



## SPORT FOR LIFE

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www.swimgym.org

# SWIM GYM

## WEEKLY SPORTS PROGRAMS

### JOIN US AT EDMONTON'S MOST POPULAR SPORT PROGRAM FOR CHILDREN!

Increasing children's physical health and safety through training which improves body awareness, spatial orientation, strength, speed, coordination, balance, and aerobic fitness.

**FREE PROGRAMS** - These programs can be **cash free** for those who volunteer in fundraising at our bingos.

**SPORT INSTRUCTION** - Children aged 6 - 13 participate in fun-filled achievement sport programs consisting of **Red Cross swimming lessons** and **diving instruction** as well as **gymnastics and fitness training**, with achievement badges available in each sport.

Located at the Kinsmen Sports Centre/Commonwealth Games swimming pools at 9100 Walterdale Hill, programs run **once** per week; **Monday to Friday at 5:45 to 7:45 pm, or Saturday from 9:45 to 11:45 am, 10:45 to 12:45 pm or 12:00 to 2:00 pm, with 2 hours of instruction.**

**WINTER SESSION** - Starts Saturday January 9, Monday January 11, Tuesday January 12, Wednesday January 13, Thursday January 14 and Friday January 15. Pre-registration is available for our **Spring Programs** that begin in April. Please call 780-444-7301 for more information.

These programs are directed by Olympic and International coaches. Staff includes nationally certified gymnastics, swimming and diving instructors. Half of each session includes gymnastics, trampoline, fitness and acrobatic tumbling. The other half includes Red Cross swimming instruction and diving lessons. Badges are available when levels are completed for each sport. Maximum class size will be 7 to 9 per instructor according to age and level.

### Payment Options are:

**CASH FREE OPTION:** You may volunteer at our bingos to pay for the program in full.

#### REGULAR OPTION:

- For the 10 week program (2 hrs) the cost is \$185 plus volunteer at one bingo.

**NO BINGO OPTION:** Just pay \$50 to replace the bingo in the regular option.

#### PAYMENT METHODS

- In all cases** (except where bingos are worked ahead of time), cheques are required for the full amount of the program at time of registration.
- Individuals working bingos will be reimbursed the value of bingos worked (up to the amount paid) within 4-6 weeks of notifying us that you have fulfilled your bingo option requirement.
- A post-dated cheque option may be used for payment, one dated currently, one dated February 1, 2010 and one dated February 15, 2010. There will be a \$10 administration fee for the post-dated cheque option.



**TO REGISTER:** Please phone **(780) 444-7301** and we will inform you of space availability. Priority will be based on the date your **registration and payment** is received. The registration form can be found on the reverse side of this sheet. Forms and cheques should be sent to the address above or can be brought to our drop-off box at the Kinsmen Sports Centre on the wall to the right of the front desk.

**See reverse for registration form.**

# SWIM GYM

## WINTER SESSION REGISTRATION FORM (Please print)

CHILD'S SURNAME: \_\_\_\_\_ GIVEN NAMES: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
No. Street /Ave. City Postal Code

BIRTHDATE: \_\_\_\_\_ AGE: \_\_\_\_\_ SEX: \_\_\_\_\_ EMAIL ADDRESS: \_\_\_\_\_

PARENT'S/GUARDIAN'S NAME: \_\_\_\_\_ PHONE (RES): \_\_\_\_\_

ADDRESS: \_\_\_\_\_ PHONE (BUS): \_\_\_\_\_  
(if different from above)

ALBERTA HEALTH CARE NO.: \_\_\_\_\_ MEDICAL INFO (if any): \_\_\_\_\_

**BADGES RECEIVED: SWIMMING (PROGRAM NAME AND LEVEL):** \_\_\_\_\_ **DIVING:** \_\_\_\_\_ **GYM:** \_\_\_\_\_

**SESSIONS:** Please indicate your 1st, 2nd and 3rd choices in case your preferred day is not available. Registration is based on a first come, first served basis, and the program is very popular. Weeknight programs run 5:45 - 7:45 pm. Saturday program runs 9:45 - 11:45 am, 10:45 - 12:45 pm or 12:00 - 2:00 pm.

Day	Mon (10 wks)	Tues (10 wks)	Wed (10 wks)	Thurs (10 wks)	Fri (10 wks)	Sat (10 wks)	Sat (10 wks)	Sat (10 wks)
Choice	<input type="checkbox"/> 5:45-7:45pm	<input type="checkbox"/> 5:45-7:45pm	<input type="checkbox"/> 5:45-7:45pm	<input type="checkbox"/> 5:45-7:45pm	<input type="checkbox"/> 5:45-7:45pm	<input type="checkbox"/> 9:45-11:45am	<input type="checkbox"/> 10:45-12:45pm	<input type="checkbox"/> 12:00-2:00pm
Fee <small>if working a bingo</small>	\$185	\$185	\$185	\$185	\$185	\$185	\$185	\$185
Fee	\$235	\$235	\$235	\$235	\$235	\$235	\$235	\$235

**PAYMENT: (Please check the appropriate box concerning payment options)**

**CASH FREE OPTION:**

I would like to work at more than one bingo to partially or fully subsidize the program fees. See below payment amounts for the regular option and submit full payment or payments by postdated cheques. When all bingos have been worked, I will confirm with the office and will be reimbursed up to the original payment amount. I must **also** enclose a bingo security cheque for \$100.00 (\* see below). For more information, please call our main office at (780) 444-7301, or our **Bingo Coordinator at (780) 419-2532**.

**REGULAR OPTION:**

I will be paying by cash or cheque and will work one bingo for this full session. I am enclosing the amount of \$185 for the session. I must **also** enclose a bingo security cheque for \$100.00 (\* see below).

I will be paying by post dated cheques and will work one bingo for the session. The first cheque should be dated currently, the second cheque should be dated for February 1, 2010, and the third cheque should be dated for February 15, 2010. The amount of the cheques for each weeknight or Saturday class are \$65+\$65+\$65. The post dated option includes a \$10 administration fee. I must **also** enclose a bingo security cheque for \$100.00 (\* see below).

\* For the privilege of working bingos, we require an additional currently dated cheque in the amount of \$100 **which will be held** as a bond and **will only be cashed in the event that you fail to work a scheduled bingo without 7 days notice**. **Bingos must be worked by the end of the session.**

I AM AVAILABLE FOR  DAYTIME BINGOS (11-4)  EVENING BINGOS (5-10)  LATE NIGHT BINGOS (5-MIDNIGHT)

**NO BINGOS OPTION:**

I will be paying in full and choose not to work a bingo for this full session. I am enclosing the amount of \$235 for each weeknight or Saturday session.

I will be paying by post dated cheques and choose not to work a bingo for the session. The first cheque should be dated currently, the second cheque for February 1, 2010 and the third cheque for February 15, 2010. The amounts of the cheques for each weeknight or Saturday session are \$85+\$80+\$80. The post-dated option includes a \$10 administration fee.

**CANCELLATION POLICY:** Notice must be given in writing 2 weeks prior to withdrawl. No refunds after 5th week.

**Make all cheques payable to: SPORT FOR LIFE**

**Send to:** 7 River Heights Drive N.W., Edmonton, AB T6M 2R1

**For Information Phone: (780) 444-7301**

I agree to these terms of registration: \_\_\_\_\_

Signature

Date



# LEARN TO DIVE

