

**Canton  
Merritt**

**Triathlon  
Swimming**

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**Merritt Athletic Clubs Canton  
3401 Boston St. Baltimore, MD 21224  
410-563-0225  
Meredith Yowell, Aquatics Coordinator  
myowell@merrittclubs.com**

**2009**

Tri-Swimming

For more information  
Contact Meredith Yowell 410-563-0225  
myowell@merrittclubs.com

Merritt Tri-athlete Swimming is designed to assist current or aspiring tri-athletes in helping to train properly by using proper technique and endurance. The swimming aspect focuses on the freestyle stroke.

### Coach

Elizabeth Lasker

### Fees

MEMBERS- \$50 (card good for 12 practices)  
NON-MEMBERS- \$90 (card good for 12 practices)

### Practices

Tuesdays - 6am-7am  
Thursdays - 6pm-7:30pm

\*\*\* Sign up any time. Program runs year round

# Merritt Triathlon Swimming

Registration Form 2009

Name \_\_\_\_\_

Date of Birth \_\_\_\_\_ Membership# \_\_\_\_\_

Address \_\_\_\_\_

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

E-Mail Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Work/Cell \_\_\_\_\_

Tell us about your Triathlon history \_\_\_\_\_

Anything else we should know (ie., injuries)? \_\_\_\_\_

### Waiver

I acknowledge and accept the risks inherent in the use of the Merritt Athletic Club's 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 Club's 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 Club, 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 Club, 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 Club 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.

Signature \_\_\_\_\_

Date \_\_\_\_\_