

NORTH BALTIMORE AQUATIC CLUB *and*
Michael Phelps Swim School

2012 - 2013 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 12:00 pm * Sunday 1:00 pm**
10 weeks \$175

Saturday, September 15—November 18, 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

September 15—November 18, 2012

Fall **STROKE CLINIC REGISTRATION**
September 15—November 18, 2012

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

\$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

2012 - 2013

Session 1	Sept 10- Oct 20, 2012
Session 2	Oct 29- Dec 15, 2012
No classes Nov 19-24	
Session 3	Jan 7 - Feb 16, 2013
Session 4	Feb 25 - Apr 6, 2013
Session 5	Apr 15 - May 25, 2013

Lifeguard Training and CPR will be taught throughout the year

MEADOWBROOK
410-433-8300
www.mbrook.com
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 Meadowbrook 410-433-8300