

Georgia Aquatic Centers Spring Stroke & Turn Clinic

April 11th – May 12th, 2011

It's that time of year again..... the sun is shining, the temperature is rising and everyone has pool on the mind! Our annual Spring Stroke & Turn Clinic is perfect whether you are gearing up for summer swim team or if you are just looking for an excuse to dust off your goggles and swimsuits. Our clinic is taught by ASCA certified coaches and ran by the newest edition to our talented coaching staff, Robert Hastings. He has coached all levels of swimmers from learn-to-swim lessons to collegiate swimmers at Minnesota State College.

Our clinic is divided into beginner, intermediate and advanced levels. The beginner clinic is for swimmers who can swim a length of the pool without a coach in the water, but need help in learning all four strokes. The intermediate clinic is for swimmers who need help developing their stroke and gaining speed. The advanced clinic is for swimmers with knowledge and strength in all four strokes but need help on endurance and speed. Every week swimmers will work on a different stroke, with the last weeks focusing on dives, starts, turns and finishes.

Name of Child #1: _____ Age: _____ DOB: _____

Name of Child #2: _____ Age: _____ DOB: _____

Parent(s) Name: _____ Phone #: _____

Address: _____ City/Zip: _____

Email: _____

Emergency Contact: _____ Emergency Contact #: _____

Pick a Level:

Beginner: ___ 2x week \$75 Intermediate: ___ 2x week \$75

 ___ 3x week \$95 ___ 3x week \$95

Advanced: ___ 2x week \$90 ___ 3x week \$110 ___ 4x week \$120

*Advanced swimmers will stay an extra 30 minutes until 7PM and practice with our year round team GOST. This will be a great way prepare for any competitive swim league!

Pick your Days:

Days: ___ Monday 5:30-6:30 ___ Tuesday 5:30-6:30

 ___ Wednesday 5:30-6:30 ___ Thursday 5:30-6:30

10% off for members 10% off for each additional child

Payments: Cash Visa/MC Checks - Make Payable to: Georgia Aquatic Center or "GAC"