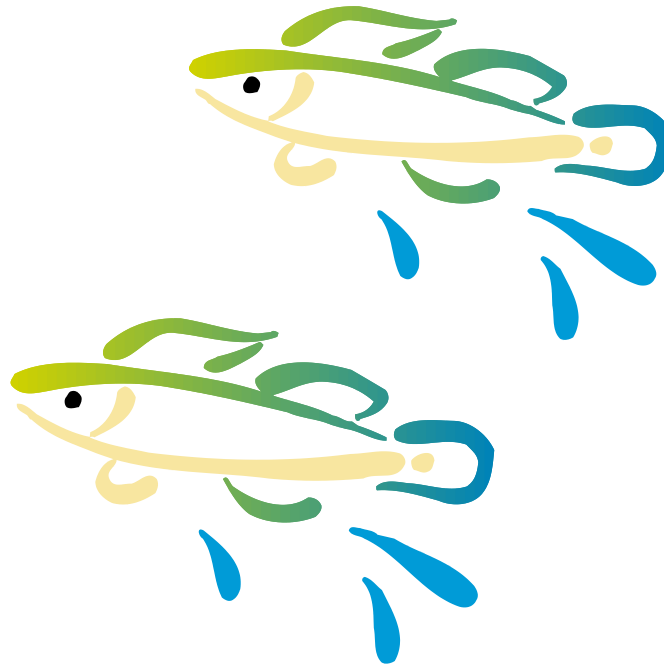


COACHES CORNER

Learning to swim is a valuable skill to learn. Swimming is one of the few activities which can be pursued throughout life.

Good Swimming is a skill which takes many hours of practice and although it may look effortless, it requires much thought and physical power. As with any craft, it must be "honed" in order to be perfected.

A swimmer's improvement will be measured not only by the times and finishes of their races, but also with the amount of time practicing the skill correctly and the effort put forth by the body and the mind.

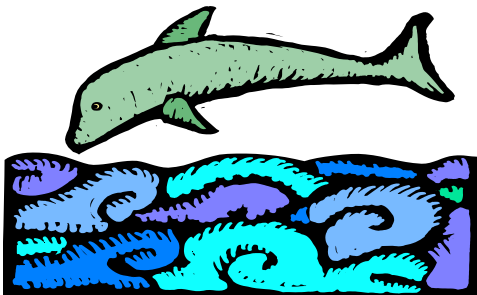


To our Parents:

Success is the greatest motivator.

To our Swimmers:

Be PATIENT.



Curl-Burke Aquatic Education Center
At
Burke Racquet and Swim Club
6001 Burke Commons Road
Burke, VA 22015

Facility Phone Number: 703-250-1299

Facility Fax Number: 703-250-8642

2011-2012 Stroke and Turn Clinic



September 18,
2011
through
May 20, 2012

Telephone
703-250-1299

www.burkeclub.com



Stroke and Turn Program

The Curl-Burke Swim Club Stroke and Turn Program is designed for the summer season competitive swimmer who wishes to improve their skills in the winter and spring off-season. This multi-week *Sunday* program incorporates the needed skills for a swimmer to remain competitive throughout their summer career. Each session will focus on the technique and refinement of skill to help participants achieve their goals.

Curl-Burke welcomes our local Summer Leagues Teams to join us during the off-season for a winter of swimming.

Schedule: Beginning September 18, 2011

Competitive Swim Lessons	3:00 to 3:40 PM
8 years old and under	3:45 to 4:30 PM
9 to 11 years old	4:40 to 5:40 PM
12 years and older	5:45 to 6:45 PM

Fees: \$ 450.00 for first swimmer;
\$ 395 for each additional family swimmer
(fees are non-refundable)

To register: Return the completed form (with payment) to:
Checks should be payable to: **BRSC**

Burke Racquet and Swim Club
6001 Burke Commons Road
Burke, VA 22015

The Competitive Swim Lesson Program is designed for those swimmers who are not quite ready for the Stroke and Turn Clinic, and will benefit from a small group environment. Basic Stroke skills are the focus for this session. Placement in the program is at the discretion of the instructor/coach.

The Stroke and Turn Clinic is specifically for the swimmer who wishes to improve their level of competitive swimming skill. Intensive drilling and skill work is emphasized during the hour-long sessions

****Participant placement is determined by the coaching staff, should alternate arrangements be needed, every effort will be made to find a suitable BRSC Swimming Program for the swimmer.**

Registration will not be accepted without payment .

Limited enrollment

Registration Form

Swimmer's

Name: _____

Age _____ Birthdate: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Home Phone: _____

Cell Phone: _____

E-mail _____

Summer Team: _____

Seasons of experience: _____

Health/Medical/leaning issues:

Office use only code # 53

Amount paid _____ Date Paid _____

Method of Payment: _____