



## KITS PROGRAM 2011 REGISTRATION

### TIME TO GET WET – THE FASTLANE WAY!!

**Fastlane** is an adult swim training program for swimmers, triathletes, and fitness enthusiasts of all abilities – we only ask that you be comfortable swimming one length of Kits Pool (137.5 m). The core of our program is working on stroke technique, including small groups for more personal attention. However, we also accommodate those who are more interested in just getting in a solid workout before heading into the office!

**Details:** June 14 - Aug. 18, 2011 **OR** June 15 - Aug. 19, 2011  
Tues/Thurs mornings Wed/Fri mornings  
5:45 – 7:00 am 5:45 – 7:00 am  
\*No swim Fri. July 1

#### 2011 Fees (including HST):

Early Birds (by May 23rd) \$160.00 or Sign up 2 together \$290.00  
After May 23rd \$175.00 or Sign up 2 together \$325.00  
10 Visit Drop-In \$100.00 (limited number available)

\*A \$20.00 admin fee will be subtracted from any refunds given

#### How:

Credit Card:	On-Line via Paypal OR Pay at <b>SpeedTheory</b> – 2616 West 4 <sup>th</sup> Avenue, Vancouver
Cheque:	<ul style="list-style-type: none"> <li>• Mail this form with a cheque (made out to Fastlane) to: 1276 West 7<sup>th</sup> Ave., Vancouver, BC V6H 1B6</li> <li>• After May 24, drop off cheques/cash and forms at Kits Pool front desk or <b>SpeedTheory</b></li> </ul>

**For More Info:** Visit [www.fastlaneswim.com](http://www.fastlaneswim.com) or call KC at 604-730-0053

**NAME:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

**EMERGENCY CONTACT** (Name & Number):  
\_\_\_\_\_

**WHICH GROUP ARE YOU SIGNING UP FOR?** \_\_\_\_\_

#### PLEASE READ WAIVER CAREFULLY:

I, the applicant, on behalf of myself, members of my family, my heirs, executors, administrators and assigns, hereby forever release, discharge and hold harmless The Fast Lane Fitness Company owners, representatives and agents for injury, loss or damage to my person or property howsoever caused, arising out of or in connection with my taking part in Fast Lane Fitness organized events and activities and, notwithstanding, that the same may have contributed to or occasioned by the negligence of The Fast Lane Fitness Company owners, representatives or agents.

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

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