



NAC

SPRING AHEAD

April 6 – May 29

www.swimnac.com

Nashville Aquatic Club is offering an 8-week summer gear up session to prepare summer league swimmers for the upcoming summer swim season. This instructional group is designed for swimmers ages 9 & Up to brush up their technique in all four strokes and competitive skills.

This group will be offered 4 days a week on Tuesday, Thursday, and Friday from 6:00 – 7:00 pm and Saturdays 8:15 – 9:15 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



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April 6 – May 29

\$175 PER SWIMMER

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

Tuesdays, Thursdays & Fridays – 6:00 – 7:00 pm

Saturdays – 8:15 – 9:15 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