

Intro to Masters Swimming

What is *INTRO TO MASTER SWIM*?

Not quite ready for Master Swim, but looking for more than just technique work? This class is a great way to transition to a more fitness based class, without overwhelming you with new terminology and intense training. We'll spend time teaching you the basics of interval training in the pool, blending in technique work alongside the group workouts. This Program is open to MEMBERS ONLY at this time.

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?

Tuesdays/Thursdays from 9:30-10:30am

Who coaches this program?

Nicolas Oliveira will be the lead coach for Intro to Masters. Nicolas is a Brazilian freestyle swimmer who specializes in sprint events. Nicolas also swam for University of Arizona when they won both women's and men's NCAA Championships in 2008! Nicolas also competed in 2008, 2012, and 2016 Olympic games representing Brazil.

How do I join? Please complete an Intro to Alpine Masters Swimming Registration Form and return it to the Aquatics Department. Participants in Intro to Master may also join United States Masters(this is optional for Intro members only) 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 Intro to Masters program is \$30 for 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 Intro to Masters Swim Program.

Alpine Hills Intro to Masters Swimming *Registration Form*

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

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

Fees	
\$30	Monthly Member Fee. Charged to your Member Account at the end of the month
\$10	Daily Drop-In Fee for Members (Monthly fee applies at 4 th drop-in)

Policies

- ❖ Member charges will appear on the monthly Alpine Hills statement.

Signature _____

Date _____



Non Member Registration & Credit Card Authorization

Official Use Only:

****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.

Parent/Guardian Name(s):

Please Check: USTA League Adult Tennis Program JR. Tennis Program Tennis Private Lessons
 Fitness Program Personal Training Aquatics Program Swimming Private Lessons

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 Visa
Card Number: _____

Cardholder Name: _____ Expiration Date: _____

Complete Billing Address: _____ Card ID #: (3 digits located on back of Card)
City: _____
State/Zip: _____

Policies: Non-member program participants are expected to arrive shortly before, and depart shortly after, the scheduled program. The pools and locker room facilities may be used by the swim participants only. 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 all charges incurred, by any family member, to my credit card provided herein. I understand that to receive a monthly statement of these charges before my card is debited on or about the 10th day of the month, I must provide a current e-mail address. I agree that I will pay for the programs and/or activities in accordance with the issuing bank cardholder agreement.

Dated: _____ Signature: _____ Print Name: _____

