

Fullerton Aquatics Sports Team Inc. MASTERS SWIMMING

P.O. Box 5468 • Fullerton, CA. 92838 • (714) 871-9616 • www.fastswim.org





Year Round Swimming • For All Ability Levels

- Fitness Swimmers Novice Competitive Tri-athletes
 - Convenient Swim Times Early Mornings and Evenings •

Masters and Adult Fitness Swimming provides an environment that strikes a healthy balance between fitness, fun, and competition. All levels of adult swimmers are welcome: from fitness swimmers to competitive pool and open water swimmers, first time tri-athletes to experienced iron-persons. The role of the coaching staff is to design a *structured program* that will allow all members to reach their individual goals. We believe that improving stroke technique and providing purposeful training sets are key elements to fitness and individual success. We also believe that having fun is just as important!

• The Best Fitness Exercise • Endurance • Cardio • Toning • Weight Management •

Swim Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	6:00 to 7:00		6:00 to 7:00		6:00 to 7:00	7:00 to 8:00
Evenings		6:40 to 7:40	6:40 to 7:40			

Tuition and Fees

Regular Member: \$140.00 per Quarter for any single swim time. Choose either Mornings or Evenings.

Gold Member: \$165.00 per Quarter for the added flexibility of swimming during any swim time, mornings and evenings.

SPMA Annual Registration: A one time annual fee of \$42.00 per swimmer.

Temporary City of Fullerton Surcharge: In response to current economic conditions, the city of Fullerton Parks and Recreations department is imposing a \$5.00 temporary surcharge per registration.

You can Join Up Anytime Year Round!

Open to adults 18 years and older who are able to swim at least 100 yards/meters of continuous freestyle with side-breathing. You are welcome to visit us during any swim session. For information and enrollment details, please visit our website at www.fastswimming.net, or you may call us at 714-773-5788.

F.A.S.T. MASTERS & ADULT FITNESS SWIMMING REGISTRATION

SWIMMER'S NAME (Last, First, M)	SEX	AGE	Birth date					
STREET ADDRESS	CITY	ZIP	PHONE					
	0111		11101(2					
EMAIL ADDRESS (print in CAPS)	OCCUPATION	EMPLOYER	PHONE					
Choose Time of Day: ☐ Mornings & Saturdays	☐ Evenings & Saturda	ys Gold Member - A	All practice times					
MASTERS Enrollment Agreement FAST MASTERS is a year-round program and Tuition is paid quarterly and is due payable on the first day of the month of each quarter. A 'Late Fee' charge of \$25.00 is assessed if payment is received after the 10 th day of the month due. Returned checks will incur a service fee of \$50.00. Swimmers who are in default of payment will not be permitted to attend practice until their account is paid in full. ALL swimmers participating in the FAST MASTERS program MUST be current registered members with UNITED STATES MASTERS SWIMMING INC. I fully understand that the tuition, registration, and all fees required are payable in advance for enrollment, and there shall be NO REFUNDS. I agree to the terms and conditions of this agreement, and I shall abide to the policies and procedures established by F.A.S.T. Full Name (print) Signature Date								
MASTERS TUITION AND FEES. ☐ FAST MASTERS Regular Quarterly Tuition: ☐ FAST MASTERS Gold Quarterly Tuition: ☐ FAST MASTERS Gold Quarterly Tuition: ☐ FAST MASTERS Annual Registration Fee: ☐ SPMA Annual Registration Surcharge: ☐ SPMA Annual Registration Surcharge: ☐ SPMA For United Surcharge: ☐ SPMA For United States Masters Swimming Registration. RELEASE AND WAIVER OF LIABILITY STATEMENT We the undersigned participant with the Fullerton Aquatic Sports Team Inc. (F.A.S.T.), 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 Fullerton Aquatic Sports Team Inc. (F.A.S.T.) and it's employees, agents, officers, representatives, coaches and volunteers. Full Name (print) Signature Date								
☐ MASTERS TUITION \$	S TUITION \$ OFFICE USE ONLY							
☐ MASTERS ANNUAL FEE \$		DATE PROCESSED:						
☐ MASTERS SPMA FEE \$	— SPM	IA REG. FORM						
☐ CITY SURCHARGE \$	CHECK #							
TOTAL INCLUDED \$								