

When: Monday Mar 23rd – Friday Mar 27th, 2020
(see attached schedule for locations and times)

Where: Nashua & Merrimack YMCA Branches
(see attached schedule for location and times)

Contact: Dave Bott, Director of Competitive Swimming
Phone: 603-689-2067
Email: dbott@nymymca.org

Cost: \$75.00 per swimmer (for non-YMCA members)

➤ **YMCA MEMBERS PAY ONLY \$60!!!!!!!**

For swimmers ages 13 or younger.

Space is limited to the first 40 applicants.

About our clinic

We will focus on the basic fundamentals of each of the four competitive strokes (butterfly, backstroke, breaststroke, and freestyle) including stroke drills, racing starts, and turns. Concepts introduced are skills used in the everyday training of Storm Swimming. **Swimmers in this program should be AT LEAST YMCA Level 5 ability or comparable.**

Instruction will be led by Head Coach Dave Bott and Assistant HC Erin Jeffers and select Storm swimmers. For Storm coach bios, please visit <http://www.ymcastorm.org>

Please contact Dave for more information.

Storm Spring Stroke Clinic 2020 Registration Form

Please print legibly!

Male__ Female__ Competitive Swimming Experience? YES / NO

Swimmer Name (First, MI, Last) Nickname DOB

Address City/State Zip

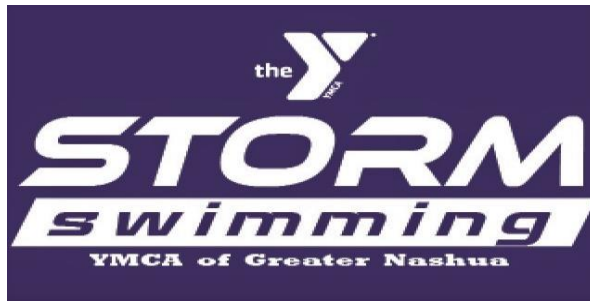
Parent/Guardian Name Tel Email (how we will contact you)

List any medical conditions that Storm should be aware of:

FORMS SHOULD BE RETURNED NO LATER THAN

FRI MARCH 20th, 2020

Make all checks payable to **YMCA of Greater Nashua**



Schedule for the Week

Monday @ Merrimack YMCA	6:00-7:00pm
Tuesday @ Merrimack YMCA	6:00-7:00pm
Wednesday @ Nashua YMCA	6:00-7:00pm
Thursday @ Nashua YMCA	4:30-5:30pm
Friday @ Nashua YMCA	6:45-7:45pm

Please arrive 15 minutes prior to the start time to allow your swimmer time to be ready.

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FRI MARCH 20th, 2020

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