

Club One Aquatics Registration Form

Contact Us by Phone 410.643.3488, email missy@clubonefit.com, or Register online at www.clubonefit.com

Name of Participant: _____ Age _____

Name of Parent(s) if under 18: _____

Address: _____ Phone: _____

Email: _____

Swim Lessons Stroke Clinic Masters Prep Instructor: _____

Session: Winter Spring Mini Summer Fall

Date Sessions begin: _____ Days/Time/Private _____

Member ___ Non Member ___

Total Amount Paid \$ _____ *All prepaid Aquatics programs are non-refundable.

Water Exploration (parent with child) 1-2 year olds

Developing balance in the water with songs and games. Introducing front glide, back float, going under water, and jumping into the pool!

Learn to Swim Levels 1 & 2, 3-4 year olds *Student has little experience in the water. Skills taught, going under water, front glide, back float, and jumping into the pool!*

Learn to Swim Levels 2 & 3, 5-6 year olds

Student is comfortable in the water. Skills taught, freestyle, backstroke, treading water, and introduction to diving.

Levels 3 & 4, 7-13 year olds Stroke Development

Students can swim freestyle and/or backstroke. Skills taught, freestyle, breaststroke, backstroke, and butterfly while increasing endurance.

Stroke Clinics

High School Age 13+ 9am – 10am

*Prerequisite – Be able to swim 2 lengths of the pool and knowledge of all 4 strokes
(Freestyle, Backstroke, Breaststroke, Butterfly)

Adult Swim Lessons – Levels 1-3, Learn to Swim, Stroke Technique, Lap Swimming

Maryland Masters Prep

Assumption of Risk Fitness Representations Arbitration

The use of the facilities at Club One Fitness & Aerobics naturally involves the risks of injury to you, whether you or someone else causes it. As such, you understand and voluntarily accept this risk and agree that Club One Fitness & Aerobics will not be liable for any injury, including without limitation, personal, bodily or mental injury, economic loss or any damage to you, your spouse, unborn child or relatives resulting from negligence or other acts of Club One Fitness & Aerobics or anyone else using the facilities. If there is any claim by anyone based on any injury, loss, or damage described here, which involves you, you agree to (1) defend Club One against such a claim and pay Club One for all expenses relating to the claim and (2) indemnify Club One for all liabilities to you, your spouse, unborn child, or relatives or anyone else resulting from such claims. Further, you represent that you are in physical condition and have no medical reason, impairment, or disability that might prevent you from using all Club One facilities. As such, you acknowledge that Club One did not give you medical advice before you joined and cannot give any after you join, relating to your physical condition and ability to use the facilities. If you have any health or medical concerns now or after you join, discuss them with your doctor before using the facilities.

Guest/Member Signature

Date

Parent/Guardian Signature

Date

(if under 18)