



Los Gatos Swim and Racquet Club FUZE Fit Swim Lessons

Participant's Name: _____ Age: _____ Gender (M/F): _____

Address: _____ City: _____ Zip: _____

Mother's Name: _____ Cell Phone: _____ E-Mail: _____

Father's Name: _____ Cell Phone: _____ E-Mail: _____

Swim Level

Seals

This class is for swimmers 4 to 5 years of age. In this level, they will learn rhythmic breathing, pushing off from the side and bottom, floating on both front and back, turning over, deep water work, arm strokes, and survival skills.

Sea Otters

This class is for swimmers who are 5 to 7 years. Skills to be learned are rhythmic breathing, arm strokes with side breathing, backstroke, breaststroke, deep water work, and survival skills.

Dolphins

This class is for children ages 7 to 8 years. Skills to be learned include rhythmic breathing, freestyle with side breathing, treading water, basic diving, backstroke, breaststroke, elementary backstroke for extended distances, as well as survival skills.

Marlins

In this level, children ages 9 to 11 years will focus on stroke refinement in breaststroke, sidestroke, elementary backstroke, and racing backstroke. Butterfly kick is introduced, as well as flip turns and racing dives. Survival skills are also practiced.

Sharks

This class is designed for swimmers ages 10 to 12 years. Participants will work on technique and endurance in all five strokes. Advanced survival skills are also practiced.

Session #1-10 Swim Lessons Monday - Thursday

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| <input type="checkbox"/> Session OneJune 12 - June 16 | <input type="checkbox"/> Session Five.....July 10 - 14 | <input type="checkbox"/> Session Nine.....August 7 - August 11 |
| <input type="checkbox"/> Session TwoJune 19 - June 23 | <input type="checkbox"/> Session Six.....July 17 - July 21 | <input type="checkbox"/> Session Ten.....August 14 - August 18 |
| <input type="checkbox"/> Session Three.....June 26 - June 30
<i>*No Lessons Tuesday, July 4th Holiday</i> | <input type="checkbox"/> Session Seven.....July 24 - July 28 | |
| <input type="checkbox"/> Session Four.....July 3* - July 7 | <input type="checkbox"/> Session EightJuly 31 - August 4 | |

Does your child have any health concerns such as asthma, diabetes, heart trouble, ADHD, developmental delays, activity limitations, or allergies, the Los Gatos Swim and Racquet Club should know about? If yes, please explain: _____

Emergency Contact (other than parents): _____ Phone: _____

Please sign release of liability and consent on reverse side.

Los Gatos Swim and Racquet Club Waiver

14700 Oka Road • Los Gatos, CA 95032

(408) 356-2136 • www.lgsr.com

ASSUMPTION OF RISK AND LIABILITY WAIVER AND RELEASE AND INDEMNITY AGREEMENT (“RELEASE”)

I, the Participant/Guest/Authorized person, on my own behalf, and behalf of all others listed as Members/Participants/Guests under this Agreement, including my, and their, unborn and/or minor children, and my, and their, personal representatives, assigns, successors, heirs, and next of kin, (hereinafter collectively referred to as the “Participants”), acknowledge and agree that the use of the facilities, services, equipment or premises (hereinafter collectively referred to as the “facilities”) of Los Gatos Swim and Racquet Club (the “Club”) by any of the Participants involves risk of injury to persons and property, and the Participants assume full responsibility for such risks for myself/themselves. Such facilities include, but are not limited to exercise equipment, exercise rooms, weight rooms, pool, spa, tennis courts, locker rooms, showers, sidewalks, parking lots, stairs, lobby area, or rest rooms. Such risk of injury includes, but is not limited to injuries arising from the participation by any of the Participants, or others, in supervised or unsupervised activities at the Club, injuries and medical disorders, including, but not limited to death, heart attacks, strokes, heat stress, sprains, broken bones, and injured muscles and ligaments, among others, arising from exercising, any use of any of the Club’s facilities, or otherwise, or while participating in any of Club’s programs, classes, or activities, and accidental injuries occurring anywhere in or about the Club. The Participants agree and acknowledge that I/they have entered into the Agreement for use of the Club’s facilities primarily for recreational purposes and not for a specific piece or type of equipment or training methodology. In consideration for being permitted to enter the Club for the purpose of using the facilities, the Participants hereby release and forever discharge the Club, and its and their owners, directors, officers, shareholders, members, managers, parents, subsidiaries, employees, independent contractors, agents, and CrossFit, Inc. and its officers, affiliates, directors, agents, staff, volunteers, suppliers, licensors, licensees, and employees (hereinafter collectively referred to as “Released Parties”) from and against any and all actions, judgments, settlements, claims, liabilities, losses damages, expenses, costs (including court costs an attorney’s fees), as a result of, or arising out of any and all damages, or injuries sustained by any of the Participants. The Participants hereby waive any claim or demands therefore based on, or on account of, any injury or death to any of the Participants, or property damages sustained by any of the Participants, whether caused by the active or passive negligence, concurrent or otherwise, of the Released Parties, the Participant, or others, while any of the Participants is in, upon, or about the Club’s premises, or while using the Club’s facilities or while participating in any Club activity at any location, including off-site activities. The claims and demands so waived include but are not limited to, claims based on: improper maintenance of equipment (mechanical or otherwise), grounds or facilities; negligent instruction or supervision, including personal training, inadequate security or staffing; the Participants’ use of the Club’s facilities; and/or slipping or tripping anywhere in or about the Club or any location in which the Club operates, including, but not limited to public facilities. The Participants know, understand and appreciate that use of the Club’s facilities and services carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid any injuries or damages. The Participants hereby assert that their participation is voluntary and that they knowingly and expressly assume all such risks.

The Participants further expressly agree that the Release is intended to be as broad and as inclusive as permitted by the law of the state of California, and that if any portion of the foregoing Release is held invalid by a court of law, then that portion shall be deemed stricken and it is agreed that the remainder of the Release shall continue in full force and effect without the invalid portion.

I acknowledge that I have carefully read this Release and fully understand and agree that by executing this Assumption of Risk and Liability Waiver and Release and Indemnity Agreement, I, and all Participants forfeit any rights they or I may have to bring legal action against the Released Parties for their active or passive negligence, concurrent, or otherwise, or any defective product on its premises.

I represent that I am at least 18 years of age, and have actual authority to, and do hereby enter into this Release on my behalf and on behalf of all Participants by signing below. I have carefully read and voluntarily signed this Release and I further agree that no oral representations, statements or inducement apart from the foregoing Release have been made to me.

I have read and agree to be bound by the terms of this Membership Agreement, including the Membership Terms and Conditions on the reverse side hereof, and I acknowledge that a complete copy of this Membership Agreement was provided to me when the Membership Agreement was signed. I further agree to be bound by the Club’s Rules and Regulations.

Guest/Participant/Authorized Person’s Signature	Print Name	Date
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Medical Emergency Consent

The child named on this form has my consent to participate in the Los Gatos Swim and Racquet Summer Swim Lessons. I consent to emergency medical treatment.

Guest/Participant/Authorized Person’s Signature	Print Name	Date
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