

# High School Warm-up 2011

Held At  
Fredericksburg Academy Pool



Pre-season training for high school swimmers who want to get in shape and refine their strokes in preparation for the high school season.

**September 12 – November 4**

**\$130 for 8-weeks, 2 days a week**

***Your choice of days / times***

Mon, Tues, Wed, Thurs 6:30 – 7:30 PM

Tues, Thurs, Fri 5:30 – 6:30 AM

Paid \$ \_\_\_\_\_ date \_\_\_\_\_ Check # \_\_\_\_\_

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Make checks payable to: TSUNAMI SWIMMING  
Mail to: Tsunami Swimming  
365 Belle Plains Rd. Falmouth VA 22405  
Or register online at: [www.TsunamiSwimming.org](http://www.TsunamiSwimming.org)  
email: [Tsunami\\_Swimming@yahoo.com](mailto:Tsunami_Swimming@yahoo.com)  
Phone 540-371-4369

Need-based financial assistance available.

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Keep top part for your records, detach and submit bottom stub with payment. Please complete a swimmer information card at pool.



Please register me for

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Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Age \_\_\_\_\_ High School \_\_\_\_\_

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