To register for the 2022 Swim team season, please fill out the form below. Cost of the participation for the 2022 season is as follows:

One swimmer = $55	Two swimmers = $105
Three swimmers = $155	Four swimmers or more = $200

Practice starts on June 20th and the last day will be July 30th. Practice times will be in the mornings between 8am and 10am

Northwood will be using the same team suit as last year. It is available through Swim Outlet but not required. Check out the Swim Team section on the website for a direct link.

Swimmers will be placed into one of the three levels during their swim test and given a practice time. <u>Swim tests are scheduled for June 17th from 11am-12pm and June 18th from 12pm-1pm.</u>

Beginner- is comfortable in the water and can float. Is able to swim one length of the pool unassisted, WITHOUT grabbing the lane lines or holding onto to the side of the pool, and knows as least one stroke (Freestyle, Backstroke, Breaststroke, Butterfly)

Intermediate- Knows all four strokes (Freestyle, Backstroke, Breaststroke, Butterfly). Needs some stroke improvements. Knows basic diving skills.

Advanced- Knows all four strokes (Freestyle, Backstroke, Breaststroke, Butterfly). Strokes need only "fine-tuning". Is comfortable with endurance and speed drill training. Is familiar with interval training. Is a skilled diver and skilled at flip turns.

Swim Team Registration 2022

Parent/Guardian(s): _____

Phone Number: _____

Email: _____

Swimmer's Name: _____ Birth Date: _____ Age: _____

Swimmer's Name: _____ Birth Date: _____ Age: _____

Swimmer's Name: _____ Birth Date: _____ Age: _____

Swimmer's Name: _____ Birth Date: _____ Age: _____

Swimmer's Name: _____ Birth Date: _____ Age: _____

Swimmer's Name: _____ Birth Date: _____ Age: ____

WAIVER OF LIABILITY: I/we assume all risks and hazards incidental to such participation and do hereby waive, release, absolve, indemnify, and hold harmless Northwood Park Swim Club and its representatives for any claim arising out of any injury to myself and/or my/our chid.

Signature _____