

2011 ARDEN PARK DOLPHINS FALL SWIM PROGRAM

Description: The Arden Park Fall Swim Program is designed to improve the technique of experienced swimmers in a safe and fun environment. Participants must have participated as a swimmer on a 2011 summer recreational swim team and swimmers should have knowledge of all four strokes: free style, backstroke, breaststroke, and butterfly (6&U swimmers must have knowledge of free style and backstroke).

****Participation in the Arden Park Fall Swim Program will not make the swimmer eligible to be a returning swimmer for registration for the 2012 Arden Park Dolphin Summer Swim Program****

Where: Arden Park Pool located at 1000 La Sierra Drive

When: Monday through Friday, beginning August 29, 2011 and ending November 18, 2011.

6&U and 7/8 swimmers	4:15-5:00 pm
9-10 yrs:	4:15-5:15 pm
11-18 yrs:	5:15-6:30 pm

Note: Swimmer age is determined by age as of June 15, 2012

Cost: 6&U and 7/8 \$200
9 and above \$225

Non Arden Park Residents will be assessed an additional \$25 per swimmer.

No sibling discounts will be offered for this program.

THERE WILL BE NO REFUNDS AFTER SEPTEMBER 2, 2011

Registration: Please bring this registration form with full payment to the first practice on Monday, August 29, 2011. Checks should be made payable to "Arden Park Aquatics". Contact Registrar Amy Halloran at amyhalloran@yahoo.com with any questions.

Swimmer Name: _____ Date of Birth: _____ Swim Age: _____

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Summer 2011 Swim Team: _____

Parent/Guardian: _____

Address: _____

Phone: _____ E-mail: _____

Any Medical Concerns? No Yes Please Explain: _____

Physician: _____ Preferred Hospital: _____

Insurance Plan and ID number: _____

If parent/guardian cannot be reached, please call: _____

Telephone number: _____

ARDEN PARK RECREATION & PARK DISTRICT

1000 La Sierra Drive Sacramento, CA 95864

PARENT / GUARDIAN NAME: _____ PHONE #: _____

ADDRESS: _____ CITY: _____ ZIP: _____

PARTICIPANTS NAME: _____ AGE: _____

PROGRAM TITLE: FALL SWIM TEAM COVERAGE DATES: AUG. 29 – NOV. 18, 2011

REGISTRATION, WAIVER AND RELEASE

In consideration for being permitted by the above District to participate in the above activity(ies), I hereby waive, release and discharge any and all claims for damages, for personal injury, death or property damage which I / my child may have, or which may hereafter accrue to me / my child as a result of participation in the said activity(ies). This release is intended to discharge in advance the above District (its officers, employees and agents) from any and all liability arising out of or connected in anyway with my / my child's participation in said activity(ies), even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. It is understood that this activity involves an element of risk and danger of accidents and knowing those risks I hereby assume those risks. It is further agreed that this waiver, release and assumption of risk is to be binding by my / my child's heirs and assigns. I agree to indemnify and to hold the above persons of entities free and harmless from any loss, liability, damage, cost or expense which they may incur as the result of my / my child's death or injury or property damage that I / my child may sustain while participating in said activity(ies).

PARENTAL CONSENT: (to be completed and signed by parent/guardian if participant is under 18 years of age.)

I hereby consent that my son / daughter, _____ participate in the above activity(ies), and I hereby execute the above agreement, waive and release on his/her behalf. I state that said minor is physically able to participate in said activity. I hereby agree to indemnify and hold harmless the persons and entities mentioned above free and harmless from any loss, liability, damage, cost or expense which may incur as a result of the death or any injury or property damage that said minor may sustain while participating in said activity(ies).

I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND THE ABOVE PARK DISTRICT AND I SIGN IT OF MY OWN FREE WILL.

Signature _____

Date _____

Print Name _____