

Riverwood Rapids Pre-Season Conditioning

Hours 3-4pm (middle/high) and 4-5pm (elementary)

Days: Tuesday and Thursday

2 sessions: Feb 22rd thru March 30th Cost \$120(6 weeks)

*** April 12th thru May 12th Cost \$100(5 weeks)**

Registration is limited and on a first come first serve basis.

Name _____ **Age** _____

Session _____ **3pm or 4pm (circle one)**

Emergency Contact name and number _____

Allergies _____

Medications _____

*** The coach has safety concerns for the age 6 and under group. This session will allow them to be a more confident swimmer.**

This session is required for age 6 and under in order to participate during the summer season.

Amount paid _____ **Check #** _____