

# 2018 Vienna Woods Long Course Practice Registration

Join us for 6:00—6:45am long course practice for

*senior swimmers AND adults* in THE WOODS on Wednesday mornings (except July 4th):

June: 20, 27

July: 11, 18, 25

August: 1

## GOALS OF THE PROGRAM:

- To offer an additional cardio practice for advanced swimmers in a unique environment
- To offer skills and stroke training in a smaller coach-swimmer ratio
- To offer adult pool members a coach led, social workout with swimmers of similar skill
- To offer new drills and techniques to Master's swimmers

EQUIPMENT SUGGESTED: FINIS hand paddles , swim fins, pull buoy

## Senior Add-On Long Course Practice Fees:

- \$50 for all six practices if *paid in advance* (Check or cash to Michelle Blanton) *before the first day of morning practice*. Those wishing to pay by the practice, \$10 per practice, paid that morning.

*In the event of inclement weather, no refunds will be given. We will work on effective communication for cancelations. (FB, group text, etc.)*

## REGISTRATION:

NAME: \_\_\_\_\_ Age: \_\_\_\_ or ADULT \_\_\_\_\_

PHONE: \_\_\_\_\_ Option: \_\_\_\_ advance pay (\$50)  
\_\_\_\_ pay per session (\$10)

### Emergency Contact Information:

Name: \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_