

Kanawha Preseason Swim Clinic 2012

(Pre-Registration Required)



This year the Kanawha Recreation Association has organized an eight-week preseason swim clinic to provide our swimmers an opportunity to improve stroke technique, starts, turns and conditioning, prior to the beginning of the summer league swim season. To be eligible, your swimmer(s) must have at least one year of KRA swim team experience, as this clinic is designed to build on previously learned skills. Swimmers will be placed in groups according to skill level and age. We hope you will join us!

- Day and Time:** Sundays, 5:00–6:00 PM
Dates: March 18 – May 13 (no clinic April 8th)
Place: St. Catherine’s pool, Kenny Center, 6001 Grove Avenue
Who: KRA swimmers, ages 8 years or older
 (must be 8 by June 1, 2012, with one year of KRA swim team experience)
 Space for swimmers 13 years or older will be limited to the first 20 registered swimmers.
Cost: \$70 per swimmer (nonrefundable)
Questions: Katie Harlow, 673-3520, Kaarina Jobe, 257-7355

You must register by Friday, February 24 to help us plan for coaches, number of lanes needed, and lane assignments. There will be NO registrations taken after February 24 or on the first day of the clinic. Register early to avoid missing out!

Weather Policy: Weather decisions will be made by the coaches. St. Catherine’s policy is: “In the event lightning is seen or thunder is heard, the pool will be evacuated immediately and everyone must leave the pool area. Pool activity will resume after a minimum of 30 minutes has elapsed since the last lightning strike/thunder clap.” It is difficult to re-schedule weather-cancelled sessions due to time and facility usage constraints at St. Catherine's, but we will make every effort to do so.

To register, please:

1. Complete bottom portion of form (Skill level: N= Novice; R= Regular swimmers; if unsure circle N)
2. Enclose your signed nonrefundable check for total amount, **made payable to KRA.**
3. Mail form and check to **Katie Harlow, 8324 Kingsthorpe Terrace, Richmond, VA 23229**

KRA SWIM CLINIC REGISTRATION

Name of Swimmer(s)	Circle Skill Level	Age as of 6/1/12
1.	XX X R N	
2.	XX X R N	
3.	XX X R N	
4.	XX X R N	

of swimmers _____ x \$70 = _____ Amount enclosed: \$ _____ Phone: _____

Parents’ Names: _____ **EMAIL*:** _____

***IMPORTANT:** All communications (confirmations, changes, etc.) will be via e-mail.

**Make checks payable to KRA, sign check, mail to
 Katie Harlow, 8324 Kingsthorpe Terrace, Richmond, VA, 23229.**

—Return by February 24; Incomplete forms will not be processed—