MONTGOMERY
STROKE & TURN CLINIC
SUNDAY EVENING SWIM CLINICS

OCTOBER 6th 2019 – MAY 17th 2020



- **SESSIONS RUN OCTOBER TO MAY**
- **FOCUS ON STROKE TECHNIQUE**
- **CONVENIENT SUNDAY EVENING CLINIC TIMES**
- **DESIGNED FOR SUMMER LEAGUE SWIMMERS AGE 5-18**

GERMANTOWN (GISC)
INDOOR SWIM CENTER
18000 Central Park Circle Boyds, MD

KENNEDY SHRIVER (KSAC)
AQUATIC CENTER
5900 Executive Boulevard Bethesda, MD

MARTIN LUTHER KING, JR. (MLK)
SWIM CENTER
1201 Jackson Road Silver Spring, MD

OLNEY (OSC)
INDOOR SWIM CENTER
16605 Georgia Avenue Olney, MD

Sponsored by the Montgomery County Recreation Department

FOR INFORMATION PLEASE VISIT WWW.MSTCSWIM.COM, CALL THE MSTC VOICEMAIL AT 240.350.8511, OR EMAIL INFO@MSTCSWIM.COM

Montgomery County RECREATION DEPARTMENT

MONTGOMERY STROKE & TURN CLINIC

☐ Check here if new address/phone/email. **Please print.**

PAYERS: Last Name _____ First Name _____ Email _____

Address _____ City _____ State _____ Zip _____

Home Phone ( )_____ Work Phone ( )_____ Cell Phone ( )_____

PARTICIPANT'S: Address _____ City _____ State _____ Zip _____

Mother's Name _____ Email _____

Home Phone ( )_____ Work Phone ( )_____ Cell Phone ( )_____

Father's Name _____ Email _____

Home Phone ( )_____ Work Phone ( )_____ Cell Phone ( )_____

Participant's Name (last, first, middle initial)	Date of Birth	Sex	Activity	Location	Course #	Fees*
			MSTC			

If you are a non-resident, include an additional$15.00 per participant in the activity

Total Amount Due	$

Withdrawal policy: Requests for withdrawal must be submitted in writing. If your written withdrawal request is received on or after the start date of the program, your credit will be pro-rated on the date the request is received. In addition all refunds and all written withdrawal requests received seven days or less before the start date of the program are subject to a $20.00 withdrawal fee.

☐ Check or Money Order **(payable to ActiveMONTGOMERY) Check #** _____

☐ MasterCard ☐ VISA Card # _____ Expiration Date _____

CARDHOLDER: Name (print) _____ Signature _____ Date _____

If paying by credit card, you may fax your registration form to 240-777-6818. If you need help completing this form, please call 240-777-6840.

The participant assumes all risks associated with participation in the program; the County assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, the County encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the County's use of any photographs taken or video tapes made of the program. If the participant is a minor, the parent or guardian approves his or her participation in the program. Neither the instructor nor any of the staff are responsible for children prior to or after scheduled program.

Participant or Parent/Guardian Signature _____ Date _____

MSTC INFORMATION

PRACTICE TIMES:

The following practice times on Sunday evenings are available at each facility:

Kennedy Shiver Aquatic Center (KSAC):
5:30-6:20 pm (course #67653)
6:20-7:10 pm (course #67654)
7:10-8:00 pm (course #67655)

Olney Indoor Swim Center (OSC):
5:30-6:20 pm (course #67658)
6:20-7:10 pm (course #67659)
7:10-8:00 pm (course #67660)

Germantown Indoor Swim Center (GISC):
5:30-6:20 pm (course #67996)
6:20-7:10 pm (course #67656)
7:10-8:00 pm (course #67657)

Martin Luther King Swim Center (MLK):
5:30-6:20 pm (course #67997)
6:20-7:10 pm (course #67661)
7:10-8:00 pm (course #67662)

MSTC is a 24 session swim clinic. Clinic will not meet December 29 (Winter Holiday), February 2 (Super Bowl Sunday), April 12 (Spring Break), and six other Sundays due to scheduling conflicts at the facilities. A pool specific schedule will be distributed at the first clinic and listed at ActiveMONTGOMERY.

On the first night swimmers and parents should meet on the pool bleachers for orientation. From there swimmers will go to the pool and parents are welcome to view from the upstairs bleachers.

Goggles are suggested for all swimmers. Swimmers with long hair should wear a swim cap.

There will be one intersquad swim meet scheduled during the spring.

FEES:

$425.00 per child (County Residents)
$440.00 per child (non-county residents)
The program fee may be paid by check to **ActiveMONTGOMERY** or by credit card at the pools and online.
During the clinic if a participant wishes to dedicate more time to swimming, they may tryout for the RMSC competitive swim team program. A portion of the cost of the clinic will be credited to the RMSC program cost.

REGISTRATION:

Limited space is available. Acceptance is on a first come first serve basis. **Registration will open July 8th at 8:30 a.m. (July 9th for non-county residents).**

Registration will be accepted Online:

- Go to www.activemontgomery.org
- Type Montgomery Stroke and Turn Clinic into the search bar
- Select the course you wish to register for by clicking "add to cart" button
- Follow the prompts to sign in to your account or create a new account

Registrations will also be accepted at the Indoor pools or by mailing payment and registration form to: (Checks Payable to ActiveMONTGOMERY)

Registrar
4010 Randolph Road
Silver Spring, MD 20902-1099

If you have any questions about the program please email info@mstcswim.com or call (240) 350-8511

The Montgomery Stroke and Turn Clinic is pleased to announce Sunday evening stroke clinics at Germantown Indoor Swim Center, Kennedy Shriver Aquatic Center, Martin Luther King, Jr. Swim Center, and Olney Swim Center.

The Montgomery Stroke and Turn Clinic has served the Montgomery County swimming community for more than twenty five years. MSTC is directed by Maneth Gravell and Kent Williams. Maneth is in his twenty seven year with Rockville Montgomery Swim Club at MLK and has coached in both the MCSL and CCSDA during his thirty plus year coaching career. Kent is entering his twenty-sixth year with Rockville Montgomery Swim Club at KSAC where he works with 12&under athletes. Kent's thirty plus year coaching career also includes six years in the CCSDA and two years in the MCSL.

Our experienced coaching staff has been carefully selected for their technical knowledge and ability to work with young athletes. This quality staff and a low swimmer to coach ratio has allowed our clinics to succeed in developing top level summer and year-round swimmers.

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**.