



JANET EVANS SUMMER SWIM TEAM

June 6 – August 6, 2016

The fun and rewarding Janet Evans Summer Swim Team (JEST) hits the water June 6th. Our summer swim team provides convenient weekly swim practices focused on the foundations of competitive swimming. Swimmers will learn the fundamentals of freestyle, backstroke, butterfly and breaststroke in preparation for scheduled Saturday swim meets. Team members will learn the values of teamwork and will build self-confidence while improving their strength, endurance and stamina. Boys and Girls from 5 to 15 years. All participants will receive a team T-Shirt and swim cap. All practices and meets held at the Janet Evans Swim Complex.

➔ **Step One:** Provide swimmer information. Please complete one form per Swimmer.

SWIMMER'S NAME <i>(Last, First, M)</i>	GENDER	AGE	BIRTH DATE
STREET ADDRESS	CITY	ZIP CODE	HOME PHONE
PARENT'S NAME or GUARDIAN	E-MAIL		DAY PHONE
EMERGENCY CONTACT	RELATIONSHIP	EMERG. PHONE	EMERG. PHONE

➔ **Step Two:** Select your practice group by age, as well as your T-Shirt size.

2016 JANET EVANS SUMMER SWIM TEAM							
<i>Practices meet twice per week. Please check practice group and time below. Indicate T-Shirt Size!</i>							
<input type="checkbox"/> Group I	5 to 10 years	Tuesdays & Thursdays	6:35 to 7:35 p.m.	First day Tuesday, June 7 th	Fee: \$150.00		
	Prerequisites: <i>Must be deep-water safe and able to swim freestyle with side breathing and backstroke for 75 feet.</i>						
<input type="checkbox"/> Group II	11 to 15 years	Mondays & Wednesdays	6:35 to 7:35 p.m.	First day Monday, June 6 th	Fee: \$150.00		
	Prerequisites: <i>Must be deep-water safe and able to swim freestyle with side breathing and backstroke for 75 feet.</i>						
T-Shirt Size	<input type="checkbox"/> Y-Small	<input type="checkbox"/> Y-Medium	<input type="checkbox"/> Y-Large	<input type="checkbox"/> A-Small	<input type="checkbox"/> A-Medium	<input type="checkbox"/> A-Large	<input type="checkbox"/> A-XLarge

➔ **Step Three:** Agree to waiver and cancellation policy. Submit form with payment.

<p>RELEASE OF LIABILITY WAIVER <i>We the undersigned participant or as the legal guardian of a participant with the Fullerton Aquatics Sports Team, Inc. (FAST) and Swim America, intending to be legally bound, do hereby for ourselves, our heirs, executors and administrators, hold harmless, waive and release and forever discharge any and all rights and claims for damages or injury which we or either of us may hereafter have against the City of Fullerton, the Fullerton Aquatics Sports Team, Inc. (FAST.), and it's employees, agents, officers, representatives, coaches and volunteers.</i></p> <p>CANCELLATION AND MAKE-UP POLICY <i>No refunds will be provided for cancellations that are requested after classes begin. If you cancel before classes begin, we will refund your payment minus a \$10.00 administrative fee. To maintain the integrity of our classes we do not offer make-ups.</i></p>	<p>PAYMENT</p> <p>Total Amount Due \$ _____</p> <p>Make Checks payable to <u>FAST</u>.</p> <p>Credit card payments may be made in person at the Fullerton pools.</p>
<p>NAME (print) _____ SIGNATURE _____ DATE _____</p> <p>CONFIRMATION PREFERENCE: <input type="checkbox"/> E-Mail <input type="checkbox"/> Phone</p>	

Fullerton Aquatics Sports Team, Inc.

The FAST Swim School

PROGRAM DESCRIPTION

The FAST Swim School offers year-round lessons for infants, children, and adults. All FAST instructors are certified through *SwimAmerica*, the official lessons program of USA Swimming. The first priority of all classes is safety; and from this foundation, students learn mastery of all important swimming skills in an eight-step progression. Each of the eight levels has specific goals around which instructors build their classes.

CLASS STRUCTURE

Children **aged four and over** are placed in small group classes with up to 3 other students. Private and Semi-Private lessons are also available. Children **aged six months to two years** are encouraged to begin in our Parent & Tot classes to develop comfort in the water. All lessons are 30 minutes in duration. Children **between the ages of two and four** are encouraged to take our Preschool classes so they can become comfortable in the water without a parent. These classes are 20 minutes long with three students per class. Our instructors are also highly qualified to work with adults, from those who fear the water to those looking to improve their swimming form or learn a new stroke.

LOCATIONS

Classes are taught year-round at the Fullerton Community Center's indoor pool and seasonally outdoors at the Janet Evans Swim Complex at Independence Park in Fullerton, as well as the Troy Club in Yorba Linda. All pools are kept heated between 85 and 88 degrees.

REGISTRATION

Class sizes are limited. Registration forms are only accepted when accompanied with payment. We highly recommend that you register in-person to ensure the greatest chance of your preferred day and time.

CANCELLATIONS AND MAKE-UPS

No refunds will be provided for cancellations that are requested after classes begin. If you cancel before classes begin, we will refund your payment minus a \$10.00 administrative fee. Please allow 4 to 6 weeks for your refund to be processed and mailed. To maintain the integrity of our classes we do not offer make-ups.

CONTACT INFORMATION

FAST's program director and administrators are available to answer questions every weekday beginning at 10:00 AM. Please call us or stop by one of our pools for more information or to register for lessons.

Janet Evans Swim Complex

801 West Valencia Drive
Fullerton, CA. 92832
(714) 773-5788

The Fullerton Community Center

340 West Commonwealth Avenue
Fullerton, CA. 92832
(714) 773-1302

Troy Club

5831 Lynbrook Plaza
Yorba Linda, CA. 92886
(714) 970-7455

OTHER PROGRAMS

FAST has been developing champions and providing quality instruction to swimmers of all ages since 1964. Today FAST offers a wide variety of aquatics programs to serve anyone with a passion for swimming. Please visit our website to learn more about year-round swimming opportunities: www.fastswimming.net.