



**North Baltimore Aquatic Club
2025 – 2026
STROKE CLINIC**

NBAC has been the #1 Swim Team in Maryland and one of the Top Teams in the USA for more than 50 years. Our accomplishments are unmatched by any club team in the USA. NBAC will again be offering a Stroke Clinic. We hope to expose new and developing swimmers to the four competitive strokes and guide them through high level instruction through developing their strokes, starts and turns.

The NBAC stroke clinic is geared for young swimmers eager to fine tune their swimming skills. The NBAC clinic is for 6 year olds – 12 year olds (Age as of September 1, 2025) swimmers who can currently complete one lap of freestyle and one lap of backstroke without stopping or needing assistance. The clinic will include instruction on the 4 competitive strokes as well as starts and turns.

We will be running 5 sessions during the school year. Each session will include 7 classes. The NBAC Stroke Clinic will be held on Wednesdays and Saturdays. Swimmers may sign up for Wednesday Only, Saturday Only or Wednesday and Saturday.

The cost to register your swimmer is \$154 per session (One day per week / X2 for two days per week). All payments are to be made by checks (made payable to NBAC). We do not accept credit cards for the NBAC Stroke Clinic payments.

TO REGISTER FOR THE NBAC STROKE CLINIC:

Complete the attached signup form and email to Head Coach / CEO Tom Himes and mail a hard copy to NBAC P.O. 20801 Baltimore, Maryland 21209. Please mail the form with payment to NBAC. Registration is not completed nor a spot reserved without payment. There is a limit of participants for each session of the NBAC Stroke Clinic.....we will fill on a first come first served basis.

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The following are the facilities NBAC swims out of. While the NBAC Stroke Clinic is scheduled for particular facilities, it is possible that the clinic may have to occasionally use another facility listed below due to pool availability on a particular day. This in particular would apply to the Baltimore Sites as they are all within 15 minutes of each other. Probably no effect on the Coppermine Bel Air Site.

Parking is plentiful and free at all locations.

Coppermine Bel – Air

658 Boulton Street
Bel Air, Maryland 21014
(Pool in rear of building)

Gilman School

The Redmond C.S. Finney Athletic Center
5407 Roland Ave, Baltimore, MD 21210

(Parking lot off of Northern Parkway by the crossing bridge, across from Bryn Mawr – Pool is in the building to the left when walking from the parking lot – Door to pool is midway down the building)

Goucher College

1021 Dulaney Valley Road
Baltimore, Maryland 21204

(Pool is located in the main Athletic Building near the tennis courts – pool is in rear – parking is to the right of the building)

Loyola University

Fitness and Aquatic Center
4900 N Charles Street
Baltimore, Maryland 21210

(Pool is located to the left after entering the building)

NORTH BALTIMORE AQUATIC CLUB

2025 – 2026

STROKE CLINIC SCHEDULE

WEDNESDAYS @ LOYOLA UNIVERSITY
(Sessions WB / Wednesdays – Baltimore)

Session 1WB	Session 2WB	Session 3WB	Session 4WB	Session 5WB
Wednesdays Sept 17, 2025 – Oct 29, 2025 @ Loyola University	Wednesdays Nov 5, 2025 – Dec 17, 2025 @ Loyola University	Wednesdays Jan 7, 2026 – Feb 18, 2026 @ Loyola University	Wednesdays Feb 25, 2026 – Apr 8, 2026 @ Loyola University	Wednesdays Apr 15, 2026 – May 27, 2026 @ Loyola University
6:00 pm – 7:00 pm	6:00 pm – 7:00 pm	6:00 pm – 7:00 pm	6:00 pm – 7:00 pm	6:00 pm – 7:00 pm
Sep 17, 2025	Nov 5, 2025	Jan 7, 2026	Feb 25, 2026	Apr 15, 2026
Sep 24, 2025	Nov 12, 2025	Jan 14, 2026	Mar 4, 2026	Apr 22, 2026
Oct 1, 2025	Nov 19, 2025	Jan 21, 2026	Mar 11, 2026	Apr 29, 2026
Oct 8, 2025	Nov 26, 2025	Jan 28, 2026	Mar 18, 2026	May 6, 2026
Oct 15, 2025	Dec 3, 2025	Feb 4, 2026	Mar 25, 2026	May 13, 2026
Oct 22, 2025	Dec 10, 2025	Feb 11, 2026	Apr 1, 2026	May 20, 2026
Oct 29, 2025	Dec 17, 2025	Feb 18, 2026	Apr 8, 2026	May 27, 2026

WEDNESDAYS @ COPPERMINE BEL - AIR
(Sessions WC / Wednesdays – Coppermine Bel Air)

Session 1WC	Session 2WC	Session 3WC	Session 4WC	Session 5WC
Wednesdays Sept 17, 2025 – Oct 29, 2025 @ Coppermine Bel - Air	Wednesdays Nov 5, 2025 – Dec 17, 2025 @Coppermine Bel - Air	Wednesdays Jan 7, 2026 – Feb 18, 2026 @ Coppermine Bel - Air	Wednesdays Feb 25, 2026 – Apr 8, 2026 @Coppermine Bel - Air	Wednesdays Apr 15, 2026 – May 27, 2026 @ Coppermine Bel - Air
6:00 pm – 7:00 pm	6:00 pm – 7:00 pm	6:00 pm – 7:00 pm	6:00 pm – 7:00 pm	6:00 pm – 7:00 pm
Sep 17, 2025	Nov 5, 2025	Jan 7, 2026	Feb 25, 2026	Apr 15, 2026
Sep 24, 2025	Nov 12, 2025	Jan 14, 2026	Mar 4, 2026	Apr 22, 2026
Oct 1, 2025	Nov 19, 2025	Jan 21, 2026	Mar 11, 2026	Apr 29, 2026
Oct 8, 2025	Nov 26, 2025	Jan 28, 2026	Mar 18, 2026	May 6, 2026
Oct 15, 2025	Dec 3, 2025	Feb 4, 2026	Mar 25, 2026	May 13, 2026
Oct 22, 2025	Dec 10, 2025	Feb 11, 2026	Apr 1, 2026	May 20, 2026
Oct 29, 2025	Dec 17, 2025	Feb 18, 2026	Apr 8, 2026	May 27, 2026

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STROKE CLINIC SCHEDULE

SATURDAYS @ GILMAN SCHOOL
(Sessions SB / Saturdays – Baltimore)

Session 1SB	Session 2SB	Session 3SB	Session 4SB	Session 5SB
Saturdays Sept 20, 2025 – Nov 1, 2025 @ Gilman School	Saturdays Nov 8, 2025 – Dec 20, 2025 @ Gilman School	Saturdays Jan 10, 2026 – Feb 21, 2026 @ Gilman School	Saturdays Feb 28, 2026 – Apr 11, 2026 @ Gilman School	Saturdays Apr 18, 2026 – May 30, 2026 @ Gilman School
12:00 n - 1:00 pm	12:00 n – 1:00 pm	12:00 n – 1:00 pm	12:00 n – 1:00 pm	12:00 n – 1:00 pm
Sep 20, 2025	Nov 8, 2025	Jan 10, 2026	Feb 25, 2026	Apr 18, 2026
Sep 27, 2025	Nov 15, 2025	Jan 17, 2026	Mar 7, 2026	Apr 25, 2026
Oct 4, 2025	Nov 22, 2025	Jan 24, 2026	Mar 14, 2026	May 2, 2026
Oct 11, 2025	Nov 29, 2025	Jan 31, 2026	Mar 21, 2026	May 9, 2026
Oct 18, 2025	Dec 6, 2025	Feb 7, 2026	Mar 28, 2026	May 16, 2026
Oct 25, 2025	Dec 13, 2025	Feb 14, 2026	Apr 4, 2026	May 23, 2026
Nov 1, 2025	Dec 20, 2025	Feb 21, 2026	Apr 11, 2026	May 30, 2026

SATURDAYS @ COPPERMINE BEL – AIR
(Sessions SC / Saturdays – Coppermine Bel Air)

Session 1SC	Session 2SC	Session 3SC	Session 4SC	Session 5SC
Saturdays Sept 20, 2025 – Nov 1, 2025 @ Coppermine Bel - Air	Saturdays Nov 8, 2025 – Dec 20, 2025 @Coppermine Bel - Air	Saturdays Jan 10, 2026 – Feb 21, 2026 @ Coppermine Bel - Air	Saturdays Feb 28, 2026 – Apr 11, 2026 @Coppermine Bel - Air	Saturdays Apr 18, 2026 – May 30, 2026 @ Coppermine Bel - Air
10:00 am – 11:00 am	10:00 am – 11:00 am	10:00 am – 11:00 am	10:00 am – 11:00 am	10:00 am – 11:00 am
Sep 20, 2025	Nov 8, 2025	Jan 10, 2026	Feb 28, 2026	Apr 18, 2026
Sep 27, 2025	Nov 15, 2025	Jan 17, 2026	Mar 7, 2026	Apr 25, 2026
Oct 4, 2025	Nov 22, 2025	Jan 24, 2026	Mar 14, 2026	May 2, 2026
Oct 11, 2025	Nov 29, 2025	Jan 31, 2026	Mar 21, 2026	May 9, 2026
Oct 18, 2025	Dec 6, 2025	Feb 7, 2026	Mar 28, 2026	May 16, 2026
Oct 25, 2025	Dec 13, 2025	Feb 14, 2026	Apr 4, 2026	May 23, 2026
Nov 1, 2025	Dec 20, 2025	Feb 21, 2026	Apr 11, 2026	May 30, 2026



2025 – 2026
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REGISTRATION

SWIMMERS NAME _____
FIRST MIDDLE LAST

M _____ F _____ BIRTHDATE _____ AGE AS OF SEP 1, 2025 _____

SUMMER TEAM (IF APPLICABLE) _____

YEAR ROUND TEAM (IF APPLICABLE) _____

T-SHIRT SIZE: YS _____ YM _____ YL _____ AS _____ AM _____ AL _____

SESSION:	WEDNESDAY	1WB _____	2WB _____	3WB _____	4WB _____	5WB _____
	WEDNESDAY	1WC _____	2WC _____	3WC _____	4WC _____	5WC _____
	SATURDAY	1SB _____	2SB _____	3SB _____	4SB _____	5SB _____
	SATURDAY	1SC _____	2SC _____	3SC _____	4SC _____	5SC _____

PARENT NAME _____

STREET ADDRESS _____

CITY, STATE, ZIP _____

EMAIL ADDRESS _____

PHONE NUMBER _____

Please email the completed form to Head Coach/CEO Tom Himes at thimes@nbac.net and mail the hard copy of the form with payment in the form of a check (made out to NBAC) to NBAC, P.O. Box 20801, Baltimore, Maryland 21209.
Payment must be received in order to reserve a spot in each session.