

WAIVER/RELEASE OF LIABILITY

PLEASE READ CAREFULLY BEFORE SIGNING.
THIS IS A RELEASE OF LIABILITY AND WAIVER OF CERTAIN LEGAL RIGHTS.

I, _____,
the enrolled participant, and/or the parent/guardian of the participant agree and understand that swimming is a hazardous activity. I recognize that there are risks inherent in the sport of swimming, including but not limited to, paralyzing injuries and death.

The participant hereby agrees to participate in SwimStart and hereby agrees to indemnify and hold harmless SwimStart, its coaches, officers, directors, agents, and employees against any liability resulting from any injury that may occur to the participant while participating in the lessons. The participant also agrees to indemnify SwimStart for any damages incurred or arising from any claims, demands, actions, or causes of action by the participant.

The participant authorizes any representative of the SwimStart staff to have the participant treated in any medical emergency during his/her participation in the lessons. Further, the participant and/or parent/guardian agree to pay all costs associated with medical care and transport for the participant.

I HAVE READ CAREFULLY THE ABOVE LIABILITY RELEASE AND SIGN IT WITH FULL KNOWLEDGE OF ITS CONTENTS AND SIGNIFICANCE.

Signed _____
(Participant or Parent/Guardian)

Date _____

SwimStart Skill Levels

Little Fish Ages 3-6

Starfish- For children with little or no previous instruction. Class includes acclimation to the water, kicking, and introductory skills. Ratio 3:1

Seahorses- Skills include safe water entry, floating, kicking, and arm action. Will be swimming for first time here, up to 25 yds. Ratio 3:1

Little TarEels- Students must be able to swim 25 yds of Freestyle or Backstroke to be in this group. Will work on technique, endurance, and additional strokes. Ratio 4:1

Big Fish Ages 6-14

Seals- For students with little or no previous instruction. Class focus includes water entry, floating, kicking, and arm action. Ratio 3:1

Turtles- For students can swim 5 yds without support. Skills introduced are kicking of all strokes, water safety, turning. Ratio 3:1

Sharks- Students should be able to swim 15 yards. Will work on endurance, side breathing and other strokes. Ratio 4:1

Dolphins- Students must swim 25 yards. Will work on coordination, refinement of all strokes, endurance, turns Ratio 6:1

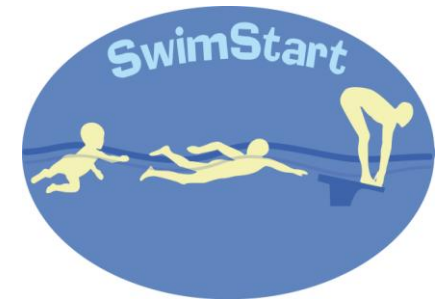
Marlins- For the summer league participant/ advanced level swimmer. Will refine stroke mechanics, work on stroke endurance, turns, and proper streamlining. Ratio 8:1

SwimStart

Learn to Swim²⁰⁰⁹

At Woodlake

The very best in swimming lessons



www.ncswimstart.com

- Semiprivate lessons (3 students per instructor for novices)
- Professionally trained coaches and instructors
- Classes for learn-to-swim to advanced swimmers
- Eight classes per two-week session
- Ages 3 and up

Learn to swim correctly

Welcome to SwimStart! We provide the very best in semiprivate swimming lessons. SwimStart offers your young swimmer the benefits of personal attention and steady activity in an accelerated learning environment. We're sure you'll be pleased with the value and the quality of instruction your child will receive, as each instructor works with no more than three students per class in all novice levels.

Our program director and coaching staff have been professionally trained in teaching proper swimming mechanics and have a working knowledge of child development. Each coach is experienced and enthusiastic about the sport of swimming and eager to provide your child the best learning experience.

The primary focus of our program is to teach proper swimming stroke techniques. Our coaches emphasize correct skills from the first lesson, since correcting errors is much more difficult later in the developmental progression.

The skills listed in this brochure are the minimum for each respective level and will also be used to assign swimmers to their initial lesson groups. One of the best features of the program is that your child will progress at his/her own pace; when your child is ready to advance, s/he may either be moved to another coach or will start working on the next set of skills with his/her present coach.

Marlin level swimmers will focus on skills such as flip turns, breaststroke, butterfly, and other techniques that will make a big difference in performance. These competition-skill classes will be limited to a maximum of eight swimmers per class.

Our on deck supervisor is available to discuss your child's progress with you and answer any questions you may have. In the interest of effective teaching, please do not interrupt the instructors during class time, and please leave the deck clear during lesson time so that the staff can see and move freely.

2009 SCHEDULE

SESSION I

JUNE 10-12 (W-F) & JUNE 15-19 (M-F)

SESSION II

JUNE 22-25 (M-Th) & JUNE 29-July 2 (M-Th)

Registration Classes are now open! Send forms via mail. Make checks out to SwimStart.

Time Classes begin every half-hour from 5:30 PM to 7 PM.

Place Woodlake Community Pool
Durham NC

Cost \$90 per session (includes eight 30-minute classes for 2 weeks)

\$50 per half sessions-when space available.

Confirmation of registration will be sent by e-mail. Phone 919-428-8812 for inquiries.

Please note: Only Woodlake Community Pool members and their friends are eligible to register for SwimStart classes at Woodlake. Weather make-ups take place on off-days during each session.

Refund Policy: All cancellations made at least 10 days before first class are subject to \$5 processing fee. Requests received less than 10 days before first class will be refunded for 50% of fees. Refunds are not available once class begins, though rescheduling may be permitted based upon availability.

REGISTRATION

Please complete separate forms for each child and for each session enrolled in SwimStart.

A signed waiver is required.

Child's Name _____

Age _____

Level _____

Session _____

1st Preferred Class Time _____

2nd Preferred Class Time _____

Parent's Name _____

Address _____

City _____

Zip Code _____

Email _____

Day Phone _____

Evening Phone _____

Emergency Contact _____

Phone _____

Medical or Health Conditions that SwimStart staff should know about _____

Send with payment to:

SwimStart

303 Lorraine Street

Carrboro, NC 27510

For SwimStart Staff Only:

Session(s) _____

Time(s) _____

Check/Cash _____