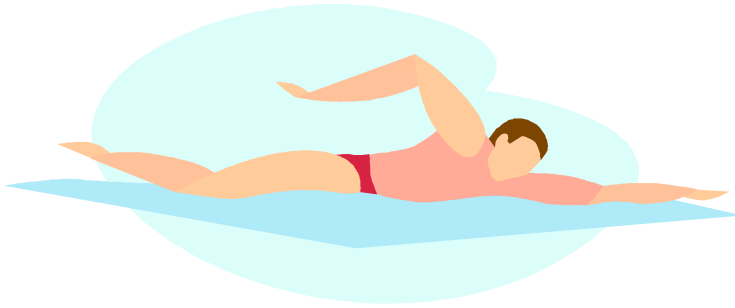




Personal Swim Coaching



Are you training for a triathlon or would like to improve your technique for your fitness swimming?

Other Important Information

- Available for adults and teens.
- Participants must be able to swim 25 yards in under one minute.
- For more information contact Tim (see bio below for contact info)
- Registration will be done at the Front Desk.
- Payment must be made with registration.

Members \$40 per hour 4 -one hour sessions - \$145

Non-members \$50 per hour 4 –one hour sessions \$180

Tim Anderson:

Tim Anderson's focus is teaching kids and adults alike to move through the water as quickly and efficiently as possible. His emphasis is stroke mechanics and is very technique driven to condition his students to become faster, stronger swimmers. He is a big proponent in injury prevention through proper form. Sessions include detailed instruction on stroke technique. Competitive and distance swimmers to leisure lap swimmers welcome. Tim Anderson is currently an Assistant Swim Coach for Newport County Wahoo's and is Head Coach for Middletown High School Varsity Swim Team. He is certified by the American Swim Coaches Association as a level 2 certified coach/stroke instructor. He swam competitively for 11 years acquiring many accolades including Who's Who in High School Sports as well as many still standing records locally. To contact Tim Anderson please call his cell: 401-633-5969 or email him at andersonswim@hotmail.com.

Registration Form for Swim Coaching

Registering for: (Circle one) Adult Teen

Name of Participant: _____

Address: _____ City/Town _____

Daytime phone: _____ Evening Phone: _____

(Circle One) Member Non-member

Class (day and time)*: _____ Class session dates: _____

Emergency contact Name: _____ Phone: _____

***Please note** that if you are unable to attend a class for personal reasons that the class cannot be made up

Release: I recognize that the activities in which I may choose to participate in at the Newport Athletic Club, including the use of showers, pool and other Club facilities could result in physical injury. I agree to exercise caution and to follow all Club safety rules. I hereby, for myself and my heirs, waive and release any and all injuries that I may sustain while on Newport Athletic Club property.

Signature of Participant: _____ Date: _____

*****For office use only*****

Amt. paid: _____ Form of payment: _____ Date : _____ Initials: _____

Ring into "pool"

Revised 12/10