



**NAC**

**GREEN GROUP  
INSTRUCTIONAL TRAINING GROUP**

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

Nashville Aquatic Club has restructured our entry level GREEN training group. This entry level/instructional group is designed for the swimmer who is ready to graduate from summer league to year round swimming. In this group your swimmer will be introduced to year round swimming with a focus on technical development rather than competition.

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. On Monday, Wednesday & Saturdays you can supplement your training efforts by participating in SwimAmerica, our small group lesson program which offers stroke development taught by nationally certified instructors in a small group setting.

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**

**Bryan Welter [bwelter@swimnac.com](mailto:bwelter@swimnac.com) or  
Shantel Commander [scommander@swimnac.com](mailto:scommander@swimnac.com)**



**2010 Winter Session**  
*January 11 – March 13*  
**INSTRUCTIONAL TRAINING GROUP**

**\$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.

BRING ON YOUR FIRST DAY OF PRACTICE

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.