

NORTH BALTIMORE AQUATIC CLUB *and*
Michael Phelps Swim School

2010 - 2011 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, September 18—November 21, 2010

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 18—November 21, 2010

Fall STROKE CLINIC REGISTRATION
September 18—November 21, 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

2010 - 2011

Session 1	Sept 13 - Oct 23, 2010
Session 2	Nov 1- Dec 18, 2010
No classes Nov 22-27	
Session 3	Jan 10- Feb 19, 2011
Session 4	Feb 28 - Apr 9, 2011
Session 5	Apr 18 - May 28, 2011

Lifeguarding, Lifeguard Training, and WSI 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 Bob Bowman or Tom Yetter at Meadowbrook 410-433-8300