

# Swim Training for Kids

Elementary and Middle School Students  
December 2023 -Starting Monday, December 4th- December 22nd  
**NON MEMBER**

Participants receive technical coaching on the four competitive strokes, starts, and turns. Aerobic training is gradually increased once skills have been achieved. Swimmers must be able swim freestyle, backstroke, breaststroke, and have a working knowledge of butterfly. ***This class is not for learning how to swim the four competitive strokes. Go to Burkwood Swim School for information on swim lessons.***

**Coaches:** Will Brunner – Burkwood Aquatics Director  
Karen Seeber – BSRC Summer Team Head Coach  
Kaelin Jernigan-Ashcreek Head Coach

**Practices:** Monday, Tuesday, Thursday.  
Class times: **3:15-4:25, 4:30–5:40 pm, or 5:45-6:55 pm**

**Pricing: Nonmembers:** \$87/month (77/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 Aquatics Director Will Brunner at 730-2472 or [bsrcaquatics@gmail.com](mailto:bsrcaquatics@gmail.com).

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



**Burkwood Aquatics**



**Burkwood**  
SWIM & RACQUET CLUB

(804) 730-2472  
9120 Burkwood Club Drive  
Mechanicsville, VA 23116

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December 2023 -Starting Monday, December 4th-December 22nd  
**NONMEMBER**

Swim Training Time (circle one)\*:

3:15- 4:25 p.m.	4:30-5:40 p.m.	5:45-6:55 p.m.
501A	502A	503A

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.

**Nonmembers: \$87/month (\$77/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: \_\_\_\_\_

