



2009 Swim Team Summer Warm-Up

It is never too early to start thinking about summer! Why not start your summer swim program with Carroll Aquatics. Join us for some great technique workshops and pre-season training.

Training Sessions:

Swimmers should be prepared to swim 1,000 – 2,000 meters (40 – 80 lengths of the pool) per workout.

Group A:

- Two workouts per week: Tues. & Thurs., 5:15 – 6:00pm
- 6 week session: April 21st through May 28th
- Limited to 20 swimmers
- Cost: \$40 per swimmer

Group B:

- Two workouts per week: Mon. & Wed., 7:00 – 8:00pm
- 6 week session: April 20th through May 29th (the May 25th workout will be rescheduled to Friday, May 29th)
- Limited to 30 swimmers
- Cost: \$50 per swimmer

Technique Workshops:

- Series of 4 workshops:

April 25 th : Freestyle	May 30 th : Breaststroke
May 9 th : Backstroke	June 6 th : Butterfly
- Limited to 20 swimmers
- Saturday mornings
 - Group A: 9:30 – 10:25am: Designed for advanced swimmers: competition legal and prefer USA B times or better.
 - Group B: 10:30 – 11:25am: Designed for beginner/intermediate swimmers capable of performing the stroke at a minimum skill level.
- Cost: \$15 per workshop, \$50 for the series of 4 workshops

Other Carroll Aquatics Programs:

- **Carroll Aquatics Tiger Sharks (CATS):** USA Swimming competitive swim team. Trains and competes year-round. Swim meets local and/or "travel". Ages 5 to 21, beginner to National level. Approximately 100 swimmers in 8 age/training groups.
- **Four Seasons Swim Club (FSSC):** Central MD recreational swim league. Training and competition May 27th - July 25th. Ages 4 to 18, all levels.
- **Carroll Aquatics Masters:** USA Swimming for adults age 19 to 100.
 - Summer: Mon., Wed., Fri., 6:00-7:00am
 - Indoor: Mon., Wed., Fri., 7:00-8:15pm

Location: Four Seasons Sports Complex, 2710 Hampstead-Mexico Rd, Hampstead, MD 21074

Additional Information: Please visit our website at www.CarrollAquatics.com or e-mail us at CATS.Swimming@gmail.com



Registration Form – Summer Warm-ups/ Technique Workshops - 2009

Family Information	
Father	Mother
Name	
Address	
Home Phone	
Work Phone	
Cell Phone	
E-Mail	

Swimmer #1			
Name _____			
	Last	First	Middle (Full)
Birth Date	Gender		
Program	Warm-ups: A or B	Technique: A or B	Date(s):
Fee	\$ _____	\$ _____	

Swimmer #2			
Name _____			
	Last	First	Middle (Full)
Birth Date	Gender		
Program	Warm-ups: A or B	Technique: A or B	Date(s):
Fee	\$ _____	\$ _____	

Please make checks payable to “Carroll Aquatics”

MAIL CHECKS AND THIS COMPLETED FORM TO:
Carroll Aquatics
 40 Fitzhugh Ave
 Westminster, MD 21157

Refund/Make-up Policy: Refunds and make-up classes will be available in accordance with the following guidelines: Make-up classes or refunds are only available for classes canceled by Carroll Aquatics. Missed classes due to illness, injury, vacation, or other situations are not eligible for refunds or make-up classes. If necessary, a make-up class for the session will be scheduled for the same day of the week as the canceled class; however, Carroll Aquatics reserves the right to schedule the make-up class on a day different from the regularly scheduled class. If Carroll Aquatics due to unforeseen circumstances cannot schedule a make-up class, refunds may be offered at the discretion of Carroll Aquatics. Refunds are only offered in the form of a credit for future Carroll Aquatics programs including additional swim classes, swim team, or technique workshops. Inability to attend an offered make-up class does not qualify for a refund/credit.