

BASIC

GLIDE

swimming Clinic

franco's



Learn to Swim More Efficiently

- Improve Your Swimming Practices
- Learn Proper Breathing Technique
- Receive Compliments on How Smooth You Swim
- Raise the Level of Your Swimming to an Art Form!!!
- Feel Refreshed after a Good Workout!!!!...AND
- Experience the FUN and Fellowship with Other Like-Minded Swimmers!!!

Monday - Thursday

June 19 - July 1

8 progressive one-hour sessions

Sign up for:

1:15pm - 2:15pm or

8:00pm - 9:00pm

Make-up sessions in the event of rain:

Sat, June 24 at 10am and Sat, July 1 at 10am

Cost: \$140/members, \$175 non-members

Participants should be able to swim one length of the pool with any stroke technique without stopping

Limit 12 swimmers per clinic.

ring swim suit, goggles, swim cap for long hair, sunscreen

registration form

Swimmer: _____

Email Address: _____

Home Address _____

City, State, Zip _____

Phone Number: _____

Sorry, no refunds

_____ \$140 account charge, Acct # _____

_____ \$175 for non-members

In consideration of being allowed to participate in FRANCO's swimming activities supervised by Franco's Aquatic Staff and to use the facilities, equipment and machinery of Franco's Athletic Club in addition to the payment of any fee or charge, I do hereby waive, release and forever discharge FRANCO's Aquatic Staff and Franco's Athletic Club from any and all responsibilities or liability from injuries or damages resulting from my participation in any activities or use of any equipment or machinery in the above mentioned activities. I do also hereby release all

those mentioned and any other acting upon their behalf from any responsibilities or liability for any injury or damage to myself, including those caused by the negligent act or omission or use of any equipment at the gym/pool at which I train.

PARTICIPANT'S SIGNATURE: _____ DATE: _____

Questions? Contact Scott Fleming, Franco's Adult Swimming Instructor
706-424-2642 or ssmfleming@yahoo.com

Franco's Health Club & Spa

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