



FITNESS Clinics

Mon/Wed
Don Cook Natatorium

6:30-7:30PM

Session 1 – June 7th – June 28th
Session 2 – June 30th – July 28th (will not meet July 5th or July 19th)

Cost: \$110 per session OR \$200 if you sign up for both.

*includes a \$25 dollar non-refundable registration fee

FITNESS is designed as an ongoing clinic for swimmers who wish to keep up with technique and stay in shape for personal fitness or prepare for a school team/league. This group is not a competitive group and will not be offered competitive opportunities. ***Swimmers should know the four strokes and be ages 8 and up. This is not a lesson group. Please note that if you are participating on a summer rec. league and participated in a clinic with FCST since April 2010 you will not be eligible to register due to SHRSL rules.**

2010 FCST FITNESS Clinics

Swimmer Name: _____

Parent Name: _____

Phone: _____ Email: _____

Parent Signature: _____

I would like to register for:

- Session 1 - June 7th-June 28th - \$110
- Session 2 - June 30th- July 28th - \$110
- Both - \$200

Forms and payment may be turned into the FCST Mailbox at: FCCA Aquatic Center, Don Cook Nat, Make checks out to FCST, memo field: **FITNESS**

You may also mail registration and payment to
FCST – SWIMFIT Clinic
4501 Cartwright Rd. #406
Missouri City, TX 77459

- You will receive a confirmation email once your registration & payment is received.
- Clinics will be filled on a first come first serve basis

Email Questions to clinics@swimfcst.com