



**Swim Advancement Program  
Registration Form**

Elite Trainer

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

Activities include:

- ❖ Technique Drills
- ❖ Speed & Efficiency Work
- ❖ Stamina & Endurance Sets

Days & Times – Check sessions that apply

- Mondays 9:30-10:30am
- Tuesdays 8:00-9:00am
- Tuesdays 12:00-1:00pm
- Wednesdays 6-7am
- Thursdays 8:00-9:00am
- Fridays 9:30-10:30am

Location

HFFA

Cost

\$10 per session

\$40/mo – 1 session per week

\$80/mo – 2 sessions per week

Name: \_\_\_\_\_

Date of Birth/Age: \_\_\_\_\_

Address: \_\_\_\_\_

Phone(s): \_\_\_\_\_

Emergency Contact Info: \_\_\_\_\_

Email: \_\_\_\_\_

Swimming Experience: \_\_\_\_\_

<p>Form of Payment(s) accepted:</p> <ul style="list-style-type: none"> <li><input type="radio"/> Check – (made payable to <b>UpGrade Lifestyle</b>)</li> <li><input type="radio"/> Cash per session</li> <li><input type="radio"/> Credit Card –    Visa        MasterCard        Discover        AMEX</li> </ul> <p>Name on Card _____</p> <p>Card Number    _ _ _ _ - _ _ _ _ - _ _ _ _ - _ _ _ _</p> <p>Expiration Date __/__/__</p> <p>Signature _____</p>
--

Complete this Registration Form prior to the program date. Send completed form via email or bring to first class.