



2017 NOVA Sunday Clinics



NOVA is pleased to offer a ten-session Spring Clinic to area summer league teams and swimmers. Full-time NOVA coaches and NOVA-trained coaches will help swimmers to practice the proper techniques for strokes, turns, and starts. The clinics are fun, great exercise, and will give swimmers a head start on the competition. Sign up and get ready for summer!

Dates: February 26
March 5, 12, 19, 26
April 2, 9, 23, 30
May 7

Times: 2:15 – 3:15 p.m. / 3:15 – 4:15 p.m.
4:15 – 5:15 p.m. / 5:15 – 6:15 p.m.

Swimmers can register for any time slot; you are welcome to coordinate with other team members!

Price: \$110 for the first swimmer; \$100 for siblings if online registration/payment is received by February 15th

A late fee of \$25 per swimmer applies after February 15th

Registration and payment will be handled directly by NOVA. Just log on to our website at www.novaswim.org and complete the online process found under the **Register for Clinics** tab. Pay by credit card online, or bring/mail in your check, payable to NOVA. **Registration will not be final until payment is received.**

NOVA Values Your Participation!

Each participant will receive a *Summer Swimming Success Guide*, a coupon for 20% off at the Virginia Swim Shop, and a NOVA water bottle.

Plus, NOVA will **support your team** by providing **cash back** to the summer league teams: \$25 for every ten swimmers registered.

Questions?

Call 804.754.3401 or email us:

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