



2023 Winter/Spring Masters Swim

Swimmer Name _____ Age: _____ Member Number _____

Email _____ Phone _____

<p>Required for class:</p> <ul style="list-style-type: none"> • Ability to swim Level 4 or above (Swim a length of crawl, back, breaststroke) • Ability to tread water. • Adults 18 and older 	<p>Equipment (optional):</p> <ul style="list-style-type: none"> • Pull Buoy • Fins • Hand paddles
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Circle the dates you are attending: All workouts are 1 hour each. Workouts are for everyone and will include sets for endurance, goal setting, building strength and knowledge, for correction and a great and fun way to get a good workout!

Wednesday workouts 5:00 am: 1/4, 1/11, 1/18, 1/25, 2/1, 2/8, 2/15, 2/22, 3/1, 3/8, 3/15, 3/22, 3/29, 4/5, 4/12, 4/19, 4/26

Saturday workouts 8:30 am: 1/7, 1/14, 1/21, 1/28, 2/4, 2/11, 2/18, 2/25, 3/4, 3/11, 3/18, 3/25, 4/1, 4/8, 4/15, 4/22, 4/29

Payment of a minimum of 3 workouts to join for each session.

\$7/Members or \$10/Non-members per workout

Your payment secures an instructor for the session. Payment must accompany registration to be enrolled. All classes registered for are final payment, no refunds.

Payment can be made with credit card via phone to VIGCC: 206-463-9410 ext. 1, vgscmembership@gmail.com, or with check to 24615 75th Ave SW Vashon, WA 98070.

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/Date

Office Use Only: Date Received _____ Amount Due \$ _____ Paid by CC / Check _____ Date Paid _____