

Alternative Swim Programs 2011-12

After the September 2011 Gaithersburg Winter Swim (GWS) tryouts, the coaches will select approximately forty-eight (48) swimmers who appear to be at the highest level of readiness to train in this program.

Some swimmers will either be too young or too inexperienced to progress effectively in this training program at this time. Their short term and long term swim career would be better served by registering for a once-per-week stroke & turn clinic for the coming season (see below for details).

We plan to offer a spring version of this GWS program that will run from after Spring Break to the opening of the summer pools. Swimmers not selected for the Fall GWS program may wish to tryout at that time.

CITY OF GAITHERSBURG COMPETITIVE STROKE AND TURN CLINIC Age: 6 - 13 years



An 8-week program designed to prepare young and new swimmers for swim team training. Emphasis will be on developing all four competitive strokes, starts and turns. Registrants must be able to swim 2 lengths on their front without stopping, one length of backstroke, and one length breaststroke. If you have any questions about this program, please call the Water Park administrative offices at (301) 258-6445.

<u>Class</u>	<u>Starts</u>	<u>Ends</u>	<u>Days</u>	<u>Time</u>	<u>Location</u>	<u># Sess</u>
33536	9/19	11/7	M	4-5 pm	GAC	8

City Residents & Members \$75; Non-Residents \$85

MONTGOMERY STROKE & TURN CLINIC (MSTC) Age: 5 - 18 years

MSTC's program is designed for swimmers 5-18 years old who wish to improve their ability to swim the four competitive strokes, learn correct starts and turns, gain strength and have fun. In order to participate, swimmers must be able to swim 25 meters of freestyle without stopping.

PRACTICE TIME & LOCATION

Gaithersburg Aquatic Center - 22 Sundays- 6:30-7:30pm, with certain exceptions. See MSTC flyer.

This program meets Sunday evenings from **November 6, 2011 – May 20, 2011**, and costs \$330 per child. Brochures are available at our front desk. MSTC has a contract to rent our facility and is not a City of Gaithersburg program. If you have any questions about this program, please call MSTC @ (240) 350-8511.