

Greater Baltimore Swim Association

Presents

Sunday Stroke Clinic

Community College of Baltimore County
800 South Rolling Road
Catonsville, MD 21228

Classes will begin Sunday, September 12th. We will run nine (9) classes over 10 Sundays – taking Sunday, 9/19 off – ending Sunday 11/14. This year registration will be done online at www.gbsaswim.org/registration. Registration will open early September – look for postings at gbsaswim.org for an exact date!!! 1 and 2pm classes will be available; when those fill 3pm will open if necessary.

Groups will be as follows:

1. **Beginners**: Ages 4 & up meeting from 1:00 -1:45 p.m.

Cost: \$80.00

Level I: Children must be able to get in the water without parents.

Level II: Children must be able to push off the wall and kick to the instructor and be able to blow bubbles.

2. **Intermediate**: Ages 5 & up meeting from 1:00 – 2:00 p.m.

Cost: \$110.00

Level I: Children must be able to swim 15 yards of freestyle with their face in the water and be able to kick on their back.

Level II: Children must be able to swim 25 yards of freestyle and backstroke.

3. **Competitive**: Ages 6 & up meeting from 1:00 – 2:00 p.m.

Cost: \$110.00

Level I: Children must be able to swim 25 yards of freestyle with proficient lateral breathing and 25 yards of backstroke and have some knowledge of breast stroke.

Level II: Children must be able to swim 25's and 50's repeatedly as well as have a competent breaststroke.

GBSA HEAD COACH: Patrick Underwood 410-552-6460

e-mail: swimgbsa@verizon.net

Call with questions between 1 and 3pm or 9 and 10pm.

YOU MUST REGISTER ONLINE AT WWW.GBSASWIM.ORG/REGISTRATION, THEN MAIL THE REGISTRATION FORM WITH CHECK. ONCE THAT INFO IS RECEIVED YOUR SPOT WILL BE CONFIRMED AND HELD. IF PAYMENT IS NOT RECEIVED WITHIN SIX (6) DAYS OF ONLINE REGISTRATION THE SPOT WILL BE CLEARED!