

BASIC

GLIDE

swimming Clinic

franco's



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

September 11 - 23

7:15pm - 8:15pm

Eight (8) progressive one (1) hour sessions.

Make-up sessions in the event of rain:

Saturdays, 10:45am - 11:45am

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

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

Ages 18+, limit 12 swimmers per clinic. Register at Franco's on or before September 10

Bring 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

100 Bon Temps Roule, Mandeville, La 70471

985-792-0200