



# **MASTERS SWIM** **COACHED WORKOUTS**

To participate in the Masters Swim Program, You either  
must be a MEMBER – free of charge

Or

Sign-up for the current session of Masters Classes

## **WINTER SESSION**

**December 1 – March 1**

**FREE for members**

**\$325.00 – non members**

**Tuesday & Thursday with Terri**

**6:15-7:15 AM**

**Tuesday & Thursday with Terri**

**8:45-10 AM**

**Monday & Thursday TBD**

**6:30-7:30 PM**

Sign up with Patrick Roddy, Aquatic Director  
LongfellowAquatics@gmail.com or 508-653-4633 ext.215



### Masters Non-Member Registration

Date: \_\_\_\_\_

Swimmer's name: \_\_\_\_\_

Email: \_\_\_\_\_

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

\_\_\_\_\_

Telephone: \_\_\_\_\_

Payment Enclosed: \$ \_\_\_\_\_

Credit Card # \_\_\_\_\_ Exp. Date: \_\_\_\_\_

I recognize the risk of injury in any exercise program and I am hereby waiving and releasing the above clubs from any and all claims, costs, liabilities and injuries while on these premises.

Signature of Swimmer: \_\_\_\_\_ Date: \_\_\_\_\_

Masters is 1 hour in length. By registering for Masters you are entitled to attend only Masters scheduled workouts at Longfellow Sports Club.

\*\*\*\*\*For Office Use\*\*\*\*\*

Session Dates paid for:      Fall      Winter      Spring      Summer