



Pre-Competitive practices offer novice level swimmers age 4 and over an opportunity to enhance or maintain stroke technique, conditioning, and competitive skills.

Participants will learn and do skill work on:

- Swimming 200 yards freestyle and backstroke
- 50 yards breaststroke
- 400 yards non-stop swimming
- 25 yards butterfly
- 100 yards individual medley
- Racing dives and turns

Practices are instructed by our official WEST swim coaches, who carry with them current or past competitive swimming experience. You can expect the same level of commitment and excellence that our year-round swim team program offers, tailored to meet the needs of the advanced pre-competitive swimmer.

Pre-Competitive Practice Schedule

Tuesday & Thursday 7:00 – 7:30

Saturday 10:30 – 11:00

\$95 a Month

*** Now \$40.00 less and includes a full month!**

Class prerequisite: Successful completion of Shark level within the Fish! Swim Lesson Program or tryout with coach

West Coast Aquatics Center
15622 Country Club Dr. • Mill Creek, WA 98012
phone: 425.379.8806 www.westcoastaquatics.us

Pre-Competitive Registration

Registration is on a first come-first served basis. Number of practice sessions will vary each month. Fees are not adjusted according to the amount of swim practice sessions.

All fees are non-refundable. Registration cannot be processed without payment.
No make-up sessions are available for missed practices.

SWIMMER'S: Last:_____ First:_____ Middle:_____

Birth date:_____ Age:_____ Sex: M F Phone:_____

PARENT 1: Name:_____ Relationship:_____

Address:_____ City:_____ Zip:_____

Phone:_____ Email:_____

PARENT 2: Name:_____ Relationship:_____

Address:_____ City:_____ Zip:_____

Phone:_____ Email:_____

I hereby release West Coast Aquatics and the West Coast Family Aquatic Center, it's officers, coaches, and/or representatives from any liability which may arise out of my child's participation in any of said club's activities, games, practices, or transportation to or from such events, and to hold said team and club, it's officers, coaches, and/or representatives harmless from any expense or claim for damages which may be incurred on behalf of such child for any injury, illness, or accident which may occur in connection with such child's participation herein.

Signed (legal parent or guardian):_____ Date:_____

WEST Team T-Shirt (for first time participants only):

Youth: M L XL Adult: S M L XL

PAYMENT: Payments of \$95.00 are automatically deducted from your on file credit card on the 1st of every month from January through June 2010. To stop payment we must have two weeks notice for withdrawal. Pre-Comp swimmers will receive early notification of Summer League Registrations.

\$95.00 must be provided to secure swimmers space in the Pre-Competitive Program.

Office Use Only:

Date:_____ Check# or Credit Card Type:_____ Amount Received:_____ Received By:_____