

Come shake off our wet winter and welcome the sun!

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 doing a solid workout before heading to the office!

Details: June 13 - Aug. 17, 2017 **OR** June 14 - Aug. 18, 2017
Tues/Thurs mornings Wed/Fri mornings
5:45 – 7:00 am 5:45 – 7:00 am

2017 Fees (including GST):

Early Birds (by May 22rd) \$185.00 or Sign up 2 together \$340.00
After May 22nd \$200.00 or Sign up 2 together \$370.00
10 Visit Drop-In \$115.00

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

How:

Credit Card:	<ul style="list-style-type: none">On-Line via Paypal
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, ORAfter May 22, drop off cheques/cash and forms at Kits Pool front desk

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? Tues/Thurs Wed/Fri Drop-in

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: _____