



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MASTER THE WAVES

Masters Swimming Program C.B. PENNINGTON, JR. YMCA

Want confidence, more speed and a smoother stroke? Join masters swim club! This swim club is for adults 18 years or older who would like to get in a lap swimming workout that is coached in person four times a week.

- WHEN:** Monday, Tuesday, Wednesday,
and Saturday
- TIME:** Monday and Wednesday 6:15pm-7:30pm
Tuesday 5:15am - 6:30am
Saturday 8:00am-9:15am
- LOCATION:** C.B. PENNINGTON, JR. YMCA
15550 Old Hammond Hwy
Baton Rouge, LA 70816
skelley@ymcabr.org
www.ymcabr.org



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Masters Swim at the C.B. Pennington, Jr. YMCA

YMCA Members only - \$30 each month

Program Participants - \$55 each month

- Masters consists of 4 in-person coached practices per week. Participants must pay per month to gain access to the coached practices
- Swimmers also need to purchase a U.S. Masters membership within 90 days

Participant's Name: _____

Birth date: _____ Age: _____ Gender: _____

Mailing address: _____

City: _____ State: _____ Postal Code: _____

Home phone: _____ E-mail: _____

Emergency contact: _____ Emergency contact phone: _____

NO MAIL IN REGISTRATIONS WILL BE ACCEPTED! Refunds are available minus a \$10 processing fee. A written request is required for all refunds. There is a \$25 charge on all returned checks.

The YMCA does not provide accidental/ medical insurance for program participants. I grant the YMCA or its agent's permission to transport my child in the event of an emergency and I am unable to be contacted. I recognize that participation in YMCA activities may expose my child to some risk of injury. I agree to hold the YMCA harmless from any claims for damage to property or injury, which may occur through participation in any activity at the YMCA or in its programs.

The YMCA reserves the right to use photographs taken of program participants and their family for marketing and publicity.

I have read and understand the above information. I have permission to participate in this YMCA program.

Signature of Participant

Date