

**Texas County Family YMCA**  
**Serving the Community**

1602 N. Oklahoma  
Guymon, OK 73942  
Ph: (580) 468-9622  
Fax: (580) 338-5643



**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**



**Texas County Family**  
**YMCA**

# **Swim**

# **Fitness**

**CANCELLATION REFUND POLICY:** To receive a full refund, a cancellation must be submitted prior to the first day of class. No makeup classes for missed days. A credit will be issued for consecutive days of illness which cause the participant to miss more than half of the sessions. Written verification from a health care provider is required. If the YMCA must cancel a class, a credit will be issued for the canceled days.

**YMCA CURRICULUM:** Curriculum includes the five components of personal safety, personal growth, stroke development, water games & sports and rescues.

# SWIM FITNESS

Need help with your technique or taking your training to the next level?

Swim Fitness is aimed at working on stroke technique, endurance, and skills to improve time and conditioning. This class is for children and adults who have competitive experience or just want to exercise. All athletes in this class must be able to swim 25 yards without stopping (full length of the pool).

## TIME & DATES:

Class will take place on Monday and Wednesday evenings 5-6:00pm. Each session will consist of 8-classes total.

## CLASS INFORMATION:

Must bring own goggles and swim towel to every practice.

Must shower before entering the pool.

Each swimmer will be sent home with a card that has that week's workout. By providing each participant with the Weekly Workout, it will allow that participant to practice without the class.

As always, classes may be **cancelled** due to weather.

## REGISTRATION & FEES:

Fees for this class are \$30/Y Member and \$50/Non-Member. Registration forms need to be returned to the Texas County Family YMCA located at 1602 N. Oklahoma in Guymon, complete with payment no later than **the first class of each session**. There will be no prorated fee if all 8-class are not attended. Participation waivers must be signed and dated prior to any participation.

## CONTACT:

If you have questions, or for more information, contact Audrey Marshall, Program Director at the Texas County Family YMCA at 580-468-9622 or by email at [tcfprograms@gmail.com](mailto:tcfprograms@gmail.com)

## REGISTRATION FORM:

Name \_\_\_\_\_ Age: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Best Contact Number ( Home / Cell / Work ) \_\_\_\_\_

Email \_\_\_\_\_

\_\_\_ Session 1: Jan 7th-30th

\_\_\_ Session 2 Feb 4th-27th

\_\_\_ Session 3: Mar 4th-Apr 3(Spring Break Mar 18th & 20th off)

\_\_\_ Session 4: Apr 8-May 1st

## WAIVER:

I am an adult over 18 years of age and wish to participate in this Texas County Family YMCA activity. In addition, I give my children permission to participate in this Texas County Family YMCA activity. In exchange for the Y allowing me to participate in Y activities, I will expressly acknowledge that I release the Texas County Family YMCA and its staff members from all liability for injury, loss or damage connected in any way whatsoever to my (or my child's) participation in Y activities, whether on or off Y premises. I understand that this release will include any claims based on negligence, action or inaction of Texas County Family YMCA, its staff, directors, and guests. I have read and I am voluntarily signing this authorization and release. I understand that the Texas County Family YMCA is not responsible for personal property lost or stolen while members and/or program participants are using the Y facilities or are on Y premises. I give my permission to the Texas County Family YCMA to use limitation and obligation, photographs, film footage, or tape recordings which may include my image or voice for purposes of promoting or interpreting Y programs.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Date \_\_\_\_\_

## OFFICE USE ONLY

\_\_\_ Registered in Daxco

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Staff Name \_\_\_\_\_

Program Director