

Catch the WAVE

...with WAVE SWIMMING'S Spring Clinic

Swimming fast requires great technique. Learning technique requires consistent repetition.

WAVE'S Professional Coaching Staff will create the technical foundation necessary for successful competition.



2 Covenant Locations: Triangle Aquatic Center in Cary & North Raleigh Christian Academy

Flexibility: Choose any number of weeks!

Fees: \$35 for the first week: \$25 for any additional week

Swim Times: TAC 7:00-8:00 PM
NRCA 5:45-6:45 PM

<u>Week</u>	<u>Start Date</u>	<u>Days</u>	<u>Strokes</u>
1	April 14 th	M-T-W-Th	Freestyle
2	April 21 st	M-T-W-Th	Backstroke
3	April 28 th	M-T-W-Th	Free & Back
4	May 5 th	M-T-W-Th	Butterfly
5	May 12 th	M-T-W-Th	Breaststroke
6	May 19 th	M-T-W-Th	Butterfly & Breaststroke
7	May 26 th	M-T-W-Th	Start, Turns, & Finishes

Each participant receives a WAVE T-Shirt & cap with paid registration for the first week.

To Register: mail the completed registration form and check payable to WAVE Swimming to:

WAVE SWIMMING
ATTN: Swim Clinic
PO Box 18012
Raleigh, NC 27619

Clinic registration has limited availability and is on a first come first served basis. Registrations are only accepted with payment by check. Please fill out one form for each swimmer. Swimmers must be able to swim a nonstop unassisted 25 yards of freestyle. Please keep the top form and detach the bottom form. You will be notified via email upon receiving.

Swimmers Name: _____ Age: _____ Summer Team: _____

Parent Name: _____ Email: _____ Phone: _____

Address: _____ City: _____ Zip: _____

Circle T-Shirt Size: YM YL SM MED LG XL

Circle Week(s): 1 2 3 4 5 6 7

Circle Location: Triangle Aquatic Center North Raleigh Christian Academy