

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

High School/Middle School Swim Training Group



This training group was developed for swimmers looking to improve technique on all four competitive strokes while also building strength and endurance in the water. Athletes should be able to complete one length of the pool (25 yards) and be able to float on their back. This is a great program for local middle and high school teams without a coach or a place to swim!

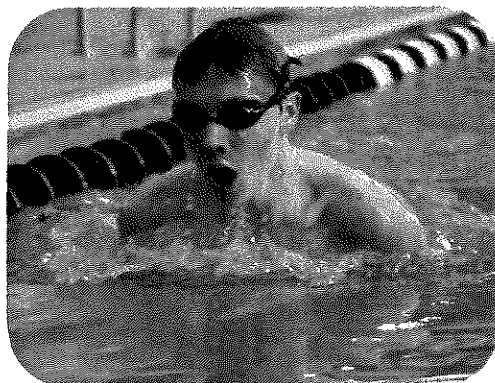
September 25th – January 25th
Monday-Thursday Evenings 7-8pm
Register now online or at the Y.

RIC NUBER YMCA
5885 Quince Rd, Memphis, TN 38119
P 901 682 8025 F 901 682 0783 ymcamemphis.org

High School/Middle School Swim Training Group

Swim Training Group Information:

- Practice Monday-Thursday evening (7-8PM)
- Technique and Stroke Development Training
- Build Endurance and Aerobic Ability
- Pay up front or in monthly installments



Ric Nuber YMCA
5885 Quince Rd
Memphis, TN 38119
901-682-8025
www.ymcamemphis.org

\$160 YMCA Members (\$40/Month)
\$240 Non-Members
(\$80 Registration Fee + \$40/Month)
Register online @ ymcamemphis.org
For more info, contact Bryan Parker at bparker@ymcamemphis.org

2017-18 High School/Middle School Swim Training Group

Parent/Guardian Info:

First Name: _____ Last Name: _____ Birth date: ____/____/____

☐ Male ☐ Female

Ethnicity:

☐ African-American ☐ Asian/Pacific Islander ☐ Caucasian
☐ Hispanic ☐ Native American ☐ Other _____

Address: _____ City: _____ State: _____ Zip: _____

Primary Phone: _____ Email address: _____

Employer: _____

Emergency Contact: _____ Phone: _____

Participant Info:

First Name: _____ Last Name: _____

☐ Male ☐ Female

Birth date: ____/____/____

School: _____

Ethnicity: ☐ African-American ☐ Asian/Pacific Islander ☐ Caucasian ☐ Hispanic
☐ Native American ☐ Other _____

Emergency Contact: _____ Phone: _____

I, the above referenced youth athlete's parent/guardian, hereby register my child to participate in YMCA youth athletics for the above listed sport. I acknowledge and understand that there is a risk of injury involved in athletic participation I understand that my child will be under the supervision and direction of Y staff and volunteer coaches. However, I acknowledge and understand that the YMCA cannot eliminate the risk of injury in sports. Injuries may and do occur. I freely, knowingly, and willfully accept and assume the risk of injury that might occur from my child's participation in youth athletics. I hereby release the YMCA of Memphis and the Mid-south its staff and volunteers from accident and liability obligation. I, the undersigned, hereby certify that to the best of my knowledge, my child is physically able to safely participate in the sports activity for which he or she has been registered I understand that the goals and objectives of the Y Youth Sports Programs are based on fun, fair play and skill development. Photographs will occasionally be taken of the players during the sports activities. By signing this registration form, I consent to the use of pictures of my child for displays, brochures, and promotional materials with no compensation to me or my child.

Signature _____ Date _____