

Early Morning Swim Sign Up Form



Unique! North Wilmington's only outdoor early morning swim.

Please download and bring completed sign up form with check payable to GARA to join and give to Sue Rugis or Ben Lovell on the first day of your swim. Do not submit to memberships or front desk.

Master swimmers and anyone who wants to get in great condition, come swim laps before work. You will enjoy focused, fresh-air workouts seven days a week and meet other motivated people.

Hours for 2019 season: Mon- Fri 5:30-7:00 am (after NBSL Championships will be 5:45-7:15) Sat and holidays 6:45-8:00am. Sunday TBD. If you have a friend who may be interested in this program, please invite them for a free swim on a day of their choice.

Fulltime GARA Members swim free. Non-Members seasonal fee \$135

Questions about Morning Swim? Email: suerugis@comcast.net or benjlovell@aol.com

RELEASE OF LIABILITY & ASSUMPTION OF RISK: By applying for membership at the Green Acres Recreation Association (GARA) I certify that I will abide by the rules posted on the Green Acres website. I understand that participation in GARA activities and use of GARA recreational equipment and grounds involves risk of disabling injury, heart attack, stroke or even death. I, the undersigned, on behalf of myself and all members registered herein, intending to be legally bound, hereby waive and release any and all rights and claims for losses and damages for injury that I may have against GARA, its directors and all its associates from participation in any GARA activities.

Printed Name _____ Date _____

Signature _____

Email Address _____ Cell# _____

Emergency Contact _____ Phone# _____

Amount Enclosed _____ or Full Membership Bond# _____