



UCPA Masters Swimming

Masters is a program for ages 18 and over. All levels are welcome! No prior Masters or swimming experience is needed. This program will focus on the fundamentals of swimming and proper technique of all the strokes, as well as cardiovascular health.

We are fortunate enough to be members of United States Masters Swimming. All UCPA Masters must sign up with USMS to participate. Please go to USMS.org and sign up today!

Practice Times:

Monday, Wednesday, Friday 9:15-10:15am
Tuesday, Thursday 6:00-7:00am & 11:45-12:45pm (skills class)
Saturday 8:00-9:00am

Rates Per Month:

Member:	MWF - \$80	TTh - \$55
	Drop in:	4-Pack: \$45
		8-Pack: \$75
Non-Member:	Monthly: \$110 (3x per week any workout time)	

Non-Member info: Non-Member registration is not confirmed until **payment is made in full and registration and medical release is completed and turned in.

***Please make checks payable to UCPA**

If you have any questions feel free to email us.

Coaches:	Kyle Accornero	kaccornero@ucpaloalto.com
	Sarah Gutierrez	sgutierrez@ucpaloalto.com
	Matt Schubert	mschubert@ucpaloalto.com

UCPA MASTERS

Registration Form

Payment Type	MWF	TTh	Drop In 4 or 8	NM/\$100mo

Medical Release Form

Participants Name _____ Member #: _____

Date of birth _____ Age _____

Home Phone _____ Work Phone _____

Cell Phone _____ Email _____

Address _____

Please list any special needs and medical information (i.e. allergies) that our staff should be aware of:

In case of emergency, I authorize treatment and/or care of the above named participant at any hospital. If there is an emergency and I cannot be reached, please contact the person listed below who is authorized to act on my behalf:

Name _____ Phone _____

Address _____

Relationship _____

Doctor's Name _____ Phone _____

Dentist's Name _____ Phone _____