Spring 2011
AMHERST COLLEGE
SWIMMING AND DIVING LESSONS

FOR: Children in the community.

DATES: **Wednesdays** – April 6th through May 4th **OR**
Saturdays – April 2nd through April 30th.

INSTRUCTION: Swimming and diving lessons for all ability levels taught by members of the Amherst College Swimming and Diving team, under the supervision of the Amherst Aquatic Staff. The purpose is to give instruction to community children in small group settings.

WHEN: Classes are offered from 2:45-3:25, 3:35-4:15 and 4:25-5:05 on Wednesdays, **or** Saturdays from 9:00 - 9:40 a.m., 9:50 - 10:30 a.m. and 10:40 - 11:20. Sessions will be limited to approximately 40 children and filled on a FCFS basis.

WHERE: Pratt Pool, located on the lower level of Alumni Gymnasium at Amherst College. Limited parking available on side streets and Orr Rink lot.

REGISTRATION: By mail or in person (Alumni Gym M-F 8 a.m. – 5 p.m.). Please fill out the attached registration form (including waiver) and return it with a check for the appropriate amount by Friday, March 25th.

WAIVER: All participants are required to have the enclosed waiver signed on their behalf by their parent or legal guardian. No changes will be made to the waiver form, and waivers that have been modified will not be accepted. Parents may also sign as witnesses (i.e. first parent signs, second parent witnesses).

COST: Program cost is $70 for five lessons. Please make checks payable to **Amherst College Swimming and Diving** and send registration form, signed waiver and check to:

Karin Brown
Amherst College
1202 Alumni Gym
Amherst, MA 01002

Refunds will not be possible after 4/1 when placements are set.

Please email Karin at kbrown@amherst.edu if you have questions.

All proceeds are used to help fund the team's training trip in January.

EQUIPMENT: Each participant must provide his/her own swimsuit and towel.

SPECTATORS: Unless invited, parents should not be on the pool deck. This permits us to provide the best possible instruction to the participants. Allow approximately ten minutes prior to the scheduled lesson time to change clothes. Please use the main locker rooms, which are located downstairs, near the elevator.

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REGISTRATION FORM

PARENT(S) NAME:	PHONE:	EMAIL:
ADDRESS:		
CITY:	STATE:	ZIP:

PARTICIPANT(S) NAME(S):	AGE	SWIMMING OR DIVING:	ABILITY LEVEL*

Preference (Circle one): **Wednesdays** -- (1) 2:45 – 3:25 pm (2) 3:35 – 4:15 (3) 4:25 – 5:05

Saturdays -- (1) 9:00 – 9:40 am (2) 9:50 – 10:30 (3) 10:40 – 11:20

NOTE: YOU WILL ONLY BE CONTACTED IF YOU DO NOT RECEIVE YOUR TIME PREFERENCE.

~Each session will be limited to about 40 participants~

*** Amount of water experience or some other indication of ability (see below).**

SWIMMING:

Level I	Non-Swimmer
Level II	Beginner (puts face in water, can swim ten feet or so)
Level III	Advanced Beginner (swims approximately 25 feet)
Level IV	Intermediate (transition to deep water and can swim one length of the pool)
Level V	Swimmer (can swim four lengths or more)
Level VI	Stroke Technique (can swim ¼ mile or more)

DIVING:

Level I	Non-Diver
Level II	Beginner (can dive from board)
Level III	Intermediate (can do five or six different dives)
Level IV	Advanced (can do ten or more competitive dives)

MAKE CHECKS PAYABLE TO AMHERST COLLEGE SWIMMING AND DIVING

~Please turn over for waiver~

AMHERST COLLEGE
Assumption of Risk / Release of All Claims
Community Swim Program

NOTICE: THIS IS A LEGALLY BINDING AGREEMENT. By signing this agreement, you give up your right to recover compensation or obtain any other remedy from Amherst College for any injury or loss to yourself or your property or for your/your child's death however caused arising out of your/your child's participation in the activities described below or the use of facilities, equipment, or services in association with said activities, now or at any time in the future.

The Trustees of Amherst College is a non-profit educational institution. References to Amherst College include The Trustees of Amherst College, its trustees, officers, employees, volunteer workers, agents and assigns, students and all other program participants.

I (Parent) freely choose to and request that my child participate in the Amherst Community Swim Program and related activities (henceforth referred to as the Program) at Amherst College, from (on or about) April 2nd through May 4th, 2011.

Acknowledgment and Assumption of Risk

I HEREBY ACKNOWLEDGE AND AGREE that participating in the Program has inherent risks.

Activities may include swimming, diving, using changing facilities or other campus facilities.

Despite precautions, accidents and injuries can occur. I understand that participation in the Program is potentially dangerous, and that I/my child may be injured and/or lose or damage personal property as a result of participation in the Program. I have full knowledge of the nature and extent of all the risks associated with the Program, and the use of all associated equipment, facilities and services, I accept the condition of the facilities and equipment as they may now or hereafter exist, therefore **I ASSUME ALL RISKS RELATED TO THE ACTIVITIES** including but not limited to:

Death, injury or illness from accidents of any nature whatsoever, including but not limited to personal or bodily or mental injury of any nature whether severe or not, permanent or not, including but not limited to head or joint trauma, broken bones, oral, eye or other facial injury, other muscular-skeletal or internal or nervous system injury, including drowning, death, stress or other trauma which may occur as a result of participating in an activity or contact with equipment, materials, physical surroundings or other persons, failure or defect of equipment, actions of other persons or failure to act whether negligent or not, or dangerous physical surroundings.

Theft or loss of my/my child's personal property while in transit or at the College or participating in the Program.

Natural disaster or other disturbances, and alteration or cancellation of the Program due to such causes.

I further acknowledge that the above list is not inclusive of all possible risks associated with the Program or the use of facilities, equipment, or services in association with the Program, and that the above list in no way limits the extent or reach of this release. I further understand that participating in the Program is an acceptance risk of injury.

Release from Liability

In consideration of my/my child's participation in the Program, I, to the fullest extent permitted by law, agree to forever release and on behalf of myself, my spouse, my child, heirs, representatives, executors, administrators and assigns, HEREBY DO FOREVER RELEASE Amherst College from any cause of action, claims, or demands of any nature whatsoever, including but not limited to a claim of negligence which I or my spouse, child, heirs, representatives, executors, administrators and assigns may now have, or have in the future against Amherst College on account of personal injury, bodily injury, property damage, death or accident of any kind, arising out of or in any way related to my/my child's participation in the Program and/or the use of facilities, equipment, or services in association with the Program howsoever the injury is caused, whether by the negligence of Amherst College or otherwise.

I hereby certify that I have full knowledge of the nature and extent of the risks inherent in the Program and the use of facilities, equipment, or services in association with Program, and that I am voluntarily assuming all risks, whether known or unknown.

I understand that I will be solely financially and otherwise responsible for any loss or damage, including death, which I/my child sustain, whether in whole or in part, while participating in the Program and my/my child's use of facilities, equipment, or services in association with the Program, and that by this agreement I am relieving Amherst College of any and all financial or other liability for such loss, damage or death.

I further certify that I am legally competent to sign this agreement. I further understand that the terms of this agreement are legally binding and I certify that I am signing this agreement after having carefully read and understood the same, of my own free will. This agreement is made in sole consideration of Amherst College permitting my/my child's participation in the Program and my/my child's use of facilities, equipment, or services in association with the Program.

This agreement shall be construed and enforced in accordance with the laws of the Commonwealth of Massachusetts, and I consent to the jurisdiction of said state. I expressly agree that this waiver and release is intended to be as broad and inclusive as permitted under the laws of the Commonwealth of Massachusetts, that if any portion hereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. IN WITNESS WHEREOF, this instrument is duly executed at _____, Massachusetts, this day of

_____ ___, 2011.

IMPORTANT - READ ENTIRE AGREEMENT BEFORE SIGNING

Child's Name(s)Printed: _____

_____

Parent Signature: _____

Name Printed:_____

Tel. No.:_____

Witness Signature:_____

Name Printed:_____

Signatures need not be notarized but must be witnessed.