



Gaithersburg Aquatic Center

2 Teacher's Way
Gaithersburg, MD 20877

GWS Pre-Summer TUNE-UP

What: A three-practice per week, 7 week, competitive swim training group.

Serving: Gaithersburg, Montgomery Village, Mid-County regions and beyond.

By Whom: City of Gaithersburg – Parks, Recreation, & Culture- Aquatics Division.

Where: Gaithersburg Aquatic Center (GAC)
Located next to the Gaithersburg Middle School at 2 Teachers Way
(off Girard Street between Victory Farm Drive and East Diamond Avenue)



When: April 13, 2010 thru May 27, 2010

For Whom: Swimmers 9 yrs. thru high school who have at least one season of summer swim league experience, good skills, and have a successful swim tryout. Space is limited!

Coach: Jen Taylor, Jenn Martin, Lauren Kern, and Madison Scott

Practice Days & Times:

Seniors: Tues. & Thurs. 3:45-5:00PM (Tues.: 4/13, 4/20, 4/27, 5/4, 5/11, 5/18, 5/25)

Juniors: Tues. & Thurs. 4:00-5:00PM (Thurs.: 4/15, 4/22, 4/29, 5/6, 5/13, 5/20, 5/27)

All: Sundays 8:15-9:30AM (Sun.: 4/18, 4/25, 5/2, 5/9, 5/16)

Cost: \$95.00 per swimmer (\$85 for City Residents) for the 7 week training program.
The entire fee must be paid in full on or before the first practice.
As space is being reserved for all registrants and costs incurred, there will be no refunds.

Veteran Registration: Swimmers from this Fall's GWS program must register in-person at the pool on the first day of practice, Tuesday, April 13, 2010. Practice will be held for registered returning swimmers from 4pm - 5pm

Rookie Tryouts: All **new** swimmers must tryout for available slots. Meet the coach, discuss the program, and show us your skills at the GAC on **Tuesday, April 13, 2010, from 4:00 to 5:00 PM**. Successful candidates will register afterwards. Others will be placed on a waiting list or directed to other available stroke & turn clinics.



For more information, check the City website @ www.gaithersburgmd.gov/aquatics
or call Bill Bullough, Aquatics Director, @ 301-258-6445 x202.

Alternative Swim Programs

After the April 13th GWS Pre-Summer Tune-Up 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 new 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).

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



A 6-session 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, and one length of backstroke. 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>Days</u>	<u>Time</u>	<u>Location</u>	<u># Sess</u>
29436*	4/12	M	4:00pm	GAC	6

*City Residents & Members \$55; Non-Residents \$65

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. Late registrations are welcome on a pro-rated basis.

PRACTICE TIME & LOCATION
Gaithersburg Aquatic Center
6:30-7:30pm

This program meets Sunday evenings from November 1, 2009 – May 16, 2010, and costs \$330 per child. Brochures are available at our front desk. MSTC has a contract to rent our facility and is not a Recreation Department program. If you have any questions about this program please call (240) 350-8511.