

**NEW FOR FALL 2009**



Lawrence Family Jewish Community Center • JACOBS FAMILY CAMPUS  
4126 Executive Drive, La Jolla, CA 92037-1348

**QUALCOMM SPORTS, FITNESS & AQUATICS COMPLEX**

**BE A PART OF IT!**



**JCC MASTERS SWIMMING PROGRAM**

(AGES 18+)

- MON-THUR: 6:00-7:30 A.M. • 12:00-1:30 P.M.
- TUES-THUR: 6:00-7:30 P.M.
- FRI: 6:00-7:30 A.M. • 12:00-1:30 P.M.
- SUN: 9:00-10:30 A.M.

For those interested in improving their stroke technique, endurance training and overall fitness, a structured workout with a group is vital. This adult swim program includes in-depth stroke analysis and personal coaching. These workouts will challenge your mind and body. All levels of swimmers are welcome; you must be 18 years of age or older.

Friedenberg Olympic Pool

Christian Henry - *Aquatics Director*, **858.362.1126**

Monthly: \$50/JCC Member; \$65/Non-member	6 Months: \$200/JCC Members; \$300/Non-member
3 Months: \$130/JCC Members; \$150/Non-member	1 Year: \$500/JCC Members; \$576/Non-member

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Please detach and return with payment to: Lawrence Family Jewish Community Center, JACOBS FAMILY CAMPUS  
4126 Executive Drive • La Jolla, CA 92037-1348 • **Attention: Christian Henry • Male check payable to: Lawrence Family JCC**

Name \_\_\_\_\_

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

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

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

JCC Member?  Yes  No

Monthly  \$50  \$65    3 Months  \$130  \$150    6 Months  \$200  \$300    1 Year  \$500  \$576

Payment Method:  Check    \*  VISA    \*  MasterCard    \*  Discover    Amount Enclosed \$ \_\_\_\_\_

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

\* A 3% handling fee will be added to all credit card transactions over \$100 processed by the JCC.

**Waiver:** Participation in any activity and use of any recreational facility involves a risk of accidental injury despite all safety precautions. Having been informed of the activities to be conducted by the Lawrence Family Jewish Community Center, JACOBS FAMILY CAMPUS, I/we as an individual or as a parent or guardian of the participants named herein, assume all risk and hazards incidental to the activity, and release from responsibility and agree to indemnify and hold harmless the JCC, it's officers, directors, independent contractors, volunteers and all employees for any illness or injury to me or my children or family members, occurring during his/her/our participation in any activity or use of a recreational facility at or conducted by the JCC.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

