

GREEN LAKE AQUA DUCKS MASTERS SWIMMERS

www.gladswim.com

WORKOUT SCHEDULE

- Monday – Friday 5:00 – 6:00 am --- Year-round VIEW RIDGE POOL
 - Saturday 6:30 – 8:00 am --- May to early Sept* COLMAN POOL
- *specific dates usually announced and publicized in February*

2020 FEES/DUES

(Updated 12/2019)

Weekdays@View Ridge (Mon-Fri)

- \$100 per month – cash/check (\$103.00 online)
- \$11 drop-in* -- cash/check (\$11.50 online)
- \$285 quarterly – cash/check (\$294.00 online)
- \$1,130 annual – cash/check (\$1,164.00 online)
 - *for convenience, a punch card is available for \$130 (10 X \$11; 10 X \$2 punches) (\$134.00 online)

Saturdays@Colman – Drop-in fee applies to all swimmers

- \$13 drop-in* -- cash/check (\$13.50 online)

Payment Methods

- Dues are payable in advance and due the first week of the month.
 - Make checks payable to GLAD and give to the Coach or mail to:
Arni Litt, 1920 10th Ave E, Seattle, WA 98102
- Dues/fees can be paid online via Gravity Payments; payment link available on GLAD home page. Please include dues type (monthly/quarterly/annual) and date in field for details
- A needs-based discount is available. See one of the Board members. We want you to swim! No questions asked.

QUESTIONS?

Club details and pool venue information (and more!) available at www.gladswim.com

Ask Coach David at workout, or contact Board members at the pool, by phone or email:

President:	Tom Harrylock	(206) 783-5319	tharrylock@gmail.com
Vice Pres:	Tonya Berg	(206) 829-8224	Tonya.Berg@Swedish.org
Secretary:	Robin Hall	(206) 729-9913	robinsbirdbrain@yahoo.com
Treasurer:	Arni Litt	(206) 849-1387	arnihope@gmail.com
Directors	Bill Reeder	(206) 617-2917	breederfly@gmail.com
	Pete Liekkio	(206) 542-8666	peter@liekkio.com
Coach:	David Tourigny	(206) 719-3695	tourigd@yahoo.com

Annual USMS Registration is Required

Current USMS registration is a prerequisite for participation in workouts. See Coach on deck for a paper registration form, or register online at <http://www.usms.org/reg>
USMS offers a one-time 30-day trial registration for free – see Coach on deck