



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CONDITIONING TIME

Swim Team

PAULA G. MANSHIP YMCA

Swim Team members know it is important to stay active in the winter. We will offer dry land lessons with Coach Jennifer or Coach Garrett. The purpose of this training is to stretch and strengthen the muscles used in swimming."

COACH JENNIFER:

WHEN: Dec 2018 - Feb. 2019

TIME: 5:45 p.m. - 6:45 p.m.

COACH GARRETT:

WHEN: Nov 2018 - Feb. 2019

TIME: 1p.m. - 2 p.m.

LOCATION:

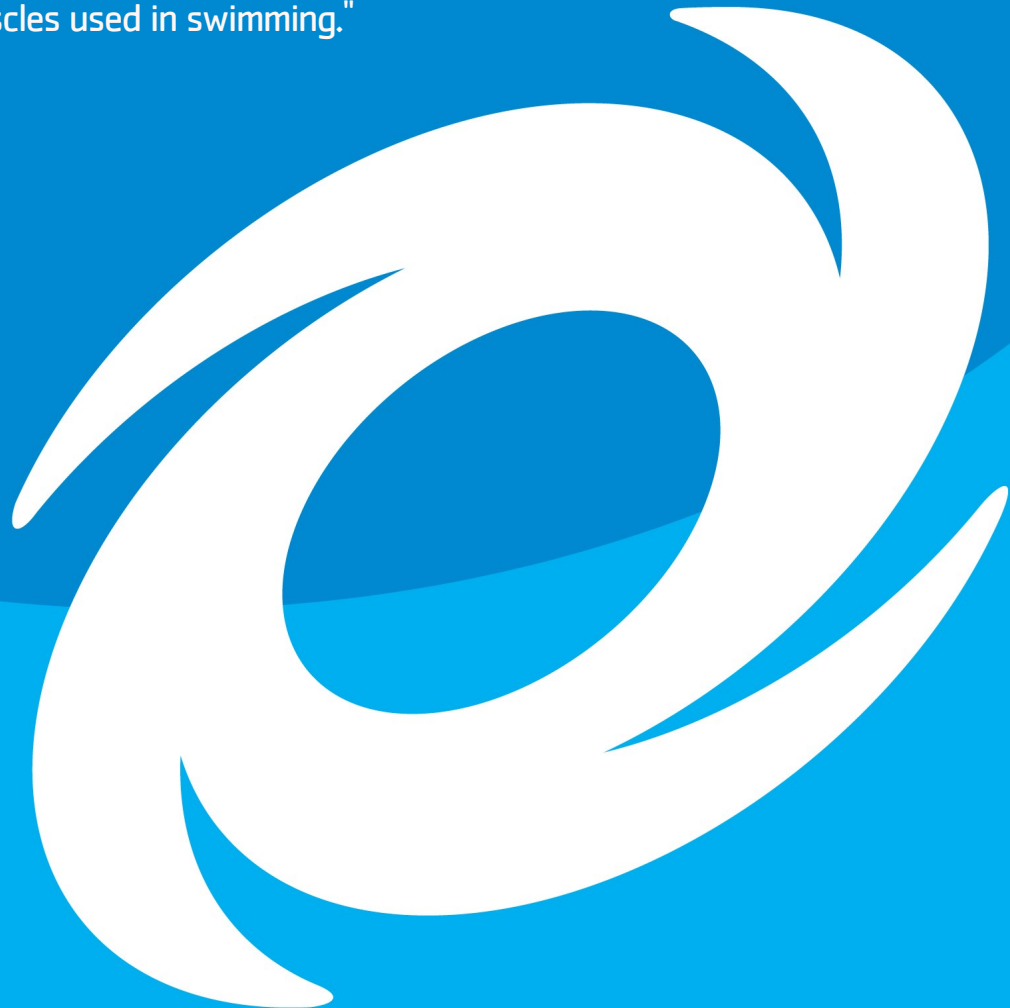
PAULA G. MANSHIP YMCA

8100 YMCA Plaza

Baton Rouge, LA 70810

225-767-9622

ymcabr.org





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YMCA OF THE CAPITAL AREA SWIM TEAM WINTER CONDITIONING REGISTRATION FORM

PARTICIPANT CONTACT INFORMATION:

Name: _____ Gender: M/F
Address: _____ Zip: _____
Phone: _____ Age: _____
DOB: ____/____/____ Grade: _____

Mother/Guardian Name: _____
Cell Phone: _____ E-Mail: _____
Father/Guardian Name: _____
Cell Phone: _____ E-Mail: _____

Parents/Guardians must stay on the Paula G. Manship YMCA's campus while child attends class. Only the people listed below will be responsible for my child if I cannot stay on campus. This person must sign in and out each time.

Name: _____ relationship to child: _____ Cell number: _____
Name: _____ relationship to child: _____ Cell number: _____
Name: _____ relationship to child: _____ Cell number: _____

Weekly sessions with Coach Garrett to be held on Monday and Wednesday's November 28, 2018 to February 24, 2019. Class will be 1 p.m. to 2 p.m.
\$50 Members/\$120 program participants . Minimum registrations needed to hold the session: 5 participants

No class Dec. 24th or 31st
No class Jan. 21st

Mandatory Parent/Guardian meeting 2:30 pm on November 28th.

Bring workout clothes (including tennis shoes) and swimming clothes/towels to each class. Pool Sessions will be based on the weather.

Swim Team Clinic with Coach Jennifer. Each class will be one hour long. \$45 members / \$120 program participants for the Winter session. Minimum registrations needed to hold the clinic: 5 participants

December 3rd, 4th, and 5th @ 5:45 p.m. - 6:45 p.m.

January 14th, 15th, and 16th @ 5:45 p.m. - 6:45 p.m.

February 18th, 19th and 20th @ 5:45 p.m. - 6:45 p.m.

Mandatory Parent/Guardian meeting 5:15 pm on December 3rd.

Bring workout clothes (including tennis shoes) and swimming clothes/towels

The YMCA of the Capital Area does not provide accident or medical insurance for program participants. I recognize that participation in YMCA sponsored activities may expose myself or my child to risk of injury. I agree to hold the YMCA harmless from any claims, which may occur through participation in any activity at the YMCA or in its programs. In cases of emergency or accident to myself and/or to my child and I am unable to respond or be contacted, I hereby grant the YMCA director or his/her agent to secure proper medical treatment and transportation for myself and/or my child to an appropriate facility for treatment. As a YMCA participant, I authorize the YMCA to use any images taken of myself and/or my child for promotional purposes of the YMCA. I have read and understand the above information and therefore grant myself and/or my child permission to participate in this YMCA Program in accordance with the conditions set forth above.

SIGNATURE OF PARENT/GUARDIAN: _____ **DATE:** _____