

2012 Winter Swim Clinic Series Registration Form

Participant's Name: _____ Date: _____

Phone Number: _____ E-mail: _____

Please check all swim clinics you wish to attend (each will begin at 9AM sharp):

___ Feb. 25, Clinic #1: Freestyle Stroke Development: Improve your freestyle swimming skills for lap swimming.

___ March 3, Clinic #2: Individual Medley Development: Learn the basics of the Butterfly, Backstroke & Butterfly strokes.

___ March 10, Clinic #3: Core & Lower Body Strength for Swimmers: Learn how to strengthen your weak areas for better swimming, led by a personal trainer.

___ March 17, Clinic #4: Stretching for Swimmers: Stretching for injury prevention taught by a yoga instructor.

___ April 14, Clinic #5: Flip Turn Clinic: Learn the basics and practice executing the freestyle and backstroke flip turns.

___ April 28, Clinic #6: Open Water Swim Clinic: Learn drills and sighting techniques for open water distance and triathlon swimming.

The fee for each clinic is \$18/members, \$20/non-members. Payment is due with registration.

Amount Paid: \$ _____ Paid by: Credit Card Check Cash

Please Read and Sign the Waiver below: The undersigned hereby releases, waives, discharges and covenants not to sue WellWorX Sporting Clubs, the corporate owners, and any affiliated companies or owners and/or their agents and employees (hereinafter referred to as "releases") for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releases or otherwise, while the undersigned is in, upon, or about the premises or any facilities or equipment, therein. The undersigned hereby agrees to indemnify and save and hold harmless the releases, and each of them, from any loss, liability, damage or cost they may incur due to the presence of the undersigned in, upon or about WellWorX premises or in any way observing or using any facilities or equipment of WellWorX whether caused by negligence of the releases or otherwise. The undersigned further expressly agrees that the foregoing release, waiver and indemnity agreement is intended to be as broad and inclusive as permitted by law and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. The undersigned has read and voluntarily signs this release and waiver of liability and indemnity agreement, and further agrees that no oral representations, statements or inducements apart from the foregoing written agreement have been made. **I have read and I understand all portions of this release.**

Signed: _____ Date: _____