



# 2016 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 28  
March 6, 13, 20  
April 3, 10, 17, 24  
May 1, 8

**Times:** 2:15 – 3:15 PM / 3:15 – 4:15 PM  
4:15 – 5:15PM / 5:15 – 6:15 PM

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 15<sup>th</sup>

A late fee of \$25 per swimmer applies after February 15<sup>th</sup>

**Registration and payment** will be handled directly by NOVA. Just log on to our website at [www.novaswim.org](http://www.novaswim.org) and complete the online form found under the **Lessons and Clinics** tab. Mail in your check, payable to NOVA, or call 754.3401 to pay by credit card. Registration will not be final until payment is received.

After February 15<sup>th</sup>, parents must register in person at NOVA, and remaining clinic slots will be given on a first-come, first-served basis.

## **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:

Mike McKee – [coachmike@novaswim.org](mailto:coachmike@novaswim.org)

**NOVA of Virginia Aquatics**  
**12207 Gayton Road**  
**Richmond, VA 23238**  
**804.754.3401**