



# Synchronized Swim Foundations

Parent Name \_\_\_\_\_ Membership Number \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

## Synchronized Swimming Foundations Class

This class is intended to introduce the basic training for the sport of Synchronized Swimming, also known as Artistic Swimming. This class is available for all ages.

<b><u>Required for class:</u></b> <ul style="list-style-type: none"><li>• Ability to swim Level 4 or above (Swim a length of crawl, back, breaststroke)</li><li>• Ability to tread water.</li></ul>	<b><u>Equipment:</u></b> <ul style="list-style-type: none"><li>• 1 piece suit</li><li>• nose clips (multiple is suggested - they break)</li><li>• Goggles</li><li>• Hair must be secured.</li></ul>
---	---

Format to classes - 1st ½ hour = strengthening drills/laps and intro to movement through water.  
2nd ½ hour = Intro and practice of figures, positions, and artistic expression

**Tuesdays at 6:00 pm to 7:00 pm**

**September 6<sup>th</sup> through November 15<sup>th</sup> - \$200 - (11 classes 1 hour each)**

Swimmers Name: \_\_\_\_\_ Age: \_\_\_\_\_

**RELEASE & WAIVER:** I hereby release Vashon Island Golf & Country Club, Sandpiper Café, the swim lesson instructor(s) and all students in the program from any harm and liability, either passive or active due to negligence on the part of the undersigned and/or the student and/or the instructor(s). I will not hold liable the aforementioned group(s) for any harm sustained on the premises of Vashon Island Golf & Country Club or Sandpiper Café.

X \_\_\_\_\_ Signature of Parent/Guardian/Date

Office Use Only:  
Date Received \_\_\_\_\_ Amount Due \$ \_\_\_\_\_ Paid by CC / Check \_\_\_\_\_ Date Paid \_\_\_\_\_  
Synchronized Swim Registration 2022