

Winter 2020



Age 7-17

Swim Team

Webb's Hurricanes



**Sign up by
January 9 to hold spot.** (late
registrations welcome
IF there is room)

w/ well renowned Jen (Taylor) Henderson, Head Coach

Jen has BS Nursing, Masters in Education, Assistant Manager South Shore Country Club Pool Hingham summers over 8 years, Head Swim Team Coach for South Shore Country Club for 3 years, Head Swim Team Coach for St Joseph's College of Maine, CPR WSI certified, PALS, RN-B-S.N.

Assistant Coach: Evan Baxter Bridgewater State University graduate; degree in education, Manager South Shore Country Club pool; CPR/AED certified; Ass't Swim Coach for Webb's Tornado Swim Team; swim instructor since 2011; lifeguard

Sundays 1:00 &/or Thursdays 6:45pm

Sundays: January 12, ~~19~~, 26, February 2, 9, ~~16~~, 23, March 1, 8, 15 (Final Meet: March 15)

Thursdays: January 16, 23, 30, February 6, 13, ~~20~~, 27, March 5, 12 (Final Meet: Sun March 15)

Not on Jan 19 as 3-day weekend; not on Feb 16 as 3-day weekend; not on February 20 as Feb vacation week)

Final Meet for all swimmers (Sun and Thurs swimmers) is: Sunday March 15

The team involves competitive stroke & training techniques w/ a focus on personal best achievement

You CAN split the payment in TWO:

BUT you MUST hand in both checks at sign-up time. Date one today & 2nd for 2/1/20

- No refunds and no credits toward future sessions *unless* medical note.
- **MUST BE ABLE TO:** swim 2 lengths front crawl (freestyle) (40 yds) and 2 lengths back stroke (40 yds) and 1 length breast stroke & must be able to touch bottom in shallow end to stand up (approx 40 inches)

If parent chooses to wait during the hour, must wait in Swim Lesson Waiting Room OR if a member go enjoy a workout OR if NOT a member, enjoy a workout for \$10

Great idea for parents: Pay \$10 at desk & enjoy a workout! (Members: free..Non-members: \$10)

130 Washington St Norwell 781-878-7900 www.webbsprofitness.com

Turn for Registration form ▶ ▶

To hold a spot, sign up by Thursday January 9 (we DO take late sign-ups only if room available, but we best can plan coaching schedules if we know definite number from the onset)

Winter 2020 Swim Team Registration

Swimmer's Name _____
 Date _____ email _____ Age _____
 Address _____ town _____ zip _____
 Phone Number _____ Parent Name _____
 Parent Email _____ (Please do not use a "junk" email as we only email 4-6 times/year)

Check off one below:

BOTH Sunday AND Thursdays:

\$189 (member's child) \$199 (non member's child)

THURSDAY ONLY

\$169 (member's child) \$179 (non-member's child)

SUNDAY ONLY:

\$169 (member's child) \$179 (non-member's child)

Parent/legal guardian must sign below.

In Consideration of (print name) _____ & the visit to and/or the class participation in swim team and/or the visit to the health club – Webb's Gym, Inc (dba Webb's Pro Fitness) and those people acting on the club's behalf are released from all claims of any nature whatsoever for injuries and consequential damages which may be sustained by the named arising out of participation in exercise regime at this facility. Webb's Gym, Inc (dba Webb's Pro Fitness) will not be responsible for accident nor property left in lockers, residence or elsewhere in the building or parking lot. Webb's Gym, Inc (dba Webb's Pro Fitness) is not responsible for travel to/from facility.

I understand the above. I will pay the appropriate fee and we will abide by any restrictions of usage.

Signature **X** _____ Date _____



CUT OFF HERE & MARK YOUR CALENDAR.



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