

2017 Winter Competitive Techniques for Triathlon Swimmers

Program: Learn techniques to assist you in swimming in triathlon competitions. Progressive workouts, stroke technique, fitness tips, transitioning from clear pool water to an open water/lake setting, learn how to swim when other people are crowding you in a triathlon competition, and be a part of a training group with common goals!

Dates: Saturday Mornings, February 11, 18, 25 and March 4, 2017

Times: 7:00 – 8:00 am

Location: Watertown Indoor Pool, located at Riverside Middle School, 131 Hall Street

Fees: \$50.00 // Pre-Registration Required

Deadline: Registration deadline Wednesday, February 8, 2017

Special Needs: The department will make every effort to comply with the regulations associated with the American's with Disabilities Act (ADA). In the space provided, list any special needs that the participant may have that would benefit his/her participation in this program. The department will attempt to accommodate these needs and will contact you to discuss participation.
Participant should communicate any special needs with their coach/instructor.



Watertown Parks & Recreation Department

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Name _____ Age _____ M or F
Address _____ City _____
Phone _____ Email _____

List any special needs or medical conditions this participant has _____

I understand the inherent risk of injury in participation in this sports program and verify that I am/my child is medically fit to participate. I give my permission to the supervisors of this program to take the proper steps in case should the need arise for emergency medical attention. I also release the sponsoring groups and their agents from any and all claims arising from participation in this activity.

Signature of Parent/Guardian _____ Date _____

Fee Paid: \$50.00

