



## **FRANK P. PHILLIPS YMCA RECREATIONAL SWIM TEAM**

The **YMCA Recreational Swim Team** is designed to develop the potential of children and teens who are interested in a swim team experience. The goal is to enhance the physical and mental fitness of children **ages 6 to 18 years** who participate in the program.

By giving kids a positive experience through teamwork, learning good sportsmanship, correct stroke technique and the rules of the sport and by developing positive attitudes and self-esteem from their accomplishments, it is hoped that they will realize their full potential through self-discipline and hard work.

This program was also developed to allow family participation. Parents are highly encouraged to become involved through volunteering their services or being supportive spectators.

Our Swim Team will be coached by Jennifer Browning.

### **OBJECTIVES OF THE PROGRAM**

1. To provide basic competitive swimming skills.
2. To provide a SAFE, fun and positive atmosphere.
3. To provide opportunities for participants to develop their swimming skills through organized training and self-discipline.
4. To allow participants to gain self-esteem and confidence through personal accomplishments and help participants be more physically fit.

**ELIGIBILITY:** Swimmers must be 6 years of age and have not reached their 19<sup>th</sup> birthday prior to September 1.  
Swimmers must be able to swim one length of the pool unassisted.

**FEE:** \$ 30.00 Members  
\$ 45.00 Non-Members

**SCHEDULED SWIM DAYS:** Mondays, Tuesdays and Thursdays 3:30 – 4:30 p.m.  
Downtown YMCA

**DETAILS ON BACK SIDE - PLEASE READ**



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

**FRANK P. PHILLIPS YMCA RECREATIONAL SWIM TEAM**

**REGISTRATION DATES:** Aug 23 - Sept 12, 2011

**SEASON STARTING DATE:** Sept 12, 2011

**WHAT TO BRING:** Swim Suit, Towel, Swim Goggles AND a Great Team Spirit

SWIMMER'S NAME \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

PARENT NAME (s) \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

ADDRESS \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_

AGE AS OF September 1, 2011 \_\_\_\_\_

To make this recreational swim team a success, we need parent volunteers in many capacities. Please indicate your availability to help by checking one of the boxes below:

\_\_\_\_\_ I will be able to assist in any needed capacity during those times in which my child is participating.

\_\_\_\_\_ I cannot assist in the fashion above but will be happy to volunteer in other ways as I am able (publicity, fundraising, etc).

**Thank you for your anticipated cooperation. With a little help, our kids get a lot !**

**WAIVER** (Must be signed)

I THE PARENT OR THE GUARDIAN OF THE ABOVE NAMED CANDIDATE FOR A POSITION IN THE YMCA RECREATIONAL SWIM TEAM HEREBY GIVES MY CONSENT FOR HIS/HER PARTICIPATION IN ANY AND ALL ACTIVITIES DURING THIS LEAGUE. I / WE HEREBY RELEASE AND ABSOLVE THE FRANK P. PHILLIPS MEMORIAL YMCA STAFF, YMCA BOARD OF DIRECTORS AND THE PARTICIPANTS IN THE CLASS FROM ANY RISK OR HAZARD OR HARM. I HEREBY GRANT PERMISSION TO THE F.P. PHILLIPS MEMORIAL YMCA TO USE PHOTOGRAPH AND ILLUSTRATION FOR REPRODUCTION IN MARKETING MATERIAL FOR THE YMCA. THIS INCLUDES PRINT ADVERTISEMENT, PRINTED BROCHURES, PRESENTATIONS, VIDEOS, INTERACTIVE AND WEB-BASED VERSIONS.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_ STAFF \_\_\_\_\_