

# Birmingham Swim League High School Fitness Program

Birmingham Swim League is now offering a high school/jr. high fitness-swimming program for student athletes in the Birmingham area beginning Wednesday, September 7, 2011. The program will be offered in three seasons:

Season I – September 7<sup>th</sup> thru December 1<sup>st</sup>

Season II – December 5<sup>th</sup> thru March 1<sup>st</sup>

Season II – March 5<sup>th</sup> thru May 10<sup>th</sup>

This will be a non-competitive program offering swimmers in grades 7-12 the opportunity to learn and/or continue to develop swimming skills. Focus will be on stroke development, starts, turns, as well as increasing general fitness level through the sport of swimming. In town meets only will be offered just during Season I. Advance payment required for meets.

Practice Times: Monday, Wednesday, Thursday 7:15PM to 8:30PM at Wald Park pool

Costs: \$330.00 per session (Season III will be \$260.00)

\$58.00 annual USA Swimming registration (one time)

**Please make out two separate checks to BSL**

Swimmer \_\_\_\_\_  
First Name Middle Name Last Name

Preferred Name \_\_\_\_\_ Age \_\_\_\_\_ Birthday \_\_\_\_\_ Sex \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell#(of athlete) \_\_\_\_\_

T-Shirt size S M L XL

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

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Parent's Name(s) \_\_\_\_\_

Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email address \_\_\_\_\_

Employed By \_\_\_\_\_ Occupation \_\_\_\_\_

**Return form and checks to:**

**Birmingham Swim League  
1025 Montgomery Hwy Ste 106  
Birmingham, AL 35216**