



### Swim Advancement Program

Coached by  
Sarah Hart (visit [www.upgradelifestyleinc.com](http://www.upgradelifestyleinc.com) for athletic biography)

- Activities include
- ❖ Technique Drills
  - ❖ Speed & Efficiency Work
  - ❖ Stamina & Endurance Sets
  - ❖ Dry Land Exercises & Stretching – Core Work

Dates  
Mondays & Thursdays

Time  
9:30-10:30am

Location  
HFFA

Cost  
\$75/mo  
\$45/mo – one session per week option

#### REGISTRATION FORM

Name \_\_\_\_\_  
Date of Birth \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_  
Emergency Contact \_\_\_\_\_  
Swimming Experience \_\_\_\_\_

**Forms of payment accepted:**

Check (made payable to **UpGrade Lifestyle**)  
 Credit Card (Visa MasterCard AMEX Discover)

Name on Card \_\_\_\_\_  
Card Number \_\_\_\_\_  
Expiration Date \_\_\_\_\_  
Signature \_\_\_\_\_

Complete this Registration Form prior to the program date.  
Send completed form via email to [sarah@upgradelifestyleinc.com](mailto:sarah@upgradelifestyleinc.com)  
or mail to: **UpGrade Lifestyle, PO Box 1632, Huntersville, NC 28070.**