

## Bethany Wood

My competitive swimming career began at age 7 and has continued to this day. I swam all four years at the collegiate level at Denison University, and since have been training on my own while competing in local and regional triathlons. In addition to my swimming career, I have been coaching and teaching swim lessons since 1998. Trained in Total Immersion, I specialized in stroke technique, conducting stroke clinics for UBAM swim team in Buffalo, NY as well as private stroke technique lessons for triathletes here in Baltimore.

# The Coaches

## Kathleen Pumphrey

A native to Maryland, I have been a competitive swimmer since age 5 and have continued to swim competitively after high school in open water races including the Chesapeake Bay Swim. I have a broad range of experience with swimmers of all ages for over 7 years, coached multiple summer league teams within several organizations including the Y of Central Maryland and as the head coach for the Bolton Hill Masters Swim team. As a coach, I believe strongly in developing well-rounded swimmers with a focus on stroke technique and injury prevention.

## Practice Times

### Monday Evening

6:30-7:00 pm (beginners), 7:30-9:00 pm (advanced)

### Wednesday Morning

7:00-8:00 am (both groups)

### Thursday Evening

6:30-7:00 pm (beginners), 7:30-9:00 pm (advanced)

### Friday Morning

6:30-7:30 am (both groups)

### Saturday Morning

9:00-11:00 am (both groups)

## Price

20 practices for \$70

**MERRITT  
ATHLETIC  
CLUBS**  
*Where Your Future Takes Shape*



# Merritt Marlin Masters Swim Team

We are a team of swimmers who love swimming. Our team is comprised of about 100 men and women ranging in age from 18-80 from several different Merritt Athletic Clubs locations. We are athletes at heart who not only love the sport and competing, but also cherish the friendship made on the team.

Merritt Masters is a sanctioned team under the Maryland Masters Swimming Association and is part of the national organization United States Masters Swimming.

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Membership Number \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Please drop off payment or mail to:

**Merritt Athletic Clubs Canton**  
**3401 Boston Street**  
**Baltimore, MD 21224**

I acknowledge and accept the risks inherent in the use of the Merritt Athletic Clubs' services and facilities, including participation in any birthday party or club rental. The undersigned assumes the sole risk if injury, accident, death, loss, cost or damage to his or her person or property which might arise from the use of Merritt Athletic Clubs' services and facilities. The undersigned further agrees that Merritt Athletic Clubs, its instructors, employees, servants, and agents, shall not be liable to the undersigned for any claims, demands, injuries, damages, actions or causes of action whatsoever to the undersigned's person or property arising out of or in connection with the use of the services and facilities of the Merritt Athletic Clubs, and further including any pre-existing physical condition or impairment.

The undersigned, his or her heirs, personal representatives, executors, representatives and assigns do hereby release and discharge Merritt Athletic Clubs, its instructors, employees, servants, and agents from all claims, demands, injuries, damages, actions or causes of action and from all acts of active or passive negligence on the part of the club, its servants, instructors, agents or employees. The undersigned further agrees to abide by all policies and procedures of Merritt Athletic Clubs and, which policies and procedures may be posted at the facility, issued orally and/or published, and which may be amended from time to time at management's sole discretion.

I have read the above statement and agree to the payment policy for Merritt Athletic Clubs.

Signature \_\_\_\_\_

Date \_\_\_\_\_

*Questions*

Contact Rob Wise at  
[rwise@merrittclubs.com](mailto:rwise@merrittclubs.com)  
or call 410.563.0225.

**MERRITT**  
**ATHLETIC**  
**CLUBS**  
*Where Your Future Takes Shape*

