

# SWIM TRAINING FOR KIDS



**Overview:** This is a swimming fitness class for elementary and middle school aged children. Participants receive technical coaching on proper swimming technique in 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. Free swim meets are offered throughout the season. ***This class is not for learning how to swim the four competitive strokes. Go to Burkwood Swim School for information on swim lessons.***

**Coaches:** George Massey - Aquatics Director and current Hanover High Head Swim Coach  
Will Brunner - Assistant Aquatics Director and Hanover High Head Swim Coach  
Karen Seeber – BSRC Summer Team Head Coach and current Atlee High Head Swim Coach

**Date and Times:** October thru mid May.  
Practices offered Mondays, Tuesdays, and Thursdays during Oct-Jan  
Practices offered Mondays-Thursday, Feb – mid May (limited to three practices a week)  
\*Choice of times: 3:15-4:25pm, 4:30–5:40pm, or 5:50-7:00pm. .

**Equipment:** Goggles, swim cap (if necessary). Swim caps and goggles can be purchased at the aquatic’s office at the indoor pool.

**Cost:** This is a month to month program. No obligation beyond the one month.  
Members: \$30.00 per month. \$25.00 per month for each additional sibling.  
Nonmembers: \$90.00 per month. \$75.00 per month for each additional sibling.

**How Do I Sign Up:** Fill out page two, the registration form. Either drop off the form at the front desk of BSRC or mail it to BSRC at P.O. Box 1537 Mechanicsville, VA 23116. **PAYMENT** is required for the registration to be valid.

**Questions???:** Contact the Aquatics Director, George Massey at 730-2472 or [aquatics@burkwoodclub.com](mailto:aquatics@burkwoodclub.com).



**TIME TO GET WET!**



# BURKWOOD SWIM AND RACQUET CLUB SWIM TRAINING FOR KIDS REGISTRATION FORM



DATE: \_\_\_\_\_

**MONTH REGISTERING FOR:** \_\_\_\_\_

**\*SWIM TRAINING FOR KIDS TIME (circle one):**      3:15-4:25      4:30-5:40      5:50-7:00

*\*It is preferable that you attend at the time you indicate, however things happen. You can attend the other practice on occasion if necessary. Just contact us first if possible to make sure there are no issues.*

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

Phone Number: \_\_\_\_\_ Email address: \_\_\_\_\_

First Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_

Second Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_

Third Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_

Summer Swim Team: \_\_\_\_\_

How did you hear about the program? \_\_\_\_\_

**COST**

BSRC MEMBER:                      \$30.00 for first child    \$25.00 for each additional child

NONMEMBER:                        \$90.00 for first child    \$75.00 for each additional child

**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: \_\_\_\_\_



**TURN IN THE FORM, ALONG WITH PAYMENT (MAKE CHECKS PAYABLE TO "BSRC") TO THE FRONT DESK OR MAIL TO BSRC AT P.O. BOX 1537 MECHANICSVILLE, VA 23116. You will receive an email confirmation upon receipt.**