



TEAM CATEGORIES AND SWIMMING PRACTICE

All practices will be conducted Tuesday – Friday, and Saturday (mornings only)
Smaller group sizes mean more individual attention.
Please come to your proper practice time to maximize coaching instruction.

Swim Team Group 1 (ages 8 & under / beginner)

Description: If you have not competed on a team before, you would swim with this group along with swimmers with little or no experience.

Practice time: 8:45 – 9:15am or 3:45 – 4:15pm

Swim Team Group 2 (ages 8 & up / experienced)

Description: New and returning swimmers with a swimming background.

Practice time: 9:15 – 10:00am or 4:15 – 5:00pm



Dirk Ebel, a graduate of the University of North Texas, has more than 20 years of teaching and coaching experience. Currently, he coaches the Varsity swim team at St. Mark's School of Texas and is available for coaching masters, high school, club, and triathletes. Dirk specializes in instructing novice through experienced athletes and adults and children with selective and special needs. He is both Advanced CPR and First Aid certified, as well as a certified Lifeguard Instructor, USA Triathlete, and United States Master Swimming Coach. Dirk was ranked sixth in the nation in Masters Swimming in his age group in 2007, took first place at the Capital of Texas Open Water Swim in 2008 and has competed in multiple triathlons and distance ocean swims.

INSTRUCTION EXPERTISE

Stroke Mechanics and Efficiency, Training Tips, Proper Breathing, Concentration and Discipline, Stamina and Confidence, Overcoming Fear of Water (any age), Stress Reduction, Muscle Toning

2018 TBarM Swim Team Registration

Name _____ Age as of 6/1/18 _____ Date of Birth _____

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Email _____ Phone #: _____

CC # _____ Exp. date _____ CVV# _____

Name on card _____ Billing zip _____

Waiver: In consideration of the acceptance of this registration, I, the undersigned, assume full responsibility for any injury which may occur during my child's participation in this program, or while my child is on the premises of this program. I hereby release and hold harmless TBarM and Dirk Ebel, and any of its employees or agents of TBarM from any injury or damage, whether it be caused by negligence or that of any other person associated with the swimming programs or otherwise.

Parent or Guardian Signature _____



T BAR M Private Lessons & Swim Team



DIRK EBEL
AQUATICS DIRECTOR
SWIMTBARM@GMAIL.COM
214-912-8463
WWW.TBARMTENNIS.COM



PRIVATE & SEMI-PRIVATE LESSONS

\$260

5 Lessons M - F at a time of your choosing

- Flexible lesson times
- Able to accommodate specific instruction needs or specialized times
- Lessons are 30 minutes

\$60 half hour, \$110 hour

Available weekends only, year-round



***10% off sign up before May 1st & membership discounts apply.**

Note: Cost is the same if participating in all or part of the season.

2018 SUMMER SWIM TEAM

Season: May 28 - July 13

**\$280 for one child
\$260 each additional child**

Practices: Tuesday-Friday & Saturday (am only)
Times: 8:45 - 9:15 am / 3:45 - 4:15 pm (Group 1)
9:15 - 10 am / 4:15 - 5 pm (Group 2)

Includes:

- ~ Instruction and Coaching
- ~ Awards for All Dual Meets
- ~ Entry fees for Champs
- ~ Awards for Divisionals
- ~ Team Banquet
- ~Swim Cap

SWIM MEET DATES AND TIMES (Tentative Dates and Locations)

PARENT MEETING - MONDAY, April 23rd
6:30 - 7:15 pm @ TBarM Pool
(Parent informational meeting & swimsuit sizing)

Swim Meets

*All meets are at 4:00pm.

Monday, June 4	Dallas Athletic Club @ TBarM
Monday, June 11	TBarM @ Dallas Country Club
Monday, June 18	UP @ TBarM
Monday, June 26	TBarM @ Northwood

Divisional Championships
TBA

Team Suits will be the same color, but a different style from last year. If you need a new suit, place your order with Dirk.

Note: If you want your child's suit by the first meet, you must be present at the parent's meeting.



POST SEASON WORKOUTS

July 16 - August 17

\$150 per child

Monday - Friday

Morning or afternoon, not available on weekends.
Swimmers can attend two workouts per day in the workout season.



PRIVATE POOL PARTIES

Host your birthday party or special event at the TBarM Pool

Pricing starts at \$110 per hour

For more info or to schedule pool parties or rentals, contact Dirk Ebel at 972.385.3604 or swimtbarm@gmail.com.

TBarM Racquet Club
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tbarmtennis.com