

# ***Tri Valley YMCA***

## **A Branch of the YMCA of Reading & Berks County** **SWIMMING ACADEMY – SPRING CLINIC** *Practice May 4 – June 4, 2010*

Get a head start on the competition. Tri Valley Swimming Academy may be a new name, but it's still the same strong program! This clinic will prepare you for the upcoming summer season. Our coaching staff will design practices working on stroke mechanics, technique, and conditioning.

Practice levels, fees, and the registration form attached. The practice times are designed by ability. The YMCA reserves the right to change a swimmers practice group to best serve the swimmers. Families will be billed for any adjustments that are made.

The fee payment and registration form for this clinic is due before the swimmer's first day of practice. Any swimmer who has not registered prior to practice will not be allowed to begin the clinic until their fee is paid.

If you have any questions or would like more information please contact Megan Dougherty, Program Director, at 610.944.6515 or MDougherty@ymca-berkscounty.org.

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### Practice Times and Fees

#### Developmental / (8 years old & Under)

This level is for swimmers 8 & under and for first time competitive swimmers. To enter this group, all swimmers must be able to swim 25 yards of two competitive strokes.

**Workouts:** Tuesday & Thursday, 7 – 7:45pm.

**Fee:** \$55.00

#### Silver / (9-11 years old)

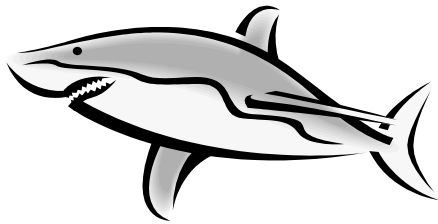
**Workouts:** Tuesday - Thursday, 7:30-9pm

**Fee:** \$75.00

#### Gold / (12 years old & up)

**Workouts:** Tuesday - Thursday, 7 – 9:00 p.m.

**Fee:** \$85.00



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Financial Aid is Available. Ask the Branch Executive Director for an Application.



# REGISTRATION FORM

## MISSION STATEMENT

“To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.”

Name:			
Practice Group Registering For:			
Address:			
Phone Number:		Birth Date:	
E-Mail:		Previous Team:	
School District:		Grade:	
Father's Name:		Mother's Name:	
Address:			
Home Phone Number:		Cell Phone:	
Emergency Contact #1:		Phone Number:	
Address:			
Emergency Contact #2:		Phone Number:	
Address:			
Medical Concerns:			
Medications:			
Other Concerns Staff Should Be Aware Of:			
Medical Insurance:		Policy Number:	

## YMCA Release and Waiver of Liability

**You have registered you/your child for a YMCA class that involves physical activity and the completion of this form is required**

This document is a release of claims, and by signing it you do the following:

1. Acknowledge that when performing the physical component of this class you/your child may suffer injury.
2. Present to the Tri Valley YMCA Aquatic Staff that you are/your child is in good health and physical condition, sufficient to engage in such activities and that you/your child are not suffering from any condition that would prevent you/your child from engaging in such activities or that make your/your child's participation in such activities potentially dangerous or harmful to you/your child.
3. Assume the risk of, and release and hold the Tri Valley YMCA harmless from, any liability for physical or other injury that has been suffered by you/your child during, or as a consequence of, participation in the physical activities required in the curriculum of this course and you agree that the Tri Valley Branch YMCA, nor any other person involved in organizing or teaching this course, shall have any liability or responsibility for any such injury or harm.
4. I support the YMCA mission and understand that all YMCA programs are based on participation, fun, physical fitness and personal wellness, skill development, teamwork, fair play, family involvement, volunteerism, and character development. Furthermore, I authorize the YMCA to photograph or video tape my child and understand that all photos and video footage may be used for publicity purposes.

I have read, understand and affirm that I am/my child is in good health and physical condition and am signing this of my own free will. I agree to all of the foregoing.

<b>Parent/Guardian Signature</b>		<b>Date</b>	
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<b>Return to Megan Dougherty, Program Director</b>
<b>Tri Valley YMCA , 607 Crisscross Rd., Fleetwood, PA 19522</b>