

LIGHTNING MASTER'S SWIMMING 2011-2012

WHAT: Swim training for all ability levels from novice to advanced - ages 19& Older.

WHEN: Monday evenings 8:30-9:30pm
Wednesday evenings 8:00-9:00pm
Tuesday/Thursday mornings 6:00-7:10am (Begins October through mid-February only)

WHERE: Lower Moreland High School, 555 Red Lion Road Huntingdon Valley, PA

WHY: To get in OR stay in great swimming shape!

WHO: New swimmers, former swimming studs, great friendly people...Ages 19 & older.

COST: \$200 September 2011– April 2012
Cash or check payable to Terrence Fenningham
1st payment - \$100 due Monday, September 26, 2011
2nd payment - \$100 due Monday, January 02, 2012

EMAIL CoachSteph.Lightning@gmail.com with questions. Print this form and bring it to the pool by Monday 9/26/11.

CHECK THE LIGHTNING WEBSITE WWW.LMSWIM.COM FOR SCHEDULE CHANGES or WEATHER CANCELLATIONS. Practice is canceled when the LM Township School District offices are closed. Tuesday/Thursday morning practices may be eliminated if there is a lack of interest.

2011-2012 SWIMMING MASTERS REGISTRATION FORM

NAME _____ **AGE** _____

DATE OF BIRTH ____/____/____

FULL ADDRESS & ZIP CODE _____

ZIP CODE _____

PHONE NUMBER _____

EMAIL ADDRESS _____

MEDICAL HISTORY/ LIMITATIONS _____

WAIVER/RELEASE OF LIABILITY

Lower Moreland Master's Swimming

I waive and release the personnel of the Lower Moreland Township School District, and the Lower Moreland Lightning Master's Swimming Program from any and all liability for personal injury or personal damage that I may suffer or sustain during participation in Lower Moreland Lightning Master's Swimming.

Sign Here: _____ **Date:** _____

Please return your registration form & 1st payment on September 14th.