



**Member**  
**Swim Training for Kids**  
Elementary and Middle School Students  
February 1, Thursday - February 29th, Thursday

Starting in February, we are restructuring the Swim Training program to better meet the needs of our swimmers. The revamped program will consist of three distinct groups: **Swim Training Blue**, **Swim Training White**, and **Swim Training Elite**. Each group will focus on specific skills and instruction. **Coaches will be responsible for placing swimmers in the appropriate group.**

**Coaches:** Will Brunner – Burkwood Aquatics Director  
Karen Seeber – BSRC Summer Team Head Coach  
Kaelin Jernigan – Ashcreek Head Coach  
Liza Sessions – ASCA Level 1 Coach  
Heather Rigler – ASCA Level 1 Coach

**Practices:** Monday, Tuesday, Wednesday, Thursday. **(Limited to three practices a week)**

**Pricing: Members:**     **\$51/month**     **(\$41/month for each additional sibling)**

*This is a month-to-month program. No obligation beyond one month.*

**Equipment:** Goggles, swim cap (if necessary). Swim caps and goggles can be purchased at the front desk.

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**How to Sign Up:**

Fill out the registration form on page two. Deliver the form and payment to the front desk of the Fitness/Aquatic Center or mail it to BSRC at P.O. Box 1537 Mechanicsville, VA 23116. For questions, contact Assistant Aquatics Director Karen Seeber at 730-2472 or [bsrcaquatics2@gmail.com](mailto:bsrcaquatics2@gmail.com).

**Payment is required for registration to be valid.**

***We expect the group to reach capacity quickly, so make sure to register before January 29th to secure your spot in the class.***

**\*\*Are you new to the program?** Evaluations are scheduled for the initial day of the class\*\*

## Swim Training Blue

**Prerequisite:** Swimmers need to demonstrate the ability to swim a minimum of three consecutive laps of freestyle at a moderate speed. Additionally, proficiency in backstroke and breaststroke are required. Entry into this group is based on coach recommendation.

**Primary Focus and Skills Taught:** Swimmers in this group will be exploring all four strokes with continued stroke development. During practices, they will further develop stroke mechanics in breaststroke and butterfly, with a stronger focus on freestyle and backstroke. Swimmers will also be introduced to flip-turns and diving off the blocks to help increase confidence during weekly practices. Swimmers will also continue to build endurance, allowing them to swim longer distances. When finishing this group, swimmers should be proficient in freestyle and backstroke and legal in breaststroke and butterfly.

**Practice Length:** 1 hour

## Swim Training White

**Prerequisite:** Swimmer must be proficient in freestyle and backstroke and have an adequate knowledge of butterfly and breaststroke. Entry into this group is based on coach recommendation.

**Primary Focus and Skills Taught:** In practice, we will place significant emphasis on refining stroke mechanics and progressively honing in on all four strokes with an emphasis on backstroke and butterfly. This group builds on the skills learned in Swim Training Blue with an introduction to aerobic work. In this group swimmers will continue to work on fine mechanics of strokes, as well as proper dives and flip turns. Swimmers will also be introduced to IM transition turns. When finishing this group, swimmers should be proficient in all four strokes and adequate at turns and starts.

**Practice Length:** 1 hour 10 minutes

## Swim Training Elite

**Prerequisite:** Swimmers must possess sufficient knowledge of the four competitive strokes: freestyle, backstroke, breaststroke, and butterfly. Entry into this group is based on coach recommendation.

**Primary Focus and Skills Taught:**

In practices, we will introduce stroke mechanics and drills, placing a strong emphasis on technique as we gradually increase yards and sets throughout the season. Swimmers must be proficient at starts and turns. This group builds on skills previously learned, with an increase in conditioning. Swimmers will complete practices with interval training and a focus will be placed on aerobic training. Swimmers will also learn IM transitions and will continue to improve upon the techniques and mechanics required for each stroke.

**Practice Length:** 1 hour 10 minutes



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# Swim Training for Kids

Elementary and Middle School Students

February 1, Thursday - February 29th, Thursday

Swim Training Time (circle one)\*:

3:15- 4:25 p.m.	4:30-5:40 p.m.	5:45-6:55 p.m.
No Elite Class		
401B	402B	403B

Parent Name: \_\_\_\_\_ BSRC # (if applicable): \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_

First Child Name: \_\_\_\_\_ Age: \_\_\_\_\_ Summer Swim Team: \_\_\_\_\_

Second Child Name: \_\_\_\_\_ Age: \_\_\_\_\_ How did you hear about our program? \_\_\_\_\_

Third Child Name: \_\_\_\_\_ Age: \_\_\_\_\_ \_\_\_\_\_

Turn in this form and your payment (make checks out to "BSRC") to the front desk or mail to BSRC at P.O. Box 1537 Mechanicsville, VA 23116.

**Members: \$51/month (\$41/month for each additional sibling)**

**Medical Waiver:**

I hereby release Burkwood Swim and Racquet Club and all staff from all responsibility, accident, or injury incurred while participating in the Swim Training for Kids program. Furthermore, I authorize BSRC personnel to summon appropriate medical attention for my child in the event of my absence.

*I have read and understood the foregoing release and I agree to the above terms*

Signature: \_\_\_\_\_ Date: \_\_\_\_\_