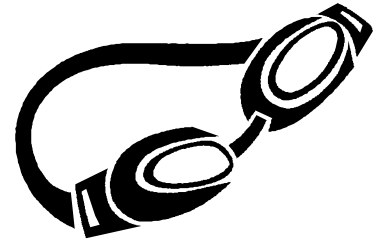


YMCA Swim Fit



**U.S. MASTERS
SWIMMING**



Are you interested in swimming for health, for fun, or just for team Camaraderie? If so, this is the program for you!

Our YMCA swim fit club is a Masters swim program designed to serve adults 18 and over who are interested in swimming of all styles. Whether you're training for a triathlon, trying to improve your stroke, or swimming for fitness, we have something for everyone. All practices will have a certified coach who focuses on training techniques, stroke mechanics, and goal setting.

If you have interest in this program, please contact the Aquatics Supervisor, Jennifer Joyner at Jenniferj@tucsonymca.org

Who: YOU!

Where: Thad Terry Aquatics Center @ the NW YMCA
Pima County Community Center

When: Monday, Wednesday, & Friday 5:30am - 7:00am
Practice starts March 2nd 2009! Registration begins
February 16th 2009.

Cost: Annual USMS fee of \$45 for each participant
YMCA members - \$35.00/month
Non- members - \$40.00/month plus an
annual \$15 Program membership to join.



Northwest YMCA Swim Fit Masters Program Registration



We build strong kids, strong families, strong communities.

Name of Participant _____

Male ___ Female ___ Birthdate _____ Age ___

Phone number _____ Email _____

Address _____

Home Phone _____

Alternative Phone Number _____

In case of emergency notify _____

Emergency contact phone _____

I hereby certify that _____ is of normal health and is capable of participating in this activity. I understand that we will be under direct supervision at all times and that I will not hold the YMCA, Pima County, or United States Masters Swimming responsible for accidents.

Participant Signature _____

Date _____

PLEASE NOTE: We cannot register a participant without payment.

Amount paid _____ Staff initial _____

Cash Check Credit Card

Financial assistance is available for those who qualify. Please ask the pool cashier for more information.

