

WAIVER/RELEASE OF LIABILITY

PLEASE READ CAREFULLY.
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, the
Falconbridge Pool and its management
company, 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, the Falconbridge
Pool and management company 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

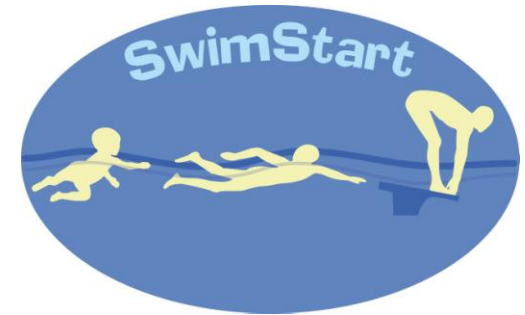
Seals- For students with little or no previous
instruction. Class focus includes
water entry, floating, kicking, and
arm action. Ratio 3:1

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

Sharks- Swimmers can swim 15 yards of
Freestyle and Backstroke. Focus
on stroke endurance, other strokes,
side breathing, and turning on the
wall. Class ration 4:1

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

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 Falconbridge

The very best in swimming lessons
www.ncSwimStart.com
email inquiries:
swimstart@gmail.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 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 coaches 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 22-26 (M-F) & JUNE 29-JULY 1 (M-W)

SESSION III
JULY 6-9 (M-Th) & JULY 13-16 (M-Th)

SESSION IV
JULY 20-23 (M-Th) & JULY 27-30 (M-Th)

SESSION V
AUGUST 3-7 (M-F) & AUG 10-12 (M-W)

Novice levels are offered during every time slot.

The Marlin-skill classes are available between 11:30 and 1 PM only. Marlin and Dolphin level classes may be grouped together based on class size.

Time Classes begin every half-hour from 9:30 AM to 12:30.

Place The Falconbridge Pool, 6400 Falconbridge Rd, Chapel Hill, 27514

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 919-225-1693 for inquiries.

Please note: Registered SwimStart swimmers may use the facility ONLY during class time. A Falconbridge season membership must be acquired for use of facilities after class time. Weather make-ups take place on off-days during each session. SwimStart is taught by an experienced staff dedicated to teaching; our instructors are NOT part of the Falconbridge staff.

REGISTRATION At Falconbridge Pool

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 _____