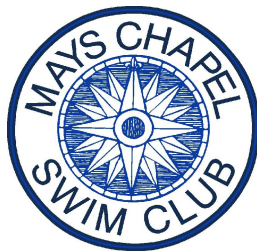


Stroke Clinic



Swim Lessons

*** Programs are for members only.**

Stroke Clinic Philosophy

The Mays Chapel Swim Club stroke clinic is designed to stress proper stroke development and refinement for swimmers ages 6-17. Emphasis is placed on developing and refining the necessary motor skills for each stroke through the latest drills and coaching techniques. Swimmers will be grouped according to ability for each session.

Stroke Clinic Levels

Swimmer 1 (S1)

- 6-9 years of age
- Must be able to complete 1 length of pool
- Have basic understanding of at least 2 competitive strokes

Advanced Swimmer (AS)

- 10 years or older
- Age-group swimmers with background in all 4 competitive strokes
- Open for all competitive swimmers

Stroke Clinic Schedule

Session 1 June 22, 2010 - July 2, 2010 Tuesday, Thursday, and Friday 9:00 a.m. to 9:45 a.m. (Rain date is following Monday)

Session 2 July 5, 2010 - July 16, 2010 Tuesday, Thursday, and Friday 9:00 a.m. to 9:45 a.m. (Rain date is following Monday)

Swim Lesson Philosophy

The Mays Chapel Swim Club lessons are designed to promote aquatic safety through instruction in a small group environment. This group orientated program covers techniques and knowledge in a steady progression for aquatic skill development. As the participants practice these skills, they will become safer and better swimmers.

Swim Lesson Levels

LEVEL - 1

This course is designed for the 3-5 year olds gaining their first water experience. Students learn the elementary aquatic skills such as water adjustment skills, breathing, floating, kicking, and basic personal safety. Parents may participate at the teacher's discretion.

LEVEL - 2

Children learn basic skills and knowledge that help ensure reasonable safety in or around the water. (Skills include floating without support, and to recover to vertical position.)

Prerequisite: 5 years old. Previous experience is not necessary for this introductory course.

LEVEL - 3

Students build on the skills learned in Level 2. Emphasis is placed on front and back crawl strokes as well as the elementary backstroke. Deep water and safety skills are also stressed.

Prerequisite: Level 2

LEVEL - 4

This class improves upon skills learned in Level 2 and 3 while improving stamina and coordination. Students learn front and back crawl strokes, elementary backstroke, breaststroke, and sidestroke.

Prerequisite: Level 3

Swim Lesson Schedule

Session 1 June 22, 2010 - July 2, 2010 Tuesday, Thursday, and Friday 10:00 a.m. to 10:45 a.m. (Rain date is following Monday)

Session 2 July 5, 2010 - July 16, 2010 Tuesday, Thursday, and Friday 10:00 a.m. to 10:45 a.m. (Rain date is following Monday)

General Information

- 10:1 Swimmer to Coach Ratio
- 6 Lanes available for training
- 45 minutes of instructional/technical analysis per day
- Special Topics (dryland training, diet and nutrition, mental preparation, race strategies, motivation/goal setting, and understanding workouts)

Swim Instruction Coordinator

Thomas Till

- Head Men's & Women's Swim Team Coach and Assistant Athletics Director at Goucher College

Tom Till brings excellent swim instruction experience to Mays Chapel Swim Club. He was a highly decorated swimmer at The College of New Jersey, earning Division III All-America honors eight times during his collegiate career. He has been head coach of Goucher's intercollegiate swimming programs for a full decade, and has twice been named Women's Swimming Coach of the Year in the Capital Athletic Conference.

Fee Structure

Type: Advanced Swimmer(AS), Swimmer I(S1), OR LEVEL 1, 2, 3, 4

Individual: \$65.00/ swimmer/session Payable to: Mays Chapel Swim Club

Please send registration and payment to: Mays Chapel Swim Club
Attention: Swim Instruction
16 Stenersen Lane, Suite 4A
Hunt Valley, MD 21030

Space Limited

REGISTRATION FORM

One participant per form.

Parent's Name _____ Email Address _____
Participant's Name _____ Age _____ Level _____ Session _____
Address _____ City _____ State _____ Zip _____
Home Phone _____ Work Phone _____

The registration deadline: must be postmarked 1 week prior to the start of each session.

Method of payment for swim instruction (check one)

_____ Enclosed is the swim instruction fee paid in full. MAKE CHECKS PAYABLE TO MAYS CHAPEL SWIM CLUB

_____ I hereby authorize Mays Chapel Swim Club to effect payment for swim instruction by drafting my credit card which is listed below in the amount of \$ _____.

Credit Card Information (provide only if charging cost of lesson)

Visa ___ MasterCard ___ CARD # _____ EXPIRE DATE _____

AUTHORIZATION SIGNATURE _____ DATE _____

Registrations must be received and paid in full by the above deadline. **A \$10 LATE FEE WILL BE APPLIED TO ALL REGISTRATIONS RECEIVED AFTER THE DEADLINE!** Registrations will be accepted in person or by mail. **Phone-in and Day-of-registrations will not be accepted.** Registration is on a first-come, first-served basis. **Payment will be accepted by credit card, check, or money order only.** A waiting list will be developed for interested applicants who do not make the original roster. For additional information about this or any other program, please contact swiminstruction@mayschapelswimclub.com.