

O*H*I*O MASTERS SWIM WORKOUTS
Sept. 7, 2016 to Jan. 31, 2017
West side of Cleveland ~ Lakewood High School



Coached Workouts from Sept. 7, to Jan. 31, 2017

O*H*I*O Masters Coaches will provide workouts, conditioning, stroke drills, goal setting and individualized instruction to all who wish to participate. All adult swimmers, fitness and competitive, and triathletes are invited to participate.

Sponsored by Ohio Masters Swim Club:

You must be a current Ohio Masters Swim Club member to participate because USMS health and liability insurance will cover these workouts. Membership is \$45 for the remainder of 2016. That fee includes U.S. Masters Swimming registration. You may attend as a guest for one week before paying the membership fee.

DUE TO CONSTRUCTION THIS YEAR, Parking for all pool programs will be primarily in the front parking lot located off Franklin Blvd. Swimmers will enter the building through the main visitor entrance (by the flagpole) and walk straight down the hallway, turn right at the end; pool will be on the left.

There are a few spots in the rear of the building, but no driveway to any other lots if those spots are taken. The “normal” pool door will be unlocked during pool programming, but parking off Robinwood will be very difficult.

Facility:

Lakewood High School, 14100 Franklin Boulevard. Pool entrance is on Robinwood Avenue, north of Madison Avenue. Enter the pool from the far end of the hallway and locker rooms from the pool deck. 25 yard, eight-lane pool. Please sign in at each practice.

Dates and times: Monday - 7:30 to 8:30 p.m.
 Wednesday - 7:30 to 8:30 p.m.
 Thursday - 8:30 - 9:30 p.m.
 Saturday - 7:30 to 9:00 a.m.
 Sunday - 11:30 - 1:00 p.m.

Payment for these sessions covers from Sept. 7 to Jan. 31, 2017. Some dates may be canceled due to high school functions or holidays.

ALL PRACTICES ARE COACHED!

Early Bird Special

Pay in full by 10/1/16 and SAVE!

<u>Cost:</u>	Full program (3x week or more) for five months	\$ 200	\$175
	Two sessions per week for five months	\$ 175	\$150
	One session per week for five months	\$ 150	\$125
	Full program for one month	\$ 45	
	Two days per week monthly	\$ 40	
	One day per week monthly	\$ 35	
	Student discounts available	TBD	

*** Meet award tickets will be accepted for payment.

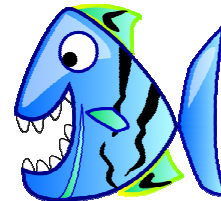
For more information call:

Gerry Meyer @ 216.651.7928 (h) or Judi Norton@ 440.695.0695 (h),

Email: ohiomastersinfo.com, or visit our website: www.ohiomasters.com



Note: No form needed if one is already on file.



Please mail the registration form below with your check,

payable to: Ohio Masters

to: Eve Weishar
1851 King James Pkwy., Apt. 321
Westlake, OH 44145

Fall, 2016

Name: Home Phone: ()

Address: Office Phone: ()

City: Zip code:

Birth Date: Age:

email address if you wish to be notified of cancellations, etc. (only if I do not already have it):

Please PRINT

2016 USMS Number: (if NOT a current Ohio Masters Member)

Please check appropriate program below:

Table with 3 columns: Program Description, Standard Price, and Early Bird Price (Pay by 10/1/16). Rows include various program options like 'Full program for five months', 'Two days per week for five months', etc., along with drop-in fees for workouts.

Signature: Date: