

Fall 2013

Overview Fall Programs West Austin Athletic Club



- * Youth Sports Program M-Th 4-6 pm
- * Youth Swim Program M-Th,Sat
- * Tadpole and Guppy Classes M-Th,Sat
- * Tennis Classes MWSat
- * Dive Classes TThSat
- * One on One Swim Lessons



At WAAC we want every child and teen to enjoy being active and healthy so we have developed school year programs that fit in with busy families and provide fun exercise while teaching basic sports skills. WAAC's programs are taught by experienced instructors who

are positive and encouraging. Personal improvement is emphasized and participants are given the confidence to try new activities.

Specific information about each program is outlined on the back of this brochure (page 2) and details can be found on our web site www.wfly.com.

New
Youth Sports

From 4-6 pm WAAC is introducing a new program where participants come and enjoy two sports in one day! The program varies sports with each day having two sports; ball sports, swimming, diving, tennis, water polo, broom hockey, ultimate Frisbee, and water games.

WAAC has been serving area families for 15 years!
We will be having a BLAST this fall and hope you'll join us!

WAAC's Fall Programs

Begin Sept. 2 !

Ages 3-High School

**Register at WAAC or on-line
at www.wfly.com**

For more info:
www.wfly.com
512-263-4282
susan@wfly.com

WAAC Youth Programs Fall 2013 Overview www.wfly.com or 512-263-4282

Sports Program (Ages 5-14) M-Th 4-6 pm.

Each day has two sports with instruction, games, and fun.

Cost for Sept. 3 – Nov. 23 \$245 for 1-2 days (you must select the days), \$275 for 3-4 days with flexibility of days.

Extension to Dec. 20 \$90 for 1-2 days, \$125 for 3-4 days

Tadpole Classes (Ages 3-5) M-Th Sept. 3—Oct. 28. For young swimmers who are happy with face in water and are ready to learn to swim independently.

Cost is \$180. Midday Class: 12:30-1 pm. Afternoon Classes: 4:30-5:15, 5:15-6, 6-6:45

Guppy Classes (Ages 4-8) M-Th, Sat Sept. 3-Nov. 23. For young swimmers who can motor independently with face in water 5-8 feet.

Times: M-Th 4:30-5:15, 5:15-6, 6-6:45, Sat 10:15-11 Cost: \$ 210

Dolphin & Shark Swim Groups (ages 4-14) M-Th Sat Sept. 3-Nov. 23. For young swimmers comfortable swimming 25 yards. Two options of practice time available.

Technique instruction, water games, and optional fun meets.

Times: 4:30-5:30 or 5:30-6:30, Sat 11-noon Cost: \$155 1-2 days, \$175 3-5 days

Senior Swim Group (for Middle School and High School)

Swimmers should have knowledge of the four competitive swim strokes.

Times: M-Th 5-6:30 pm, Sat 11-noon. Cost: \$185. Extension through Dec. 20 is available 5-6 pm with dry-land workouts. Cost \$75.

One on One Lessons for all ages and abilities Four 30 minute lessons cost \$100

Tennis Classes (Ages 4-18)

Meets Sept. 3 – Nov. 23 MWSat (note first day will be Tuesday, Sept. 3 to make-up Labor Day)

MW 4-4:45 4-6 year olds, 4:45-5:45 7-10 year olds, 5:45-6:45 11 and older

Sat 9-10 am 11 and older, 10-11 am 10 and younger Cost: MW \$180, Sat \$120, MWSat \$275

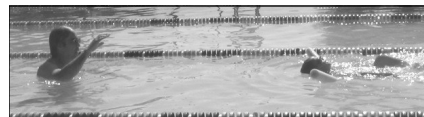
Dive Classes (Ages 5-18)

Meets Sept. 3 – Oct. 26 TThSat

All divers must be comfortable in deep water and able to easily swim 15 yards.

TTh 4:45-5:45 novice, 5:45-6:45 intermediate, Sat 9-10 am novice, 10-11 am intermediate,

Cost: TTh \$185, Sat \$100, TThSat \$250



Registration Form

Name:

Parents' Names:

Email:

Phones:

Address & Zip:

Please circle program above. Return with payment to WAAC, 1024 Patterson Rd. Austin TX 78733

All fees to WAAC for fall programs are non-refundable. If another WAAC program suits the needs of your child better those funds can be transferred.

Medical Information & Parental Consent:

I, the minor's parent and/or legal guardian, understand the nature of fitness activities of West Austin Athletic Club's Camps, and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees (West Austin Athletic Club, their administrators, directors, agents, owners, members, volunteers, and employees) from all liability, claims, demand, losses, or damages on the minor's account caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise including negligent rescue operations, and further agree that if, despite this release, I, the minor's parent and/or legal guardian, or anyone on the minor's behalf makes a claim against any of the above Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or cause any may incur as the result of any such claim.

I give West Austin Athletic Club and its Releasees permission to perform medical treatment for the minor child as needed. Included below or on an attached sheet is information about my child's medical history and emergency contacts.

I GIVE OR DO NOT GIVE my child permission to go down the water slide and off the diving boards.

Parent's Signature & Date: _____ Doctor to call in emergency _____

Please list on another sheet any medical information that the camp staff should know including allergies, medications, disorders, seizures, asthma, **anything** you think is important to help your camper and attach to this sheet.

General Information: Any class not having at least 5 participants may be combined with another class. Any registration not received by Sept. 6 will incur a \$20 late fee. Sports program continues regardless of weather. Alternate indoor activities will be substituted if weather prevents the scheduled sport. Swim program does not have make-ups since the program is offered so many days. If a participant is in the 2 day option and that day is rained out they can come to a different day. Tadpole make-up days are Saturdays from 10:15-11 am. Tennis and Dive coaches will reschedule classes as needed for weather.