



## **2018/19 Season**

At Thornhill Multisport we are always looking for new members. The start of each new season brings us a wealth of new members that keeps our club vibrant and growing. With that in mind, we invite all who are interested to come and swim with us. We offer a stable environment with a commitment to providing top quality programming to Masters Swimmers and Triathletes and SwimRun competitors. Our experienced coaching staff works hard to put together a top caliber program for our members so as to give them a full swimming experience.

### THE CLUB

Since 2004 THOR as the club is affectionately known, has been running swim programs for all who wish to join. Our members range from beginner to elite, and from those who are interested in improving their fitness through swimming to those who wish to compete in a wide variety of events involving swimming.

THOR attends a number of swim meets around the GTA and beyond. In addition, the club hosts the Stephen Forsey Invitational Swim Meet This event has become one of the largest club meets in Ontario with swimmers coming from around Ontario and beyond to compete at the Markham Pan Am Sports Centre..

As we look to celebrate our 15<sup>th</sup> season. THOR is also proud to be hosting the 2019 Ontario Masters Swimming Championships in March 2019.

### THE PROGRAMS

Thornhill Multisport offers a number of programs for our members.

#### **THORNHILL MASTERS AQUATIC CLUB**

This is the program that started it all. Members swim up to 4 times a week, working on a skills development while providing workouts that offer our members all that is required to participate in swim meets, or to just stay in shape.

For the 2018/19 season, our week will be split into 2 parts. Tuesdays and Thursdays will be stroke oriented sessions with all four strokes being worked on. Wednesday and Sunday will be primarily Freestyle based endurance workouts geared towards our open water and triathlon members

#### **THORNHILL ENDUROSWM**

With the many sporting events requiring endurance swimming, this program is meant to help members increase their endurance, while working on skills required for swimming in open water. Whether for open water swimming, triathlon or SwimRun, this program is for you!

#### **EMERGING SWIMMER PROGRAM**

This is our 12 week instructional program for those who are looking to learn to swim. Participants must be able to do 1 length. We will teach you the rest. NOTE: for the 2018/19 season the Emerging Swimmer Program will be moving to Tuesday and Thursday at Thornlea Pool. Exact start date is to be determined

## Thornhill Multisports 2018/19 Schedule

### **Thornhill Masters Aquatic Club**

Golden Hammer Plan 1 – Swim any number of workout in the weekly Program – \$945 per year

Golden Hammer Plan 2 - Swim 1 time per week - \$495.00 per year

### **Winter Schedule (Sept 19 2018 – June 27 2019)**

Pick your weekly workouts.

<b>Day</b>	<b>Location and time</b>
Tuesday	8:30 – 10:00 PM Thornlea Pool
Wednesday	9:00 – 10:30 PM NTCC
Thursday	8:30 – 10:00 PM Thornlea
Sunday	7:30 – 9:00 AM NTCC

### **Summer Schedule (July and August)**

#### **Included as part of the Golden Hammer 1 or 2 rates**

Pick from 1 to 3 swim workouts per week.

Tuesday	8:30 – 10:00 PM Thornlea
Thursday	8:30 – 10:00 PM Thornlea
Saturday	8:00 – 9:00AM Lake Wilcox

NOTE: Our first workout at North Thornhill Community Center will September 17, 2018

And Thornlea Pool on September 25, 2018

Pick your Plan Golden Hammer 1\_\_\_\_\_

Golden Hammer 2\_\_\_\_\_

**Total**\_\_\_\_\_

Administration Fee

**Total \$35**

**Grand Total**\_\_\_\_\_

Payment can be made by check, or by etransfer to [info@thornhillmultisport.com](mailto:info@thornhillmultisport.com)

We also offer payment by credit card. A 5% service fee will apply.



## THORNHILL ENDUROSWM

**Endurance swimming for open water swimmers, triathletes and SwimRun participants**

### Winter Schedule

Wednesday	9:00 – 10:30 PM North Thornhill Community Centre
Sunday	7:30 – 9:00 AM North Thornhill Community Centre

### Summer Schedule (July and August)

**Included as part of the Golden Hammer 1 or 2 rates**

Pick from 1 to 3 swim workouts per week.

Tuesday	8:30 – 10:00 PM Thornlea
Thursday	8:30 – 10:00 PM Thornlea
Saturday	8:00 – 9:00AM Lake Wilcox

NOTE: Our first workout at North Thornhill Community Center will September 17, 2018

Pick your Plan Golden Hammer 1 \_\_\_\_\_

Administration Fee

Total \_\_\_\_\_

Total **\$35**

Grand Total \_\_\_\_\_

Payment can be made by check, or by etransfer to [info@thornhillmultisport.com](mailto:info@thornhillmultisport.com)

We also offer payment by credit card. A 5% service fee will apply.

## THOR Emerging Swimmers Program

NEW FOR 2018/19 season

Sessions run on Tuesday and Thursday 8:30 to 10:00 PM at Thornlea Pool

This program is a great option for new swimmers and triathletes looking to improve their swimming for their summers events

The cost is **\$315.00** (Plus a \$35 Administration Fee)

**This new program begins with exclusive water awareness which includes:**

- Basic Stroke Correction
- Introduction to Endurance Swimming
- Effective push off from wall
- Body rotation
- Head positioning
- Breathing patterns
- Sessions are for both triathletes and swimmers alike

Dates for the Emerging Swimmer Program will be published as soon as we find out the start dates at Thornlea Pool.

**Dates – Please check on your requested session**

**Session 1 – October 2, 2018 – December 13, 2018** \_\_\_\_\_

**Session 2 – January 8, 2019 – March 28, 2-19** \_\_\_\_\_

**Session 3 – April 2, 2019 – June 20, 2019** \_\_\_\_\_

Total \_\_\_\_\_

NOTE: This is an entry level program open to non-members. Once the session is completed, participants will be invited to join the main program



**Registration Form**

2018/19 season

(Please see the waiver below. Must be filled out and returned with the registration form)

New Membership \_\_\_ Renewal \_\_\_

**Name:** \_\_\_\_\_ **Birth Date:** \_\_\_\_\_  
Mon/Day/Yr

**Address:** \_\_\_\_\_ **Postal Code:** \_\_\_\_\_

**Telephone** Home: \_\_\_\_\_ Business: \_\_\_\_\_

Cell: \_\_\_\_\_ Fax: \_\_\_\_\_

E-Mail: \_\_\_\_\_

**Allergies/Illnesses/Injuries and Treatment**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**OHIP Card Number** \_\_\_\_\_

In Case of Emergency Please Notify Name \_\_\_\_\_

Telephone: Home \_\_\_\_\_ Bus: \_\_\_\_\_

Cell \_\_\_\_\_



**2018/2019 Season**  
**WAIVER (RELEASE AND INDEMNITY AGREEMENT)**

I, the undersigned and participant intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming and all Triathlon activities (training and competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claim for loss or damage arising out of my participation in the Masters Swimming and Triathlon program, or any activities incidental thereto, against the The Club, the Town of Markham, the City of Vaughan, Swim Ontario, Masters Swimming Ontario, host facilities, meet sponsors, meet committees, or any individual officiating at the meets or supervising or coaching such activity as a condition of my participation in Masters Swimming and Triathlon.

In consideration of the Club accepting this application, I hereby release and agree to hold harmless and indemnify the directors, officers, coaches and member of the Club from any and all claims, actions, or damages without any limitations whatsoever, whether consisting of personal injury or property damage that may result in any way while attending practices or meets whether such injuries are caused by their negligence or not, assuming myself any and all responsibility and liability for same.

I acknowledge and agree that this waiver (Release and Indemnity Agreement) is binding on myself and upon my heirs, administrators, executors, and assignees, and I herewith again reaffirm my free and willing intent to exercise it.

I have read and understood all of the above.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Thornhill Multisport  
112 Lascelles Blvd  
Toronto On. M5P 2E4