



2012 PRE-COMPETITIVE TUNE-UP SWIM CLINIC FOR THE SUMMER SEASON

OVERVIEW: The swimmers are placed into age appropriate and skill level appropriate swim groups to better emphasize the specific needs of each swimmer. Attention is given to turns, finishes, streamlined body alignment, proper stroke mechanics, and sprint racing strategy.

SKILL LEVEL: Swimmers can be as young as 4 years old and as old as 18 years old to participate in the program. There are a limited number of learn-to-swim spaces available.

LOCATION: The Bubble at Burkwood Swim and Racquet Club off of Studley Road.
9111 Burkwood Club Drive – end of parking lot on far right.

DATES: Start: Feb 11-12, 2012 Last classes: May 11-12, 2012
12 classes in 14 weeks, every Saturday or Sunday afternoon except for the following weekends:
February 24-25 & April 7-8

TIME: **Saturday** 3:00-4:00pm or 4:00-5:00pm **YOU CHOOSE!**

Sunday 3:00-4:00pm or 4:00-5:00 or 5:00-6:00pm **YOU CHOOSE!**
Space is limited. Class size is limited to 45 swimmers

COACHES: Will Brunner and Kelly Hargreaves *BAC Swim Clinic Directors* and BAC's Senior swimmers

COST: \$120.00 for non Burkwood Swim and Racquet Club members
\$100.00 for Burkwood Swim and Racquet Club members

Multi swimmer rates:

\$110.00 for non Burkwood Swim and Racquet Club members
\$90.00 for Burkwood Swim and Racquet Club members

CONTACT INFO: Regina Davis – 730-4076, Email: office@bacswim.com

REGISTRATION: Fill out page two which is the registration form and mail, along with your check, to the following address:

Burkwood Aquatic Club
RE: Pre-Competitive Tune-up Swim Clinic/Regina Davis
P.O. 1886
Mechanicsville, VA 23116

Or bring the information to the BAC office and place in Regina Davis, Office Manager's file folder.

NOTES: Checks should be made payable to "**Burkwood Aquatic Club**" or "**BAC**".

Only your completed registration form along with payment will reserve a spot in the program.

**Upon receipt of this paperwork you will be contacted to confirm your placement in the group.

Burkwood Aquatic Club (BAC) is the premier year round competitive USA Swimming club located in Hanover County. BAC also offers Competition swimming all year long. For more information visit us online (www.bacswim.com) or call the office (730-4076).



SPRING WEEKEND SWIM CLINIC REGISTRATION FORM
February 11/12 – May 11/12, 2012

Time requested (circle one)

SATURDAY	3:00-4:00PM	4:00-5:00PM	
SUNDAY	3:00-4:00PM	4:00-5:00PM	5:00-6:00PM

Parent's First and Last Name(s) _____

Swimmer's First Name _____ Age _____

Swimmer's First Name _____ Age _____

Swimmer's First Name _____ Age _____

Swimmer's First Name _____ Age _____

Email _____ Phone _____

Summer swim club _____

Primary Emergency contact _____
 (name and phone number)

Secondary Emergency contact _____
 (name and phone number)

How did you hear about the program?



LIST ANY MEDICAL CONDITION YOUR CHILD HAS THAT WE SHOULD BE AWARE OF:

LIST MEDICATION CURRENTLY TAKEN (Prescribed and Over the counter):

PHYSICIAN'S NAME AND PHONE NUMBER:

I HEREBY GIVE MY PERMISSION THAT EMERGENCY MEDICAL TREATMENT BE SOUGHT FOR MY SON/DAUGHTER WHEN DEEMED NECESSARY BY THE COACH OR AUTHORIZED ADULT.

 PARENT'S SIGNATURE DATE