



DUANESBURG MASTERS SWIMMING GROUP

This program is for **any adult** who is looking to swim laps in the pool and **learn the four basic swim strokes**. There will be a coach on deck at each practice to help **beginner** swimmers learn the stroke basics and to help those that are looking for a more **competitive** focus to work on stroke development and speed. The program is designed to meet the needs of those that are just looking for a good workout as well as those that are looking to compete with other swimmers. This is a great motivational program for fitness swimmers, tri-athletes and USA swimmers.

Swimmers should be at least 18yrs. old but careful consideration may be given to those that don't meet this age restriction.

2010 Registration

Practice Days and Times

April 29th, 2010- June 22nd 2010

Practice days and times:

Tuesday 6:30 – 7:30pm

Thursday 6:30 – 7:30pm

Sunday 10:00 – 11:00am

One Night per week - \$60 member - \$90 non-member

Three Nights per week - \$104 member – \$156 non member

There will be a sign up sheet each day. Please sign up for any of the sessions that you are interested in attending. The DACC reserves the right to cancel any session that does not get participation. Sign up should be by noon for evening classes and by 6pm the night before for morning classes.

Last Name _____

First Name: _____

Street: _____ Apt. _____

City: _____ State/Zip: _____

Phone number: (____) _____

e-mail: _____

Gender M F Birth date: ____/____/____

Disclaimer:

These days and times are subject to change. At least twenty-four hour notification on the part of the DACC will be given. The DACC does reserve the right to provide less than twenty-four hours notice for pool malfunction or breakdown. There may be more days and times the pool will be unavailable or available at alternate times. At least twenty-four hour notification on the part of the DACC will be given. If the facility will not be available, the DACC will give twenty-four hour notice. There will be a sign up sheet each day. Please sign up for any of the sessions that you are interested in attending. The DACC reserves the right to cancel any session that does not get participation. Sign up should be by 6pm the previous day for any am classes and by noon for any evening classes.