

West Austin
Athletic Club

Register NOW !!

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www.wfly.com

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Get Ready for Summer 2012!!



Spring Youth Swim Programs Lakeway Swim Center



Spring Programs start Mar. 19 !!



- **Goldfish Classes (Ages 4-8)**
M-Th 4-4:45 or 5:30-6:15 \$185 for swimmers who can motor 1/2 length of pool with face in water
- **Stroke Clinic (Ages 5-12)**
M-Th 4:45-5:30 \$125 for swimmers who can swim 25 yards to learn/improve four competitive strokes
- **Dolphin & Shark Groups (Ages 5-18)**
M-Th 6:15-7 \$110 for swimmers who know the four competitive strokes
- **USA Swim Team WFLY (ages 9-18)**
M-Th 4:45-6:15 for swimmers who know the four strokes and can easily swim continuous 25 distances.



West Austin Athletic Club

Spring Swim Programs at Lakeway Swim Center

All classes are offered M-Th. Participants are encouraged to come at least twice a week, and welcome to come all 4 days.

Goldfish Classes *Ages 4-8 years old*

Mar. 19 - Apr. 26 Mon-Thurs Cost \$185 4-4:45 or 5:30-6:15 Classes are limited to 8 participants.

Swimmers must happily swim with face in water 12 yards. Goldfish learn proper freestyle and backstroke including side breathing. They also learn to swim further distances with the goal to easily swim lengths of the pool to join summer swim team in May.

Stroke Clinic *Ages 5-12 years old*

Mar. 19 - April 26 Mon-Thurs Cost: \$125 4:45-5:30 Class is limited to 16 participants

Swimmers must swim with face in the water and be able to swim in any fashion across a 25-yard pool confidently and without assistance. Clinic participants learn/review and improve the four competitive strokes of freestyle, backstroke, breaststroke, and butterfly. Participants also work on racing dives. A great class for those preparing for summer swim team, camp, or summer fun at area lakes and pools.



Dolphin & Shark Swim Groups *Ages 5-14 years old*

Mar. 19-Apr. 26 Mon-Thurs Cost: \$110 6:15-7

Swimmers must be familiar with the four competitive strokes and can easily swim laps. These groups work on stroke improvement and speed. Optional fun meets will be offered.

USA Swim Team *Ages 9-18 (younger with coach permission)*

Mar. 19-April 26 Mon-Thurs Cost: \$80/month \$68 USA fee \$50 Team Fee 4:45-6:15

This team focuses on stroke improvement, races, and endurance. The team attends USA Swimming Meets. To be on this team a swimmer must know all four competitive strokes and be comfortable swimming continuous laps.

Registration Form: (For USA Swim Team registration form please go to www.wfly.com)

Participant's Name: _____ Birthdate: _____

Parents: _____ Phones: _____

Address: _____ Zip: _____

Email Address: _____

Full payment is due with registration form and is non-refundable. If WAAC has a different program which better serves the swimmer, then these funds will be transferred.

Please circle the requested class above

Return form with payment to: West Austin Athletic Club, 1024 Patterson Rd. 78733 (fax: 263-0131, email: becky@wfly.com).

Payment: Check, or Credit Card (on-line Google check out)

To pay by credit card, please use our automatic payment at www.wfly.com

Classes are held at the City of Lakeway Swim Center, 3103 Lakeway Blvd.

Medical Information & Parental Consent:

I, the minor's parent and/or legal guardian, understand the nature of fitness activities of West Austin Athletic Club's Swim Classes, and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees (West Austin Athletic Club, their administrators, directors, agents, owners, members, volunteers, and employees) from all liability, claims, demand, losses, or damages on the minor's account caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise including negligent rescue operations, and further agree that if, despite this release, I, the minor's parent and/or legal guardian, or anyone on the minor's behalf makes a claim against any of the above Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or cause any may incur as the result of any such claim. I give West Austin Athletic Club and its Releasees permission to perform medical treatment for the minor child as needed. Included on another sheet is information about my child's medical history and emergency contacts.



I GIVE OR DO NOT GIVE my child permission to go down the water slide and off the diving boards.

Parent's Signature & Date: _____