



U.S. MASTERS SWIM

at the

Nuber YMCA

The Masters Swim program is perfect for adults who are triathletes, swim competitively, or swim for fitness. Masters Swim training sessions include structured workouts with stroke work, interval, distance and sprint training.

WINTER/SPRING SESSION

January 2019–May 2019

TRAINING SESSIONS:

Mondays/Wednesdays/Fridays

Training 1: 5am–6am Training 2: 6am–7am

NEW LOWER PRICING

Members: \$35 a month (monthly draft)
or
\$150 session paid in full (\$25 discount)

Non members: \$65 a month (monthly draft)
or
\$300 session paid in full (\$25 discount)



MASTERS SWIM 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: _____

Program Session:

___ Winter/Spring - 2019 (January—May)

Payment Options:

___ **MONTHLY DRAFT-** Monthly fees are automatically drafted from a debit/credit card or bank account on the 1st of each month of the program session. To stop draft payment for any reason, participant must contact Kelsey McDonald, Program Coordinator by the 25th prior to the payment date.

Please enter last 4 digits of card/bank account: _ _ _ _

___ **ONE TIME PAYMENT-** Full payment for the session at the time of registration. Payment is nonrefundable after the first month of the program participation.

PLEASE INITIAL AND SIGN BELOW:

___ I agree to the terms of the payment option selected above.

___ 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: _____