

# FAST SWIMMING

*Fullerton Aquatics Sports Team Inc.*

• ESPERANZA HIGH SCHOOL - 1830 N. Kellogg Drive, Anaheim, CA, 92807 •  
 • (714) 773-5788 • www.fastswimming.net •

## PRE-COMPETITIVE SWIMMING

*“An Instructional and Fitness Swimming Program for Youth”*

2009 Fall Quarter: September 15<sup>th</sup> through November 19<sup>th</sup>



‘Pre-Competitive Swimming’ is our popular instructional and exercise program that develops health, fitness and swimming skills for children. Instruction consists of the fundamentals of competitive swimming, including stroke instruction, starts and turns. Students will increase endurance and strength in an enjoyable and confidence building environment. Classes are held twice each week for 30 minutes per class. **Each child must be deep-water safe and able to swim 25 yards of unassisted freestyle with side breathing to participate.**

### ESPERANZA PRE-COMPETITIVE FALL 2009 REGISTRATION FORM • 773-5788

✓ **Step One:** One (1) Form Per Swimmer. Photocopy form(s) or download at [www.fastswimming.net](http://www.fastswimming.net)

SWIMMER'S NAME <i>(Last, First, M)</i>	SEX	AGE	BIRTHDATE
STREET ADDRESS	CITY	ZIP	HOME PHONE
PARENT'S NAME or GUARDIAN	EMPLOYER	EMAIL	DAY PHONE
EMERGENCY CONTACT	RELATIONSHIP	EMERG. PHONE	DAY PHONE

✓ **Step Two:** Check Class Days and Time.

(September 15<sup>th</sup> - November 19<sup>th</sup>)

**Tuition: \$130.00**

4:00 p.m. - 4:30 p.m. - Tuesday & Thursday

**Cancellation and Make-up Policy:** *Our class sizes are limited. If you feel you must cancel before our classes have started, we will refund your payment less a \$10.00 administration fee. No refunds for cancellations after classes have started. To maintain the integrity of our classes as to both content and size, we do not offer make-ups.*

✓ **Step Three:** Sign Liability Waiver. Complete total and mail payment with completed form. **Checks only – no cash please.**

<b>RELEASE OF LIABILITY WAIVER</b> <i>We the undersigned participant or as the legal guardian of a participant with the Fullerton Aquatic Sports Team Inc. (F.A.S.T.) and Swim America, intending to be legally bound, do hereby for ourselves, our heirs, executors and administrators, hold harmless, waive and release and forever discharge any and all rights and claims for damages or injury which we or either of us may hereafter have against the City of Fullerton, The Fullerton Aquatic Sports Team Inc. (F.A.S.T.), and it's employees, agents, officers, representatives, coaches and volunteers.</i>		<b>TOTALS</b> Pre-Competitive      \$ _____  TOTAL                    \$ _____
Name (print) _____	Signature _____	Date _____
		<b>Make Checks payable to FAST</b>

**MAIL FORM WITH PAYMENT TO: FAST FALL 2009, P.O. BOX 5468, FULLERTON, CA 92838**

or

**Deliver to Coach on deck with payment at Esperanza High School.**

<b>CONFIRMATION PREFERENCE:</b> <i>(Check one or more)</i>	<input type="checkbox"/> e-mail	<input type="checkbox"/> phone	<input type="checkbox"/> your stamped return envelope
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