

# Swim Like a **NAVY SEAL**

franco's

## *Combat Side Stroke Swim Clinic*

**Learn how to TURN EFFICIENTLY, SWIM FAST, SURVIVE & THRIVE!**



**Sept. 25 - 28** Monday-Thursday

**Choose 1:15 - 2:15pm or 7:15 - 8:15pm**

- Learn something new in swimming (not necessarily wanting to be a SEAL!)
- Train to pass the **Physical Screening Test** (Swim 500 yards in under 12:30)
- Get in better physical condition

**Prerequisite:** Ages 15+ and must be able to swim one length of the 25-yard pool with any swimming stroke & be able to float on their backs for at least one minute. Enrollment limited to 12 participants.

**Location:** Franco's 8-lane swimming pool

Bring a streamlined swim suit, goggles, swim cap (for those with long hair)

Rain Date is Saturday, July 29 at 10am

**Cost:** \$140/members, \$165 non-members

### registration form

Swimmer: \_\_\_\_\_

Email Address: \_\_\_\_\_

Home Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone Number: \_\_\_\_\_

1:15pm

7:15pm

Sorry, no refunds

\$140 account charge, Acct # \_\_\_\_\_

\$165 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: \_\_\_\_\_

**Contact Scott Fleming, USA Swimming Coach, USMS Adult Learn-to-Swim Instructor  
706-424-2642 or ssmfleming@yahoo.com**