BROADSTONE
2020 Spring Swim Clinic

WHY SWIM CLINIC?

The swim clinic is a great way for children under the age of 18 – beginning to more advanced swimmers – to prepare for the Broadstone Barracudas Swim Team.The clinic is structured to provide extensive technical instruction with continued reinforcement of skills learned. The foundation of excellent technical skill is necessary to swim efficiently and effectively. We strive to provide an environment that is fun and positive.

Stroke mechanics play the largest single role in creating a satisfying swimming career for all ages.
Learning to apply force in an effective, propulsive manner is critical for all swimmers.
Stroke mechanics can always be learned, re-learned or improved for all ages.

SESSIONS WILL COVER

A variety of drills for freestyle, backstroke, breaststroke and butterfly will be covered.
Day 1 of each stroke covers body and head position, along with correct kicks.
Day 2 of each stroke covers under water pull, sculling drills and stroke recovery.
Day 3 of each stroke consists of drills establishing the full stroke.

✓All swimmers must be able to swim on their own and breathe to the side for freestyle.
✓Please sign up at the BRC front desk. We will be taking the first 30 swimmers per time slot.
✓This swim clinic is NOT swim lessons. Please contact the front desk if your swimmer needs lessons.

Photos taken of your swimmer while attending swim events may be used for publication and/or advertisements.
Registration of your child in our program acts as consent for this usage.

Age 6 & Under 4:00 - 4:30 pm

Session	Session Type	Dates	Fitness Rate	Full Club Rate
1	All 12 Classes	All Dates Below	$140	$115
2	Freestyle: 6 Days	March 3, 5, 10, 12, 17, 19	$85	$70
3	Backstroke: 6 Days	March 24, 26, 31, April 2, 14, 16	$85	$70

Age 7+ Ages 7-10: 4:30 - 5:15 pm Ages 11-18: 5:15 - 6:00 pm

Session	Session Type	Dates	Fitness Rate	Full Club Rate
4	All 12 Classes (1st child)	March 3, 5, 10, 12, 17, 19, 24, 26, 31, April 2, 14, 16	$165	$135
5	All 12 Classes (add'l child)	All dates above	$150	$120
6	Freestyle: 3 Days	March 3, 5, 10	$60	$50
7	Backstroke: 3 Days	March 12, 17, 19	$60	$50
8	Breaststroke: 3 Days	March 24, 26, 31	$60	$50
9	Butterfly: 3 Days	April 2, 14, 16	$60	$50

In case of lightning/bad weather, classes will be cancelled with NO make-ups.

spare time sports clubs | BROADSTONE SPORTS CLUB

2020 Spring Swim Clinic Registration Form

Child's Name_____ **Age**_____**Session #**_____**Cost**_____ **Time**_____
>Circle one: *Under 6* *Beginner* *Advanced*

Child's Name_____ **Age**_____ **Session #**_____**Cost**_____ **Time**_____
>Circle one: *Under 6* *Beginner* *Advanced*

Child's Name_____ **Age**_____**Session #**_____**Cost**_____ **Time**_____
>Circle one: *Under 6* *Beginner* *Advanced*

Parent(s) Name(s) _____ **Membership No.** _____

Phone: [home]_____[work] _____[cell] _____

E-mail _____

FAMILY MEMBERSHIP IS REQUIRED FOR CHILD TO PARTICIPATE IN CLINIC _____Staff initials for verification

PAYMENT METHOD
FRONT DESK: Ring up as AQUATICS – SWIM CLINIC – SPRING SWIM CLINIC
Attach receipt and place in swim clinic box.

Payment due at time of sign-up

CHECK _____**CASH** _____**CREDIT CARD** _____

CHARGE TO MEMBERSHIP NO. _____

SIGNATURE _____

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