\_\_ email \_\_\_\_\_

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

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

MASTERCARD/VISA \_\_\_\_\_ EXP. DATE \_\_\_\_\_

1ST Choice \_\_\_\_\_ 2ND Choice \_\_\_\_\_

\_\_\_\_\_ Amount Chk. Chg. Cash Make Checks Payable to *North Baltimore Aquatic Club*  
*\$175*

## STROKE CLINIC

\$15 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

## NORTH BALTIMORE SWIM SCHOOL 2009 –2010

We offer a learn to swim program from Get Wet through the Intermediate level. All ages and abilities are welcomed. Adult lessons can be arranged. Group, private, and semi private lessons are available at both of our locations.

Session 5 April 19—May 29, 2010

*Lifeguarding Classes also available*

*Private and Semi Private swim lessons are available to Non Meadowbrook members throughout the summer. Call to register.*

*For more information and registration forms contact  
MEADOWBROOK 410-433-8300*

## 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 Bob Bowman or Tom Yetter at Meadowbrook **410-433-8300**