

2017 Spring Swim Clinic

General Information:

The 2017 Spring Swim Clinic is open to competitive swimmers ages 7-17. This four-week session will focus on improving technique while also working on speed and endurance.

Contact Information:

Caitlin Klick-McHugh
(978) 846-1523
klickmchugh@gmail.com

Locations:

Swim Workouts:

Shawsheen Valley Technical High School
100 Cook Street
Billerica, MA 01821

Dryland Circuit Training:

McCarthy Middle School
250 North Rd.
Chelmsford, MA 01824

Notes: To get to the pool entrance, use the first Shawsheen driveway on your left. The sign says “Do Not Enter: 2:00-2:30” for school dismissal, but this will not conflict with practice times. For circuit training, we will meet at the track behind the McCarthy Middle School.

Dates:

Wednesday, April 26th-Sunday, May 21st (Sundays, Wednesdays, and Fridays)

Times:

Sunday Swim Practice (Shawsheen Tech.)

Ages 7-10 11:00-12:00
Ages 11-17 12:00-1:00

Wednesday Swim Practice (Shawsheen Tech.)

Ages 11-17 4:00-5:00
Ages 7-10 5:00-6:00

Friday Circuit Training (McCarthy Track)

All Ages 4:00-5:00

Payment:

3 Days a Week (12 practices)	\$216
2 Days a Week (8 practices)	\$160
1 Day a Week (4 practices)	\$90
Drop In	\$25/practice

Sign-ups: Please email klickmchugh@gmail.com before April 13th to sign up for the clinic. Please indicate the swimmer’s age and days in the email. Please bring the payment and form to the first practice. Checks should be made payable to Caitlin Klick-McHugh.

2017 Spring Swim Clinic Permission Form

Please fill out the form below and bring to your first practice.

Swimmer Information

Swimmer's Name:

Age:

Address:

Town:

Email Address:

Phone Number:

Emergency Contact Information

Contact 1:

Relationship to Swimmer:

Phone Number:

Contact 2:

Relationship to Swimmer:

Phone Number:

Practice Information

Practice Option:

(for example- "Sundays only")