



# BURKWOOD SWIM AND RACQUET SPRING SWIM CLINIC



**OVERVIEW:** This is the summer swim team prep program. Kids who plan on participating on the summer swim team can get a head start by participating in this once a week program. Attention is given to starts, turns, finishes, streamlined body alignment, proper stroke mechanics, and sprint racing strategy.

**SKILL LEVEL:** Swimmers can be as young as 5 years old and as old as 18 years old to participate in the program. ***Children need to be able to swim a length of the pool to be able to participate.***

**LOCATION:** Burkwood Swim & Racquet Club off Studley Rd. 9120 Burkwood Club Dr – Indoor Pool at the Fitness Center (first building on the left).

**DATES:** 9 weekly sessions on Sundays starting March 3<sup>RD</sup> through May 12<sup>th</sup>  
(Mar 3<sup>RD</sup>, Mar 10<sup>th</sup>, Mar 17<sup>th</sup>, Mar 24<sup>th</sup>, Apr 7<sup>th</sup>, Apr 14<sup>th</sup>, Apr 28<sup>th</sup>, May 5<sup>th</sup>, May 12<sup>th</sup>).  
***No practice on March 31<sup>st</sup> and April 21<sup>st</sup> due to Spring Break and Easter***  
**Sunday, May 12<sup>th</sup> is swim meet day. From 3:30-5:00, we will have a swim meet to show off all the new skills we have learned!**

**TIME:** \*\*Sunday 3:00-4:00pm, 4:00-5:00pm, or 5:00-6:00pm  
\*\*If you are interested in starting a Saturday class, call for information.

**COACHES:** Karen Seeber *BSRC Head Coach and Atlee H.S. Head Coach*  
George Massey, *BSRC Aquatics Director and ASCA Level 4 certified coach*  
College and high school aged instructors as needed

**COST:** \$47.50 for Burkwood Swim and Racquet Club members  
***(There is a discount of \$8.00 for additional siblings)***  
\$90.00 for non-members  
***(There is a discount of \$10.00 for additional siblings)***

**CONTACT INFO:** George Massey 730-2472 bsrcaquatics@gmail.com

**REGISTRATION:** Fill out page two and mail, along with your check, to the following address:  
**Burkwood Swim and Racquet Club**  
RE: Sunday Clinic  
P.O. Box 1537  
Mechanicsville, VA 23116

Or bring the information to Burkwood. You can drop it off at the main desk of the fitness building. Mark the registration “attention George Massey”.

**NOTES:** Make checks payable to “***Burkwood Swim and Racquet Club***” or “***BSRC***” Space is limited– class size is limited to 36 swimmers per session.  
***Only your completed registration form, along with payment, will reserve a spot in the program.***



# BURKWOOD SWIM AND RACQUET CLUB SPRING CLINIC REGISTRATION FORM

Time requested (circle one)

3:00-4:00pm OR 4:00-5:00pm OR 5:00-6:00pm

Parent's First and Last Name(s) \_\_\_\_\_ BSRC #: \_\_\_\_\_

Swimmer's First Name \_\_\_\_\_ Age \_\_\_\_\_

Swimmer's First Name \_\_\_\_\_ Age \_\_\_\_\_

Swimmer's First Name \_\_\_\_\_ Age \_\_\_\_\_

Swimmer's First Name \_\_\_\_\_ Age \_\_\_\_\_

Email \_\_\_\_\_

Primary Contact Name and Number during class time: \_\_\_\_\_

Summer swim club \_\_\_\_\_

Secondary Emergency contact \_\_\_\_\_  
(name and phone number)

LIST ANY MEDICAL CONDITION(S) 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



## TIME TO GET WET!