



# 2019 Spring Jr. Guard Conditioning

For kids who do not swim competitively, passing the swim test for summer Jr. Lifeguard programs -- or just staying in shape in the water -- can be tough. Join us for a great workout, and be prepared for anything in the water next summer! **Prerequisite: Swimmers under 9: 50 yds freestyle in 1:30 or under. Swimmers over 9: 100 yds freestyle in 2:50 or under. Those unable to meet prerequisite should inquire about lessons.**

**FORMS ARE DUE THURSDAY AT 5PM THE WEEK BEFORE YOU WANT TO START LESSONS**

Class Days	Class Dates	Class Times	Tuition (Per Lesson)
<b>Monday</b>	February 4 - May 13 (15 classes total)	3:30-4:30pm	Members \$20 Non-Members \$25
<b>Tuesday</b>	February 5- May 14 (15 classes total)	3:30-4:30pm	Members \$20 Non-Members \$25
<b>Wednesday</b>	February 6 - May 15 (15 classes total)	3:30-4:30pm	Members \$20 Non-Members \$25
<b>Thursday</b>	February 7 - May 16 (15 classes total)	3:30-4:30pm	Members \$20 Non-Members \$25
<b>Saturday</b>	February 9 - May 18 (14 classes total)	10:30-11:30am	Members \$20 Non-Members \$25

**Contact West End (westendclub@aol.com) to schedule available times!**

**Online Resources for Jr. Lifeguard Programs:**

LA County Jr. Lifeguards – [www.fire.lacounty.gov](http://www.fire.lacounty.gov)

**Please fill out one form per swimmer.** Please make checks out to West End. **PLEASE NOTE** that once your registration has been received by West End, **there are NO REFUNDS.** There are **no make-up classes** for dates missed. Classes are closed after 12 swimmers have registered. Late registrations may be taken, space permitting. Under-enrolled classes may be cancelled. **Once dates are picked you may not exchanges dates unless approved beforehand.**

**Rain policy:** Classes ARE held in the rain but are NOT held when there is lightning within 10 miles of the pool. **Non-members of West End need to bring their own towels.** Non-members are not allowed in the pools unless enrolled in a class. There is also limited designated seating for Non-members.



## 2019 Spring JG Prep Program

Swimmer's Name: \_\_\_\_\_

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

City: \_\_\_\_\_ Zip \_\_\_\_\_ Email: \_\_\_\_\_

Daytime phone: \_\_\_\_\_ Evening phone: \_\_\_\_\_

Swimmer's birthdate: \_\_\_\_\_ Age: \_\_\_\_\_ Parent/Guardian: \_\_\_\_\_

(circle one) Non-Member Member

**Swimmers may register for as many days in a week as they wish. For example, you can register for Monday only, or for M/W/F, or for all days.**

**FORMS DUE THURSDAY 5PM THE WEEK BEFORE YOU WISH TO START**

*Tuition per lesson: \$20 members, \$25 non-members*

<p><b>___ Feb 4-9 (Checkmark weeks wanted)</b> Days (circle): M Tu W Th Sat Tuition:\$ _____</p> <p><b>___ Feb 11 - Feb 16</b> Days: M Tu W Th Tuition:\$ _____</p> <p><b>___ Feb 18 - 23</b> Days: M Tu W Th Tuition:\$ _____</p> <p><b>___ Feb 25 - March 2</b> Days: M Tu W Th Tuition:\$ _____</p> <p><b>___ March 4 - 9</b> Days: M Tu W Th Sat Tuition:\$ _____</p> <p><b>___ March 11 - 16</b> Days: M Tu W Th Sat Tuition:\$ _____</p> <p><b>___ March 18 - 23</b> Days: M Tu W Th Sat Tuition:\$ _____</p> <p><b>___ March 25 - 30</b> Days: M Tu W Th Sat Tuition:\$ _____</p>	<p><b>___ April 1 - 6</b> Days: M Tu W Th Sat Tuition:\$ _____</p> <p><b>___ April 8 - 13</b> Days: M Tu W Th Sat Tuition:\$ _____</p> <p><b>___ April 15 - 18</b> Days: M Tu W Th Tuition:\$ _____</p> <p><b>___ April 22 - 27</b> Days: M Tu W Th Sat Tuition:\$ _____</p> <p><b>___ April 29 - May 4</b> Days: M Tu W Th Sat Tuition:\$ _____</p> <p><b>___ May 6 - 11</b> Days: M Tu W Th Sat Tuition:\$ _____</p> <p><b>___ May 13 - 18</b> Days: M Tu W Th Sat Tuition:\$ _____</p> <p><b>Total Tuition: \$ _____</b></p>
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**Release:** I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against West End Racquet and Health Club of Torrance, the club and all its representatives, shareholders, directors, officers, employees, and agents for any and all loss, claims, injury, damages or liability sustained or suffered by me in connection with my participation at this club or any special event sponsored by the club at another location.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Office use only:**

CK/Card #: \_\_\_\_\_ CVC# \_\_\_\_\_ Exp date: \_\_\_\_\_

Date: \_\_\_\_\_ Amt Paid: \_\_\_\_\_ Employee: \_\_\_\_\_