

SUMMER LEAGUE TUNE UP

with Fort Belvoir Swim Team



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!

Seven Week Program April 9 – May 25

- 1 Day per week, 7 weeks \$99
- 2 Days per week, 7 weeks \$135
- 3 Days per week, 7 weeks \$150
- 4 Days per week, 7 weeks \$160

** 8 & Unders only
++ 9 & Olders only

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

Monday	7:30–8:30pm	Lee District Rec Center ⁺⁺
Tuesday	4:00–5:00pm	George Washington Rec Center
Tuesday	6:30–7:30pm	Lee District Rec Center ^{**}
Wednesday	4:00–5:00pm	George Washington Rec Center
Wednesday	6:00–7:00pm	Lee District Rec Center ^{**}
Wednesday	7:30–8:30pm	Lee District Rec Center ⁺⁺
Thursday	4:00–5:00pm	George Washington Rec Center
Friday	4:00–5:00pm	George Washington Rec Center
Friday	4:45–5:45pm	George Washington Rec Center ^{**}
Saturday	8:00–9:00am	George Washington Rec Center
Sunday	3:00–4:00pm	George Washington Rec Center ⁺⁺
Sunday	4:00–5:00pm	George Washington Rec Center ^{**}

Contact Coach Mark with your questions by calling: (703) 627-4796 or email: mmurray@fbswim.org
Visit our website and learn more about our team at 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