



KITS PROGRAM 2009 REGISTRATION

Join us for Fun and Fitness at Kits Pool in 2009!

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 16 - Aug. 20, 2009 **OR** June 17 - Aug. 21, 2009
Tues/Thurs mornings Wed/Fri mornings
5:45 – 7:00 am 5:45 – 7:00 am

2009 Fees (including GST):

Early Birds (by May 18th) \$155.00 or Sign up 2 together \$285.00
After May 18th \$175.00 or Sign up 2 together \$320.00
10 Visit Drop-In \$90.00 (limited number available)
*A \$10.00 admin fee will be subtracted from any refunds given

How:

Credit Card:	Pay at SpeedTheory – 2616 West 4 th Avenue, Vancouver
Cheque:	<ul style="list-style-type: none"> Mail this form with a cheque (made out to Fastlane) to: 1276 West 7th Ave., Vancouver, BC V6H 1B6 OR drop off at SpeedTheory After May 18, drop off cheques/cash and forms at Kits Pool front desk or SpeedTheory

For More Info: Visit www.fastlaneswim.com or call KC at 604-730-0053

NAME: _____ **PHONE:** _____

EMAIL: _____

EMERGENCY CONTACT (Name & Number):

WHICH GROUP ARE YOU SIGNING UP FOR? _____

ARE YOU SIGNING UP A SECOND PERSON? _____

SECOND PERSON NAME & PHONE: _____

SECOND PERSON EMAIL: _____

SECOND PERSON EMERGENCY CONTACT (Name & Number):

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: _____