

## REGISTRATION

### SWIM SCHOOL COORDINATOR: PHYLLIS

**Office: 415.444.9520**

**Call backs:** Made daily Mon-Sat.

**In office:** M & W 10am-12noon;

**FAX: 415.898.0659**

meridianswimschool@rollinghillsclub.com  
Payment due upon registration or purchase of swim package.

### Cancellations:

- \* Refunds only with 48 hour or more notice
- \* Lessons will be held regardless of weather. Lightning is the only condition which will cancel instruction.

### Locker Rooms:

- \* Junior Locker Rooms are near the Upper Playground
- \* The Family Changing Room is by the Aquatics Office
- \* Children over the age of 4 are not permitted in opposite sex locker rooms
- \* Children 13 and under must be directly supervised by an adult/parent in order to be in the Adult Locker Rooms.

### Check In:

- \* Check in at the Front Desk.
- \* On Mondays check in with Lower Pool Lesson Coordinator on deck
- \* Be ready 5 minutes before start of lesson
- \* Non-members time at the Club is limited to 20 minutes before and 20 minutes after the lesson



**MERIDIAN**  
**SPORTS CLUBS**  
*Rolling Hills • Novato*

## Swim School Winter 2010

Winnifred Comfort, Aquatics Director



meridianswimschool@rollinghillsclub.com

351 San Andreas Drive  
Novato, California

**415.444.9520**

[www.meridiansportsclubs.com](http://www.meridiansportsclubs.com)

## Facility Description

Meridian's Rolling Hills Club has two outdoor, year-round, heated swimming pools, 25 yds. in length, a baby pool, and two outdoor hot tubs. The temperatures for the pools range from 81-86 degrees.



## CATCH THE WAVE ~ LEARN TO SWIM!

Whether you are 8 months old or an adult, we offer year round instruction in our heated pools. We have excellent, experienced instructors, who are ready to help you change your swimming challenges into immediate, life changing, positive results!

# MERIDIAN SWIM SCHOOL 2010

The Meridian Swim School program is based on individual progression of mastered skills. Our School is unique in that the majority of lessons are private, which insures the highest level of learning and safety for each participant.



## 3 Strokes/3 Weeks

**March 1-19th**

Tuesday/Thursday 10-11am and  
Friday 11:15-12:15pm

This is your introduction to backstroke, breaststroke, and butterfly, coached by Maggie Tevis. \$65/members & \$85/non

## SwimFit

**March 1-19th**

Monday, Tuesday, Thursday 8:15-9am  
This ongoing swim workout with Susie Powell focuses on technique. 60-80 laps per workout. \$29/month \$3/class  
Members Only

**Call Phyllis at 444.9520 to sign up.**

## Stingray Swim Team

registration is HERE! You'll have two opportunities to register for the Team. The season runs from March 1st thru July 11th. Stop by in person to register on either of the following dates:

Sunday, January 31; 12-2pm

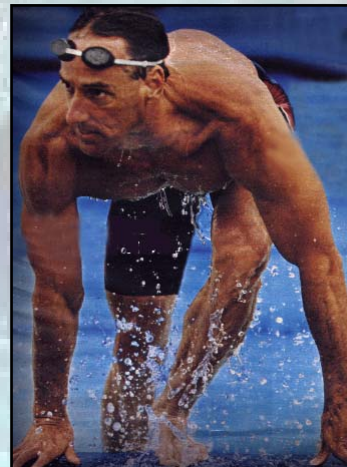
Saturday, February 6; 12-2pm

Both registrations will be held  
in Zoe's Cafe

## Adult Instruction

### Swimming 1-2-3

- 1~Overcome your fears
- 2~Learn basic safety & strokes
- 3~Refine technique & increase fitness



## Swim Lessons

**Scheduled all year round,  
mornings, afternoons & Saturdays.**

Private	Member	Non-member
4x20 mins.	\$ 89	\$116
8x20 mins.	\$ 154	\$199
1x30 mins.	\$ 39	\$ 51
4x30 mins.	\$ 142	\$189
8x30 mins.	\$ 240	\$312
* Family Pack (20% savings/prepaid)		
20x20 mins.	\$357	\$465

**Month to Month**, Mon-Thurs 4 days or any 2 days 8 & unders and 9 years-8th grade. Contact Winnifred for times & prices at 444.9506

### Pre-Tadpole Clinics

You have three opportunities to see if becoming a Tadpole on the Swim Team is what your child wants to do. These clinics are for 5-6 year olds who are comfortable in the water & capable of propelling themselves thru water.

**January 25-28;** 3:30-4pm

**February 1-4;** 3:30-4pm

**February 22-25;** 3:30-4pm

2-4 students per instructor

\$49/member \$69/non

**Contact Phyllis at 444.9520.**

## Swim School Registration

Participant Name \_\_\_\_\_ Age \_\_\_\_\_

Adult/Guardian Name \_\_\_\_\_

Address \_\_\_\_\_

E-mail \_\_\_\_\_

Phone # ( ) \_\_\_\_\_

Member # \_\_\_\_\_ Non \_\_\_\_\_

**Lesson Type:** \_\_\_\_\_

**Lesson Dates:** \_\_\_\_\_

**Lesson Time:** \_\_\_\_\_

**Instructor:** \_\_\_\_\_

**Total Due** \$ \_\_\_\_\_

**Please Read "Registration", "Check In"**

-----**Guest Waiver**-----

As a guest, my time at the Club is limited to 20 minutes before and 20 minutes after a lesson. I understand and agree that all use of Club facilities shall be undertaken at my sole risk and the Club shall not be liable for any personal injuries or any damage to my property.

Signature: \_\_\_\_\_ Date \_\_\_\_\_

### **Payment Due Upon Registration**

Cash, Check, Credit Card, Club Charge

Card # \_\_\_\_\_

Exp. Date \_\_\_\_/\_\_\_\_

Signature \_\_\_\_\_

Tear Off