

Summer 2009 Swim Clinics

These clinics are a great way for swimmers to get an introduction to swim team and also for the more experienced swimmers to perfect their strokes. All of the clinics focus on the same drills and techniques that the elite competitive swimmers use in their training.

Clinics are led by Hal Peterson, coach of the Dolphin Swim Team, State Champions 2006, 2007, 2008 & 2009.

Clinic	Dates	Times	Fee
Freestyle & Backstroke Clinic	August 3, 5 & 7	3:30 - 4:30 p.m.	\$26 YM \$49 CM
Butterfly & Breaststroke Clinic	August 10 & 12	3:30 - 4:30 p.m.	\$19 YM \$31 CM
Racing Starts & Turns Clinic	August 14	3:30 - 5:30 p.m.	\$18 YM \$27 CM

The YMCA Dolphin Swim Team is open to those 5-18 years old who are competent in at least the freestyle competitive stroke. Season runs October through February. Practices are held 3 days per week after school for 1 hour, with swim meets on Saturdays.

- **Registration forms for the Dolphin Swim Team are available at the member services desk.**
- **For more information contact Jane at the YMCA, 829-4767, or jhansen@brainerdlakesymca.org**

*Call in with credit card, mail or drop off form with fees / checks payable to: Brainerd Family YMCA, 602 Oak St. Brainerd, MN 56401
PH: (218)829-4767*

2009 Swim Clinic Registration Form

(Registration Deadline is July 27, 2009 or when full)

Name _____ Birthdate _____ Gender (circle) M F
(One swimmer per registration form)

Check clinics attending: **Freestyle and Backstroke**___ **Butterfly and Breaststroke**___ **Racing Starts and Turns**___

Parent or Guardian _____ Phone # _____

Address _____ City _____ Zip _____

Emergency Contact _____ Phone # _____ Relation _____

I give permission for my child to participate in the Summer 2009 Swim Clinics and accept full responsibility for any and all injuries that may occur. I also release all pictures &/or video of my child taken by the YMCA for promotional use only by the YMCA.

Parent/Guardian Signature _____ Date _____

Office Use--Fees: **Freestyle & Backstroke \$26/49** _____ **Butterfly and Breaststroke \$19/\$31** _____
Racing Starts and Turns \$18/\$27 _____
 Check # _____ CC _____ CASH _____ Amt _____ Staff _____ Date _____