

NORTH BALTIMORE AQUATIC CLUB *and*
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*
8 weeks \$140

Saturday, January 9 — Sunday, February 28, 2010 8 weeks

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

8 week Stroke Clinic \$140

January 9 - February 28, 2010

Winter **STROKE CLINIC REGISTRATION**
January 9 - February 28, 2010

Swimmer's Name: _____ Age _____

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*

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

MICHAEL PHELPS 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 1	September 14—October 24,2009
Session 2	November 2—December 19, 2009 no classes Nov 23-28
Session 3	January 11—February 20,2010
Session 4	March 1—April 10, 2010
Session 5	April 19—May 29, 2010

***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**