

Fall/Spring Application

Name(s) _____ Age _____

Parent Name (if under 18)

Address

City, State, & Zip

Home Phone

Email Address

Parent Guardian Authorization

I hereby approve of my child's attendance at the Arnold Sports Center for the swimming classes and certify that he/she is in good health and able to participate in the program. I authorize that the Director act for me according to his best judgment in any emergency requiring medical attention. I understand, should any emergency occur, I will be contacted during the physical exam. If I am unavailable, I authorize you to contact:

Name of Physician

Phone Number

Special Conditions

I recognize that insurance coverage on injuries received during lessons is the responsibility of the parent or guardian's insurance policy

Insurance Carrier

Policy Number

Lebanon Valley College



Health & Sports Center

**Competitive Stroke
And
Stroke Conditioning Clinics**

Fall 2009-Spring 2010

Class Descriptions

Competitive Stroke: ~~~Main Pool

Swimmers will work on improving strokes, turns, and starts. Drills and instruction will enhance swimming techniques. **SWIMMER MUST BE COMFORTABLE IN DEEP WATER.** This is a good class for swimmers who want to improve their competitive strokes or for young people wanting to learn more about the sport of competitive swimming. **(Advanced and beginner levels offered)**

Stroke Conditioning: ~~~Main Pool

Modified workout provided to help swimmers maintain competitive skills. All participants should be knowledgeable about competitive practicing. **All ages welcome.**

Fall 2009

Stroke Clinic

Tuesdays

Sept. 15, 22, 29, Oct. 6

5:30-6:15 p.m.

Cost: \$24.00

SPRING 2010

Stroke Clinic

Tuesdays

April 6, 13, 20, 27

5:30-6:15 p.m.

Cost: \$24.00

Competitive Conditioning

April 29, May 3, 4, 6, 10, 11

5:30-6:30 older swimmers

(\$6 per session)

5:30-6:15 younger swimmers

(\$4 per session)

Please keep this side for your records.

Any questions/concerns, please contact:

MaryGardner (717) 867-6367~gardner@lvc.edu

**** Return this form to Mary Gardner with check payable to LVC.**

Please circle the class you are planning to attend and fill out the authorization form on the back of this page. Thank you☺**

FALL 2009

Tuesday Stroke Clinic:

Sept. 15, 22, 29, Oct. 6

SPRING 2010

Tuesday Stroke Clinic:

April 6, 13, 20, 27

Competitive Conditioning:

April 29, May 3, 4, 6, 10, 11

!!!Please Circle individual or all dates

!!!Please Circle class

5:30-6:30p.m. Older class

5:30-6:15p.m. Younger class

Please return form/payment to:

Lebanon Valley College

c/o Mary Gardner

101 N. College Ave

Annville, PA 17003