



Vashon Park District



SPRING 2008 DRYLAND TRAINING: April 15th - May 29th
Swimmers must be 10 years and over to participate in the Dryland program.

Tuesdays & Thursdays, 4:00 - 5:00pm in the Athletic Club Aerobic Room

Registration through The Vashon Park District Office: Fee: \$50

The program has been specifically designed by the Seals Swim Coaches to compliment the in-pool training cycle, and is appropriate for swimmers age 10 & over. The program will include resistance, aerobic, strength and flexibility training. Athletes will train on a multi-station circuit which will target specific muscle groups as well as building speed, strength and endurance. **Athletes MUST wear exercise clothing and running/tennis shoes with non marking soles.**

Swimmer Contact Information

Full Name:	Date of Birth:	Age:	M/F
Primary Guardian:			
Home Phone:	Cell Phone:		
Mailing Address:			
Primary Family Email Address:			

Payment Info: Payments in full can be made to: Vashon Park District, PO Box 1553, Vashon WA 98070

Type of Payment		Card #											
Cash	\$												
Check	#	Expiration. CUV#: (on back of card)											
Card	MC VISA	Billing Addr.											

I would like to make a donation to Vashon Park District's Reduced Fee Fund. Amount: _____ Thank you!

Refund Policy: Refunds will be issued only if requested no fewer than 7 business days prior to program start date, and all refunds will be assessed a \$25 VPD administration fee. There will be no refunds once a student is accepted into the Program, except in the event of a documented medical reason or a significant family emergency.

Reduced Fees: Reduced Fees are available for qualifying families upon completion of an application in the VPD Office. Proof of total household income is required with each application. Check here if you have applied for reduced fee.

Disclaimer: In consideration of the Vashon Island Park District allowing my participation in this class, I hereby consent to such participation, acknowledging the risks involved and assuming all such risks. I agree to release, indemnify and hold the Vashon Park District, their commissioners, coaches, instructors, volunteers, organizers, agents and employees, harmless from and against any and all claims, actions, suits, losses, liability, costs, expenses, and damages of any nature whatsoever, including costs and attorneys fees in defense thereof, for injuries, sickness, or death, which are caused by, or arise out of my participation in any portion of the program or any activity incidental thereto, provided, that nothing herein requires me to release, indemnify or defend for injuries, sickness or death caused by or arising out of the sole negligence of the Vashon Park District, their commissioners, employees or agents.

Signature: _____ (Parent or guardian signature) Date _____

Please print Parent or Guardian name legibly: _____

Our year-round, multi-level aquatic programs emphasize
Personal Achievement, Team Unity & Competitive Excellence

PO Box 1824 Vashon WA 98070 · splash@vashonaquaticclub.org · www.vashonaquaticclub.org