

**Registration Form - 2011**

**Swimmer Name:**

**Mailing address (with zip):**

**Email address (required):**

**Home phone: Mobile phone:**

**Jester Club Member? Y or N** *(circle one)*

**How did you find Coach Lisa?**

**Monthly option – circle one (***or highlight if emailing***):**

* 6 or less workouts per month - $55/month members, $75/month non-members
* 7 or more workouts per month - $75/month members, $95/month non-member
* 3 month special (June – August) – 6 or less practices/mo. $150 members, $210 non-members
* 3 month special (June – August) – 7 or more practices/mo. $205 members, $265 non-mem.

(Note: there is also the option to pay a $10 per workout drop-in fee if you want to try out the group)

**Payment Information:**

***Payment is accepted by credit card online (***[***www.coachlisa.org***](http://www.coachlisa.org)***) or check (made out to TriHouse Training), no later than the 5th of each month***

* + Full monthly amount is due at the beginning of each month
  + No refunds for partial months used or canceled practices due to bad weather or holidays

New Swimmers only:

**Swimming history and goals:**

*Please answer the following questions for Coach Lisa, so she can understand your swimming background and goals*

**How long have you been swimming?**

**What is your proficiency in each stroke – which ones do you like best?**

**What are your goals for this group** (i.e., just swimming for fitness, improving strokes, competing in swimming/triathlons, learning a few new strokes, etc.)?

* *Please email this to Coach Lisa (lisa@coachlisa.org)*
* *We will meet at the* ***Jester Pool for all scheduled practice times – please visit website for practice times and dates***
* *Call or email Coach Lisa directly with any questions (****739-1976)***