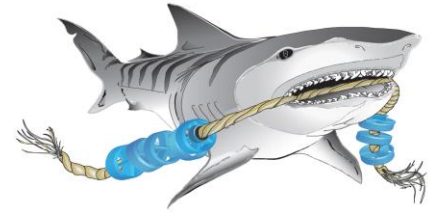


TIDEWATER AQUATIC CLUB
Sunday Stroke Clinic Flier
Location: Virginia Wesleyan College

Art Anthony (757) 450-2152 / Email Kolympto@yahoo.com



Tidewater Aquatic Club is pleased to announce this year's **Sunday Stroke Clinics**. Each clinic is 8 one hour sessions. This program is a great opportunity to have your swimmers work with some AWESOME Coaches learning technique and timing of all 4 strokes, starts, turns and finishes. The training, drills and kick sets will be geared to gaining speed while maintaining proper stroke technique. This clinic is for 6 and older swimmers that can swim multiple lengths of the pool unassisted. All coaching is done in water in a fun filled environment. This is a FANTASTIC way to prepare for those upcoming High School seasons, winter leagues, and summer leagues.

Last Name	First Name (Swimmer)	Birth Date	Age
-----------	----------------------	------------	-----

Street Address, City, State, Zip Code	Email address
---------------------------------------	----------------------

Parent/Guardian Name	Home Phone #	Cell Phone #
----------------------	--------------	--------------

Fall TAC Lessons: Price \$80. Emphasis: Technique and Timing

Registration deadline: Monday, 9/20/2011	___ 1:00 – 2:00 PM Clinic (8 and under swimmers)
Start Date: Sunday, 9/25/ 2011	___ 2:00 – 3:00 PM Clinic (8 to 12 year olds)
End Date: Sunday, 11/13/ 2011	___ 3:00 – 4:00 PM Clinic (11 and Ups)

Winter TAC Lessons: Price \$80. Emphasis: Technique and core Development

Registration deadline: Monday, 1/2/2012	___ 1:00 – 2:00 PM Clinic (8 and under swimmers)
Start Date: Sunday, 1/8/ 2012	___ 2:00 – 3:00 PM Clinic (8 to 12 year olds)
End Date: Sunday, 2/26/ 2012	___ 3:00 – 4:00 PM Clinic (11 and Ups)

Spring TAC Lessons: Price \$80. Emphasis: Technique and Reaction Time (Sprint Training)

Registration deadline: Monday, 3/6/2012	___ 1:00 – 2:00 PM Clinic (8 and under swimmers)
Start Date: Sunday, 3/11/ 2012	___ 2:00 – 3:00 PM Clinic (8 to 12 year olds)
End Date: Sunday, 5/13/ 2012	___ 3:00 – 4:00 PM Clinic (11 and Ups)

Please contact Coach Art at the number above if you have any questions. **Please mail this form and check payable to TAC Swim Team to reserve your slot. Mailing address: TAC SWIM TEAM, P. O. Box 16304, Chesapeake, VA 23328. Thank you!**

I agree to pay the applicable program fee for the program selected. I acknowledge that fees are NOT refundable. I agree to abide by all facility and program rules and regulations.

I represent that I have NO life-threatening conditions. I know that swimming & water activities, like all forms of exercise, involve a degree of risk. By participating in the program, I accept all risks associated with the use of the facility and participation in the program. If the participant is a minor, I accept the risk on his or her behalf as his or her parents or guardian.

I hereby release Virginia Wesleyan and TAC Swim Team, its employees, officers, directors, members, and independent contractors from any and all damages for personal injury arising in any way from use of the facility or participation in the program, and I agree to look solely to my insurance to pay damages I suffer. If the participant is a minor, I execute this release on behalf of said minor as his or her parent or guardian.

Print your name	Today's Date	Signature
-----------------	--------------	-----------