



# INDIVIDUAL SWIM TRAINING

Train with a PURPOSE, meet your GOALS

Need help meeting your swimming goals?  
Getting ready for your next competition?

**INDIVIDUAL SWIM TRAINING** is a great way to improve stroke mechanics, efficiency and overall endurance. Our swim coaches will design a swim training program to meet your needs and improve your swimming.



## Individual Swim Training Package includes:

- 45 minute (one on one deck instruction)
- plus two customized written swim workouts for continued training

**\$50 per training session**

To schedule your Individual Swim Training, contact:  
Kelsey McDonald at [kelsey.mcdonald@ymcamemphis.org](mailto:kelsey.mcdonald@ymcamemphis.org)

### RIC NUBER YMCA

5885 Quince Road, Memphis, TN 38119  
P 901 682 8025 [ymcamemphis.org](http://ymcamemphis.org)



# INDIVIDUAL SWIM TRAINING REGISTRATION FORM

## Participant Info:

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Birth date: \_\_\_/\_\_\_/\_\_\_

Male  Female      Ethnicity:  African-American  Asian/Pacific Islander  Caucasian  
 Hispanic  Native American  Other \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Primary Phone: \_\_\_\_\_ Email address: \_\_\_\_\_

Employer: \_\_\_\_\_ Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

## Please indicate the number of sessions you would like to purchase:

Training Type: All session :45mins	Single Session	5 Package	10 Package
Individual			
Buddy*			

\*Buddy Name: \_\_\_\_\_

## Preferred Time of Day: (please circle)

Morning      Mid-day      Afternoon/Evening      Weekend

## Trainer Preference: (please circle)

Gina      Kelsey      Emily      Drake      No Preference

The YMCA of Memphis & the Mid-South will not assume responsibility for any injury incurred while participating in any athletic event, sports program, or any physically related activity. Nor will the YMCA of Memphis & the Mid-South be liable for lost or stolen items while program participants are using YMCA facilities or are on the YMCA premises. I, the undersigned for myself, my heirs and assigns do hereby release the YMCA of Memphis & the Mid-South, its employees and agents from any and all claims for injury, death, loss or damage I may suffer as a result of my participation. I also assume full responsibility for removing myself from any media opportunities that I do not wish to participate in.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_