



SWIM MECHANICS

2018 SPRING Warm- Up

LET'S GET READY EARLY FOR THIS SEASON !

If you want to learn how to swim or improve your speed and technique and endurance, we have the program for you! Our coaches are dedicated teachers of stroke mechanics, with coaching experience on the high school and club levels as competitors and coaches. Our program is based on the philosophy that proper mechanics are the foundation for building a stronger performance. We will practice the race distances that you will swim in the summer league season. Individual attention to all swimmers is our top priority, with hands on instruction at every level. AGES 8 to 18

Coaches : Bill , Gabby, Miranda and Matt.

Location: St. Matthews Recreation Center. 31 W. Academy Street Williamstown N.J. 08094

Dates: April 2nd to May 17th (7 weeks) ** NOTE : There will be no practice May 3rd or May 7th.

Days: Monday, Tuesday and Thursday (you do not have to attend every practice)

Times: 7:30pm to 8:30 pm

Fees: \$250 per swimmer (family discount for more than one swimmer) Due March 20th

Mailing Address: Bill Albertson (check) 27 Randolph Drive, Sicklerville NJ 08081

Phone: 609-280-9504

Email: walb1985@hotmail.com

-----**Registration Form**-----

Last Name _____ First _____ Grade _____

First _____ Grade _____

Home Address _____

Phone # _____

High School/middle school:

Parent Sign for Permission _____

E- Mail Address _____