

## TUCKAHOE RECREATION CLUB WINTER SWIM PROGRAM

Tuckahoe Aquatics is pleased to offer its Winter Swim Program for 25 weeks beginning November 2, 2017 and running through May 20, 2018. 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 yards of freestyle unassisted, as well as be able to take instruction and fully participate in a 45 or 60-minute practice.

This year's program will be run for the 11th 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 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 2, 2017 and run until May 20, 2018. There will be no Winter Swim on November 23 & 26 (Thanksgiving), December 21, 24, & 28, and 31 (Winter Break), and March 29 & April 1 (Spring Break).

Practice Times:

Sunday 6:00 - 6:45 p.m. - 8 & under Swimmers

Sunday 6:45- 7:45 p.m. - 9 & over 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 Times:

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

**Note:** The program may encourage some swimmers to age up or down based on their ability.

Program Cost:

Tuckahoe Members	Non-Members
\$300.00 1st child	\$375.00 1st child
\$275.00 2nd child	\$350.00 2nd child
\$250.00 3rd child	\$325.00 3rd child

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

**TUCKAHOE RECREATION CLUB  
WINTER SWIM PROGRAM**

**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, 2017. No refunds after the second session. For more information contact Chris McPhaul at 301.767.9747 or cmcphaul1@yahoo.com.

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

Parent Names: \_\_\_\_\_ Member #: \_\_\_\_\_

Street Address: \_\_\_\_\_

City, State , Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Please make check payable to: TUCKAHOE RECREATION CLUB

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:

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\$275.00 2nd child	\$350.00 2nd child
\$250.00 3rd child	\$325.00 3rd child

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