



Adult Learn-to-Swim and Advanced Swim Technique

WHO: Adults, 18 and older. **WHERE:** Keyes Memorial Pool - Elm Street, Milford
WHEN: July 6 – August 14, 2009; **Tuesday & Thursday (Friday Rain Date) 5:30-6:00pm**
COST: Residents \$25 per session, Non-residents \$35 per session. Must Possess a 2009 pool pass prior to registering.

TO REGISTER for Class Pre-registration is required.

Registration deadline is the Monday before the start of the six week program. Every effort will be made to accept late registrations if space is available. Mail in complete registration form or register in person at the Recreation Dept. or the pool during pool season.

- **CLASS SIZES ARE LIMITED. Registration is First Come, First Serve.**
- Complete this Registration Form, with SIGNATURE.
- Payment must accompany Registration Form. Checks are made payable to "Milford Recreation Dept." **RETURN CHECK FEE IS \$25.00.**
- No Refunds once session commences.

Description of "Adult Learn-to-Swim and Experienced Swimmer" Session Objectives

Adult Learn-to-Swim is a basic course for non-swimmers, very new swimmers (or those who have fear of the water), as well as advanced swimmers, who want to improve on their skills. Small group sessions are held in a relaxed atmosphere with one-on-one assistance as needed. In addition to the obvious health benefits from the class, swimmers can achieve more self confidence as well as basic skills as swimmers. The advanced swimmer participants can participate in a variety of ways, ranging from lap swimming to international competition. Classes will be taught by a current Water Safety Instructor, giving swimmers opportunities to work on stroke techniques and cardiovascular fitness. Classes are designed to give students a positive learning experience. WEATHER always plays a factor in outdoor lessons! Our goal is to make every effort to conduct lessons at the pool. Please call Keyes Pool or the Recreation Office when in doubt. The Friday of each week will be used for make-up lessons for bad weather cancellations only.

2009 RECREATION Adult Learn-to-Swim and Advanced Swim Technique

**** One Form per Participant ****

NAME _____ Address, Town, Zip _____
Home Phone _____ E-Mail: _____
Emergency Contact Name _____ Relation _____ Phone _____

EMERGENCY TREATMENT, RELEASE & WAIVER AGREEMENT:

** I am aware of the hazards of the activity/sport and the risk of injury in this athletic program. I certify that I am in good physical condition and am able to safely participate in this physical activity/sport.

** I assume all risks and hazards incidental to such participation, including transportation to and from activities, and do hereby waive, release, indemnify and agree to hold harmless the Town Recreation Department, volunteers and staff, team or league sponsors from all liability for any and all loss or damage, and any claim arising out of injury to myself or property damage that might occur, whether caused by negligence of the Town, agents or employees, or during participation.

** In case of emergency, I hereby give my permission to the medical personnel selected by the manager and staff, to act as my agent to hospitalize, secure proper treatment for, to order x-rays, routine tests, or other medical treatment for myself. PLEASE let the instructor know of any medical or health concerns or instructions before participating.

SIGNATURE _____ DATE _____

** PLEASE LIST ALL medical concerns or instructions that the team manager should know regarding your health.
(i.e. medications, allergies, etc.)

For Office Use Only

Amount \$ _____

Cash ⇔ Check ⇔ _____