

# MASTERS SWIM TEAM



Come join the fun & friendship of our *Fig Garden Masters Swim Team!*

This is an organized program of swimming for adults. The goal of this team is to create an environment where you are coached to swim properly the four competitive strokes. Then, the goal is to improve those lessons with workouts designed to improve your strokes both technically and cardiovascularly. You need only to come with an attitude that is willing to learn and to be taught. Health, fitness, camaraderie, fun, competition, travel and coaching are fringe benefits. You will want to stay because the people are outstanding, the challenge is enjoyable and attainable. One of the greatest benefits is to practice with an organized group with set workouts and on-deck coaching.

## Our team motto is fun, fast swimming!

Current membership in *United States Masters Swimming (Pacific Masters Swimming)* is required to participate on / with our *Fig Garden Masters Swim Team*. Please visit their website at [www.pacificmasters.org](http://www.pacificmasters.org) to register online.

For more information on our *Fig Garden Masters Swim Team*, please call coach Jay Christiansen at *Fig Garden Swim & Racquet Club* at (559) 977-7984 or [jecwinelove@gmail.com](mailto:jecwinelove@gmail.com)

Coach Jay Christiansen, with over 25 years of experience, leads this merry band. He has been coaching and loving coaching for a long time. He hopes what he enjoys most...the water...will be a love affair you enjoy as well. Come join us...we will make room!

### Days & Times

Classes Are Held On  
Mondays, Wednesdays & Fridays

7:30 AM - 8:30 AM

8:30 AM - 9:30 AM

5:45 PM - 6:45 PM

### Prices

\$30.00 / Month: FGSRC Members  
\$65.00 / Month: Non-FGSRC Members

Payment is due in full to FGSRC  
by no later than on the 15th day  
of each month.

**Register Online**

**[www.pacificmasters.org](http://www.pacificmasters.org)**

**Team Code: FIG**





# MASTERS REGISTRATION

*Must Be Completed Annually  
Please Print Clearly*

First Name: \_\_\_\_\_ M.I.: \_\_\_\_\_ Last Name: \_\_\_\_\_

Male / Female Age: \_\_\_\_\_ D.O.B: \_\_\_ / \_\_\_ / \_\_\_

Mailing Address: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_ Street City Zip

Home Phone Number: \_\_\_\_\_ Cell Phone Number: \_\_\_\_\_

Business Name: \_\_\_\_\_ Business Phone Number: \_\_\_\_\_

*Current membership in United States Masters Swimming (Pacific Masters Swimming) is required to participate on our Fig Garden Masters Swim Team. If a copy of your registration card is not attached, please visit their website at [www.pacificmasters.org](http://www.pacificmasters.org) to register online.*

*Copy of Pacific Masters registration card attached.*

### Emergency Contact Information

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

Doctor: \_\_\_\_\_ Dentist: \_\_\_\_\_

Special Needs / Allergies / Dietary Concerns / Medications: \_\_\_\_\_

*RELEASE OF LIABILITY: In consideration of being permitted to use Fig Garden Swim & Racquet Club facilities and equipment, on behalf of myself, my family, my heirs, and my assigns, I hereby release and hold harmless Fig Garden Swim & Racquet Club, other owners, employees, and agents, from liability for injury, death, or loss suffered by me, while using the facility, equipment or in any way associated with participating in any and all Club activities now or in the future, resulting from ordinary negligence of Fig Garden Swim & Racquet Club, it's agents, or employees. By the execution of this agreement, I assume full responsibility for any and all injuries or damages which may occur to me (including loss or theft of personal property) in or about the Club premises. I affirm there are inherent risks in all health and fitness activities, that I am aware of and appreciate these risks, and that I assume all responsibility for personal injury, death, or loss resulting from these injuries. In addition, I authorize Fig Garden Swim & Racquet Club to take emergency action in the event of an accident.*

*I have read, understand and agree to the above RELEASE OF LIABILITY and the back "Non-Member Club Usage Rules". All questions about the policies, activities, and operations of Fig Garden Masters Swim Team have been answered to my satisfaction.*

Print Name\*: \_\_\_\_\_ Signature\*: \_\_\_\_\_ Date: \_\_\_\_\_

*\* Parent or legal guardian if swimmer is under 18.*