

TUCKAHOE RECREATION CLUB WINTER SWIM PROGRAM

Tuckahoe Aquatics is pleased to offer its Winter Swim Program for 25 weeks beginning November 1, 2018 and running through May 19, 2019. This program is for TRC members who are interested in weekly swim instruction (stroke work, starts and turns, improving speed/efficiency, and conditioning). Practices will be geared toward children who may participate in another sport and/or do not want to commit to a year-round swimming program. The program will help all swimmers prepare for next year's Tuckahoe summer season as well as help improve their strokes.

IMPORTANT: For safety reasons, swimmers must be able to swim 25 meters of freestyle unassisted, as well as be able to take instruction and fully participate in a 60-minute practice.

The program will be run for the 12th consecutive year by Chris McPhaul. Chris swam and helped coach at Tuckahoe (1973-1984), and he was also a lifeguard and water safety instructor both at TRC and Auburn University. He coached with Sea Devils Swimming and has also coached soccer and baseball in Montgomery County. He is currently active in the Montgomery County Swim League, where he officiates and cheers for his children. The winter program coaching staff will also include former and current Tuckahoe senior swimmers.

The program will take place on Thursday & Sunday evenings starting November 1, 2018, and run until May 19, 2019. There will be no Winter Swim on November 22 and 25 (Thanksgiving), December 23, 27 & 30 and January 3 (Winter Break), and April 18 & 21 (Spring Break).

Practice Times:

- Sunday 6:00 - 6:45 p.m. 8 & under swimmers
- Sunday 6:45 - 7:45 p.m. 9 & older swimmers
- Thursday 6:15 - 7:00 p.m. 8 & under swimmers

SPRINT CLINIC! Tuckahoe Aquatics will again offer a SPRINT CLINIC for experienced competitive swimmers. The clinic is for TRC members only. This clinic will focus on racing skills and improving speed. The program is intended for Saturday A meet swimmers who swim as a second sport, and year-round USA swimmers who want to supplement their winter training with a weekly speed session. Space is limited and registration is on a first-come, first-served basis.

Practice Time:

- Thursday 7:00 - 8:00 p.m.

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Registration Form

Registration will be accepted on a first-come, first-served basis. Tuckahoe year-long members receive priority. Registration forms and payments are due by October 15, 2018. No refunds after the second session. For more information, please contact Chris McPhaul at 301.908.0298 or cmcphaul1@yahoo.com.

Swimmer's Name (Last, First) _____ Gender _____ Date of Birth _____ Age _____

Parent Names: _____ TRC Member # _____

Street Address: _____

City, State, Zip: _____

Home Phone: _____ Mobile Phone: _____

E-Mail Address: _____

NOTE THE DAY YOU ARE SIGNING UP FOR:

SUN. 6:00-6:45 p.m. _____ SUN. 6:45-7:45 p.m. _____

THUR. 6:15-7:00 p.m. _____ THUR. SPRINT CLINIC 7-8 P.M. _____

Program Cost:

Tuckahoe Members - members

\$ 300.00 1st child

\$ 275.00 2nd child

\$ 250.00 3rd child

Non-members

\$ 375.00 1st child

\$ 350.00 2nd child

\$ 325.00 3rd child

Please make check payable to: Tuckahoe Recreation Club

If your child is planning to swim Sunday AND Thursday ~ please add an additional \$ 150.00.

Please send your registration form and check to:

TRC Winter Swim Program
c/o Chris McPhaul
8612 Fenway Road
Bethesda, MD 20817