



2007-2008

Spring Ahead Summer Tune-up Information

The Nashville Aquatic Club will be running a Spring Ahead Summer Tune-up to help summer swimmers get back in touch with the great sport of swimming. We will be working on competitive swimming skills including but not limited to: Dives, Stroke Technique, Turns & Kicking. Swimmers must have some competitive swimming experience in order to participate in this program. For questions about the program please contact Bryan Welter at bwelter@swimnac.com. This program will be at the Centennial Sportsplex for swimmers age 5 -12.

We also offer swimming lessons for those future swimmers through the SwimAmerica program at the sportsplex. More information about swimming lessons can be found at www.swimnac.com or by contacting Margaret at 615-516-7711.

Training Dates :

The program will begin the week of April 7th and conclude the week of May 22nd. You must select one of the two groups below.

Group 1 :

Monday & Wednesday 4:20 – 5:05

Group 2 :

Tuesday & Thursday 4:20 – 5:05

Training Fees

Each group will cost \$200 for the session to be paid in advance. Please mail the registration form along payment to:

Nashville Aquatic Club
Attn: Summer Tune-up
P.O. Box 128318
Nashville, TN 37212

You must email Bryan Welter bwelter@swimnac.com ASAP in order to reserve your spot in the group. We will be limiting the groups to 30 swimmers on a first come first serve basis.



Spring Ahead Summer Tune-up

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SWIMMERS	name	Birth Date	Summer	Comments
	(Last, First, Middle Initial Required)	(MM/DD/YY)	Swim Club	

ADDRESS: Street	City, State	Zip
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Mom

Dad

PARENTS	Name	
	Home Phone	
	Cell Phone	
	Work Phone	
	**Email Required	
	Occupation	

MEDICAL RELEASE

I give permission to the coaches and/or other designated chaperones of Nashville Aquatic Club to obtain emergency and/or other necessary medical treatment for my child during practice, swim meets and other times that my child is at NAC functions and not directly under my care.

Signed _____ Date _____
 (parent or legal guardian)