

What is Masters? Masters Swimming is a swim workout for adults.

Why join? Swimming is a great form of exercise that can work all the major muscle groups. Swimming can reduce stress, help maintain a healthy weight and promote cardiovascular fitness. It can also influence muscle tone and endurance. Masters Swimming is fun, social, and a life-long activity.

When are the workouts?

Mondays, Wednesdays, Fridays from 6:00-7:00am and 9:00-10:00am

Does each swimmer swim thousands of yards during the workout? The written workouts are meant to be challenging for experienced swimmers and are modified by the coach so that each swimmer is challenged for the duration of the workout. The coaches work on proper technique, and incorporate drills, kicking, pulling and unique sets into the workouts. Considerations are made for swimmers' limitations (injury, fitness level, etc.)

What are all of the numbers and symbols on the dry-erase board? The coach writes the day's workout on the dry-erase board. Although s/he usually uses numbers and abbreviations in a consistent way, sometimes the symbols are short-hand for a longer description that is explained during the workout.

If it's just an adult swim workout, why is it called Masters? Masters Swimming is sanctioned by a national governing body – USMS. There are many meets hosted by Masters' teams throughout the Bay Area. If you choose to compete, the coach and other swimmers will be thrilled to help you prepare for and reach your goals.

How do I join? Please complete an Alpine Masters Swimming Registration Form and return it to the Aquatics Department. Participants must also join United States Masters at *www.usms.org.* As a member of this national organization and our local Pacific Masters you'll receive an informative magazine as well as regular Masters newsletters with interesting articles, training tips, meet schedules and much more. The monthly fee for Alpine's Masters program is \$45 for Members, \$70 for Non-Members.

Can I try one of the workouts without committing for the year? Yes! Introduce yourself to the coach and join in for a day's workout. You can then decide if you want to join the Masters Swim Program.

Non-Members Non-members may participate in some programs at the Club. The pools and locker room facilities may be used by the program participant only. Participants are expected to arrive shortly before, and depart shortly after, their scheduled program. Non-Members fees are paid by credit card (see authorization form). Non-members may not use other pools or club facilities outside of the program time. Alpine Hills thanks you for your cooperation.

Alpine Hills Masters Swimming Registration Form

Name:		
Address:		
Member #:	Primary Phone:	Email:

Interests (Please check all that apply)				
	Compete in Meets		Social Events	
	Swim for Exercise		Private Instruction	
	Triathlon		Quarterly Stroke Clinics	
	Cross Training		Saturday Practice	
	Open-Water Events		Volunteer Team Coordinator	
	Injury Rehab		Other:	

Fees	
\$45	Monthly Member Fee. Charged to your Member Account at the end of the month
\$70	Monthly Non-Member Fee. Charged to provided Credit Card on 10th of the following month.
\$8	Daily Drop-In Fee for Members (Monthly fee applies at 4 th drop-in)
\$12	Daily Drop-In Fee for Non-Members (Monthly fee applies at 4 th drop-in)

Policies

- Member charges will appear on the monthly Alpine Hills statement.
- Non-Members pay by credit card; complete attached authorization form.
- Masters participants should register with US Masters Swimming (visit <u>www.usms.org</u>)
- Non-members may participate in some programs at the Club. The pools and locker room facilities may be used by the program participant only. Participants are expected to arrive shortly before, and depart shortly after, their scheduled program. Non-Members fees are paid by credit card (see authorization form). Nonmembers may not use other pools or club facilities outside of the program time. Alpine Hills thanks you for your cooperation.

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Date _____

AH Non Member Registration & Credit Card Authorization

****Non-members are welcome to participate in *some* programs at Alpine Hills. In order to participate, the club requires a Credit Card Authorization Form and Email Address on file.

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Parent/Guardian Name(s):	

🗹 <u>Please Check</u> : 🛛 USTA League 🖓 Adult Tennis Program 🖓 JR. Tennis Program 🖓 Tennis Private Lessons						
□Fitness Program □Personal Training		□Aquatics Program □Swimming Private Lessons				
Address:	Address:		Email: **REQUIRED to receive e-mailed monthly statement**			
City:						
State/Zip:						
Primary Phone:		Cell Phone:				
Participant(s) Name:	Gender	Birth Date	Participant(s) Name:	Gender	Birth Date	
Credit Card Authorization						
Credit Card Type:MasterCard		Card Number:				
Visa						
Cardholder Name:		Expiration Date:				
Complete Billing Address:		Card ID #: (3 digits located on back of Card)				
Cite						
City:						
State/Zip:						

<u>Policies:</u> Non-member program participants are expected to arrive shortly before, and depart shortly after, the scheduled program. <u>The pools and locker room facilities may be used by the swim participants only.</u> For Private Lessons a 24hr notice is required for cancellations. No-shows and cancellations made with less than 24 hour notice will be charged.

Waiver: If the participant is a minor child, the undersigned represents that he or she is the legal guardian of said minor children. As the legal guardian of the above participant(s) I understand that any athletic activities have inherent risks and that these risks are part of the programs. Any and all injuries and costs associated with those injuries will be the sole responsibility of the student's guardian regardless of fault, and by signing below you agree to hold harmless Alpine Hills Tennis and Swimming Club, all teaching professionals and staff associated with our programs.

Dated:_____ Signature:_____

Print Name:_____

CREDIT CARD POLICIES & AUTHORIZATION:

Alpine Hills will send Electronic Statements to the email address provided on the 2nd day of the month. The Electronic Statements are for your information ONLY. All charges on your Electronic Statement are for participation in programs in the month prior. Alpine Hills will charge the 'Balance Due' amount from your Credit Card on or about the 10th day of the month.

By signing below I am authorizing Alpine Hills Tennis and Swimming Club to charge the total amount for <u>all charges</u> incurred, by any family member, to my credit card provided herein. <u>I understand that to receive a monthly statement</u> <u>of these charges before my card is debited on or about the 10th day of the month, I must provide a current e-mail <u>address.</u> I agree that I will pay for the programs and/or activities in accordance with the issuing bank cardholder agreement.</u>

Dated:_____ Signature:_____