



**NAC**

**GREEN GROUP  
Spring Ahead Session**

**[www.swimnac.com](http://www.swimnac.com)**

Nashville Aquatic Club's entry level training group – The Green Group – is designed for the 9 & Under swimmer who is looking for an introduction to competitive swimming or just wants to get ready for summer league! In this group your swimmer will be focusing on the technical development of freestyle and backstroke with an introduction to breaststroke and butterfly.

This group will be offered 4 days a week on Tuesday, Thursday, and Friday at 5:15 – 6:00 pm and Saturdays 8:15 – 9:00 am.

Nashville Aquatic Club is a comprehensive program that offers training for the pre-competitive swimmer to the most elite, world class athlete. No, you don't have to be a City Champion to swim with NAC. You just have to be able to complete 25 yards of freestyle and backstroke. We welcome the opportunity to work with swimmers of ALL abilities and help them to realize their goals.

**FOR QUESTIONS EMAIL**

**Shantel Commander [scommander@swimnac.com](mailto:scommander@swimnac.com)**



## **GREEN GROUP Spring Ahead Session**

*April 6 - May 29*

**\$175 PER SWIMMER**

Practices will be offered at the Centennial Sportsplex  
222 25<sup>th</sup> Avenue N . Nashville . TN . 37203

**Tuesdays, Thursdays & Fridays – 5:15 – 6:00 pm**

**Saturdays – 8:15 – 9:00 am**

2-3 days per week is recommended as your schedule permits.

Registration Form and Fees Due Before March 23

Mail to P.O. Box 128318 Nashville, TN 37212 or drop by NAC office

Swimmer's Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

Mom's Name: \_\_\_\_\_

Contact Email: \_\_\_\_\_

Mom's Phone: (H) \_\_\_\_\_ (C) \_\_\_\_\_

Dad's Name: \_\_\_\_\_

Contact Email: \_\_\_\_\_

Dad's Phone: (H) \_\_\_\_\_ (C) \_\_\_\_\_

Make Check Payable to NAC and bring with completed registration form to your first day of practice.