

Fremont Hills

Country Club

Aquatics

Masters Swim Team Registration Form

Name: _____ Age: _____
Address: _____ Member# _____
City, State, Zip: _____ Phone: _____
Emergency Contact: _____ Phone: _____
E-mail: _____ include on distribution list? _____

Cost per Month: \$15/ swim currently (monthly fee will return in September 2021).

All Swimmers MUST SIGN UP FOR LANES ON THE SHEET linked below:

https://docs.google.com/spreadsheets/d/1Yg1YDztEn_TINt45Qgtzd0em8YuAGrX6sLY1P2Boyik/edit?usp=sharing

Please mark your preferred practice sessions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 am – 10:00 am 12 pm – 1:00 pm	7:30 am -8:30 am 9 am – 10:00 am 12 pm – 1:00 pm	9 am – 10:00 am 12 pm – 1:00 pm	7:30 am -8:30 am 9 am – 10:00 am 12 pm – 1:00 pm	9 am – 10:00 am 12 pm – 1:00 pm	No practices currently	No practices currently

Current Status

Currently swimming? _____
How many days/week? _____ Yardage? _____ Time in water? _____
What send off can you do 10 x 100 Yards Freestyle on? _____
What strokes do you like to do? _____
What strokes can you do? _____
What strokes are you unable to do? _____
Would you like to learn how to swim the strokes you cannot? _____
Are you registered with USA Masters Swimming? _____ Member Number: _____

My signature on this agreement indicates my desire to participate in the Masters Swim Program at Fremont Hills Country Club. I assume all risks and hazards incidental to participation and release Fremont Hills Country Club, its members, Officers, Directors, Agents and employees from any liability.

Signature: _____ Date: _____
Print Name: _____

Non-members MUST check in at the Aquatics Office at the beginning of each month and pay by check or cash only. Failure to do so will result in the inability to participate until fees are paid. Use of the pool and other aquatics facilities are limited to the swimmer enrolled in the program only and include only the scheduled practice time.

For questions contact the Aquatics Office at 650.948.8261 x212 or aquatics@fremonthills.com.