

# SUMMER LEAGUE TUNE UP

## with Fort Belvoir Swim Team

5 Week Program (April 22-May 24)

### Swim with the Sharks!

Let our highly qualified coaches give your summer league swimmers the FBST edge!

Space is limited, so sign up now and get ready for a fun, fast summer!

Find a time convenient for you, change it as needed!

Five Week Program	Days	Time	Location
April 22 – May 24	Monday	7:30-8:30pm	Lee Rec Ctr ++
	Tuesday	4:00-5:00pm	GW Rec Ctr ++
1x wk, 5 wks \$99	Tuesday	6:30-7:30pm	Lee Rec Ctr**
2x wk, 5 wks \$135	Wednesday	4:00-5:00pm	GW Rec Ctr ++
3x wk, 5 wks \$150	Wednesday	6:00-7:00pm	Lee Rec Ctr**
4x wk, 5 wks \$160	Thursday	4:00-5:00pm	GW Rec Ctr++
	Friday	4:45-5:30pm	GW Rec Ctr**
** 8 & Under only	Saturday	8:00-9:00am	GW Rec Ctr**
++ 9 & Older only	Sunday	3:00-4:00pm	GW Rec Ctr++

Contact Coach Mark with questions by calling: (703) 627-4796 or email: [mmurray@fbswim.org](mailto:mmurray@fbswim.org)

Visit our website and learn more about our team at [www.fbswim.org](http://www.fbswim.org)

#### FBST Summer Tune Up

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

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

Parent/Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

I/we hereby give our permission for \_\_\_\_\_ to participate in practice with Ft. Belvoir Swim Team (FBST). I/we expect all reasonable safety procedures to be followed and will not hold the coaches of FBST personally liable for any accident which may occur. In case of minor emergency (cuts, scratches, headache, etc.), I/we give permission to the coaches to treat these as they deem necessary. In the event of a more serious emergency, I/we give permission for it to be handled in the best manner as determined by the coaches of FBST until I/we can be contacted.

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

Mail to: FBST P.O. Box 6445 Alexandria, VA 22306