



Virginia Hills Tidal Wave 2012 Winter Swim Program

Lee District RECenter
Telegraph Road and Rose Hill Drive
Sundays, 6:00 – 7:00 pm
January 8 – March 29, 2012
11 Swim dates

**Developmental starts, strokes,
turns and finish techniques
See page 2 for fees**

Any Virginia Hills pool member in good standing ages 4 through 18 who can swim 15 yards unassisted using any method is eligible. Swimmers do not need to know the strokes. **New swimmers are welcome!**

We will have two head coaches. Our head coach, Katie Gilmore, swam varsity at UVA and leads our summer team. She will be joined by Drew Killian, head coach of Lorton Station, who swam for Virginia Tech and has been a Masters coach as well.

Practice will NOT be held on February 19

For more information, contact Jan Inguagiato at telephone: (703) 922-6725 or e-mail: ljinguagiato@earthlink.net

Complete the registration form (next page) and bring payment to practice.

Virginia Hills Tidal Wave Swim Program

Registration Form

Name of swimmer(s)	Birth date(s)	Fee
		\$100 each
TOTAL: (make check payable to Virginia Hills Club)		

Home Address: _____

Home Phone: _____

Parent(s) / Guardian(s):

Name _____ Phone (W): _____ Cell: _____

E-mail address (please print clearly):

_____ @ _____

Name _____ Phone (W): _____ Cell: _____

E-mail address (please print clearly):

_____ @ _____

Consent:

In consideration of my child(ren)'s acceptance for training, I waive, release and forever discharge all rights and claims for damages which may be sustained and suffered by my child(ren) in connection with training.

Parent/Guardian Signature

Date
