

## Multisport Training of Alaska Fall 2026 Training Groups

Name \_\_\_\_\_ Email \_\_\_\_\_  
Please write email even if you are receiving MST emails.

Phone \_\_\_\_\_ Are you currently receiving Multisport emails? YES ☐ NO ☐

### SWIM Training Groups (APU Moseley Sports Center Pool)

- ☐ **Tuesdays**, August 18 – October 20, 6 – 7 am, \$140
- ☐ **Wednesdays**, August 19 – October 21, 9:30 – 10:30 am, \$140
- ☐ **Thursdays**, August 20 – October 22, 6 – 7 am, \$140
- ☐ **Fridays**, September 11 – October 23, 6:30 – 7:30 pm, \$100

**Want to start Tuesday, Wednesday, and/or Thursday now?**

**To start the week of August 3, add \$28 for 1x a week or \$56 for 2x a week.**  
**To start the week of August 10, add \$14 for 1x a week or \$28 for 2x a week.**

**Note that the Wednesday class is at 8:30 am on August 5 and 12 and changes to 9:30 am for the fall session.**

### TECH SWIM Groups (APU Moseley Sports Center Pool)

- ☐ **Wednesdays**, September 9 – October 21, 6:30 – 7:30 pm, \$158
- ☐ **Thursdays**, September 10 – October 22, 9:30 – 10:30 am, \$158

### Registration and Payment:

This registration form must be filled out and emailed back to [lisa@multisportak.com](mailto:lisa@multisportak.com).

Check box next to payment method used. **CASH AND CHECKS ARE NOT ACCEPTED.**

☐ Venmo @MultisportTrainingofAlaska



☐ Deposit or transfer to Credit Union 1: Lisa Keller dba Multisport Training of Alaska (when searching use AK)

**CREDIT UNION 1 MEMBERS:** If you are a CU1 member making a transfer, you can add Multisport as a regular account that shows up automatically when you initiate a transfer. From the dropdown menu, go to “Move Money” and choose “Transfers.” Then choose “More Actions” and “Add Account” will appear. When searching for the account name, use Multisport Training of AK (not “Alaska”). Be sure to attach your name to the transfer or it won’t be properly credited when it

is received. If you are making a deposit over the counter use account #520267 S88. Please email me and let me know when you make a deposit over the counter as CU1 does not attach your name to your deposit even if you are a member.

**NOT A CREDIT UNION 1 MEMBER:** Check to see if your bank or credit union has an electronic bill pay option and set up Multisport using CU1 routing number 325272063. The Multisport Training of Alaska 10-digit account number is 6080520267. You can also make a deposit over the counter or drive through. If you are making a deposit over the counter use account #520267 S88. Please email me and let me know when you make a deposit over the counter as CU1 does not attach your name to your deposit.

### **Refund/Credit Policy:**

Full refunds (minus transaction fees) will be given if requested 5 days before the start of the session. Once the session has started, full and/or partial refunds and/or credits will not be given in the case of injury or illness (including Covid-19 exposure or illness), group cancellation due to Covid-19 exposure, coach illness or quarantine due to Covid-19, facility closures, inclement weather and/or absence. You can make up a missed class by coming to any other training group; make-ups must be done in the session of the missed class and cannot be carried over to future sessions. Full refunds or credits will be given if an entire session is cancelled (reverting to email workouts is not a cancellation).

**Questions? Email [lisa@multisportak.com](mailto:lisa@multisportak.com)**

### **RELEASE AGREEMENT**

**WAIVER:** I know that triathlon, swimming, biking, running and other related activities are potentially dangerous. I know that there are environmental, vehicular, human, facility and other hazards including wild Alaskan animals such as moose and bear that frequent training areas both inside and outside the city limits and may be potentially dangerous. Serious injury, including permanent disability, may occur up to and including death as a result of training or encounters with vehicles, trail/road/track conditions, facility equipment and/or conditions, people, or animals.

I agree that I am responsible for my safety while participating in the activity. I agree to participate in the activity in a safe manner. I know that I should only join Multisport Training of Alaska because I have sufficient skill, training, and judgement to participate safely. I assume all risks associated with these activities.

Having read this waiver and knowing these facts and in consideration of your accepting my application, I hereby, for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue and waive, release, and discharge the owners, coaches, administration, other team members, and other parties associated with Multisport Training of Alaska, including Alaska Pacific University, and any and all sponsors including their agents, employees, assigns, or anyone acting on their behalf, from any and all claim of liability for death, personal injury, or property damages of any kind or nature whatsoever arising out of or in the course of my participation with Multisport Training of Alaska. This waiver extends to all claims of any kind or nature whatsoever, foreseen or unforeseen, known or unknown.

**I HAVE READ THIS WAIVER AND RELEASE CAREFULLY AND I AM SIGNING IT VOLUNTARILY.**

**Name (print)** \_\_\_\_\_

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