

Swim Conditioning

Designed for children in middle school and high school (ages 10-18) to gain strength and conditioning through swimming. This group does not compete, but combines swim-team type training with stroke development in a structured atmosphere that includes a balance of fun and challenge for each participant. This class is designed as good preparation for summer leagues or high school swimming, and a good way to make swimming part of an active lifestyle. Minimum of 6, and maximum of 30 participants allowed in the program. *Sign up for 1 session or all!*



• **TUESDAY AND THURSDAY** 7:00 – 8:15pm

SESSION DATES	DURATION	MEMBERS NON-MEMBERS
Aug. 21 - Oct. 11	8 weeks	\$208 \$288
Oct. 23 - Dec. 20*	8 weeks	\$208 \$288
Jan. 8 - Feb. 14**	6 weeks	\$156 \$216
Feb. 19 - Mar. 14	4 weeks	\$104 \$144
Mar. 26 - May 16	8 weeks	\$208 \$288

*No class Nov. 20 & Nov. 22 Thanksgiving week

**No class on Jan. 24 class due to All Staff Meeting. Swim Conditioning will be held on Wednesday Jan. 23



Ages

10 to 18 Years

Aquatics

REGISTER on the GATC App

CALL 303.770.2582 x274

ONLINE GreenwoodATC.com/Aquatics



**GREENWOOD ATHLETIC
AND TENNIS CLUB**

THE *Best* PART OF *Your Day!*®

Swim Conditioning - 2018/2019

Office Use: Date _____ Chit # _____ Amount Paid _____ Staff Name _____

Call Crystal @ ext 325 with any questions

PARTICIPANT AGREEMENT, WAIVER OF LIABILITY, ASSUMPTION OF RISK, RELEASE AND INDEMNIFICATION

In consideration of access to and use of the facilities, equipment, events or activities, and the services of JAG Management Group, LLC, the Greenwood Athletic and Tennis Club ("GATC"), the Greenwood Athletic Club Metropolitan District (the "District"), their agents, owners, officers, managers, volunteers, participants, employees, independent contractors, consultants and all other persons or entities acting in any capacity on their behalf (herein collectively referred to as "Releasees"), I hereby agree, on behalf of myself, my spouse, my children, my parents, my heirs, assigns, personal representatives and estate as follows:

1. I hereby acknowledge, understand and assume all risk of injury and potential dangers arising from the conditions and use of any of GATC's facilities, equipment, services, programs, premises, events and/or activities, which may occur on, off, or about GATC premises. Furthermore, I hereby acknowledge that the risks include, among other things: drowning; slipping and falling; tripping; collision with fixed objects or people; the exposure to insects; exposure to the elements could cause cold water shock, sunburn, dehydration, heat exhaustion, heat stroke, and heat cramps; ability to swim and/or follow directions; falling off of or being thrown from inflatable devices; strains, sprains, broken bones and musculoskeletal injuries including head, neck, and back injuries; cuts, abrasions, and bruises; cardiac related illness; the negligence of participants, or other persons who may be present; equipment failure or operator error; my own physical condition, and physical exertion associated with activity.
2. I acknowledge and understand that included within the scope of this waiver and release is any cause of action arising from the performance or failure to perform construction, operation, maintenance, inspection, supervision or control of GATC facilities, equipment, services, programs and/or premises and/or from the failure to warn of dangerous conditions existing at GATC facilities, equipment, services, programs, premises, events and/or activities, which may occur on, off, or about GATC premises.
3. I hereby voluntarily relinquish and release, discharge, and agree to indemnify and hold harmless, now and forever, Releasees from any and all claims, demands, liability or causes of action for personal injury, property damage, or death occurring to me or to anyone else, by whomever or wherever made or presented caused by or arising from my presence at or use of the GATC, or GATC facilities, equipment, services, programs, events, and/or activities, which may occur on, off, or about GATC premises, including but not limited to injury or damage caused by negligence or omission on the part of Releasees.
4. Should Releasees or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.
5. I hereby certify that I have adequate insurance to cover any injury or damage I may cause or suffer, or I agree to bear the costs of such injury or damage myself. I further certify that I am willing to assume the risk of any medical or physical condition I may have.
6. In the event that I file a lawsuit against Releasees, I agree to do so solely in the state of Colorado, and I further agree that the substantive law of that state shall apply in that action without regard to the conflict of law rules of that state. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining document shall remain in full force and effect.
7. I hereby consent that photographs and/or video taken by GATC may be used by GATC for promotional materials, including the website. I understand that these photos and/or videos will be used only for promotional purposes, and will not be given to other parties for any purpose other than to promote the GATC. I may request that GATC cease from using any particular photo or video in future materials or promotions, by providing written notification to the GATC General Manager or Director of Marketing. Materials that are already in existence or production at the time I provide such written notice may continue to be used until supplies are exhausted.
8. I hereby agree to abide by the rules and regulations of the GATC as they may be amended from time to time.
9. This agreement and the rules and regulations of the GATC, as adopted and amended from time to time, set forth the entire agreement between the Releasees and me regarding liability. I have not relied on any representations made by or on behalf of the Releasees regarding this agreement. Nothing herein shall be deemed a waiver of the rights, privileges and limits on liability provided to the District by the Colorado Governmental Immunity Act, section 24-10-101, et seq., C.R.S.
10. I authorize the Releasees to contact me via telephone call or message or via e-mail at the phone number and e-mail address below.
11. I have had sufficient time and opportunity to read this agreement, have read and understood it, and agree to be bound by its terms.

Participant Name _____ Signature of Participant _____ Date _____

Phone Number _____ E-mail Address _____

PARENT'S OR GUARDIAN'S ADDITIONAL INDEMNIFICATION (Must be completed for participants under the age of 18)

In consideration of _____ (print minor's name) ("Minor") being permitted by Releasees to participate in its activities and to use its equipment and facilities, I further agree to indemnify and hold harmless Releasees from any and all claims which are brought by, or on behalf of Minor, and which are in any way connected with such use or participation by Minor. I authorize the Releasees to contact me via telephone call or message or via e-mail at the phone number and e-mail address below.

Parent/Guardian Name(s) _____ Signature of Parent/Guardian _____ Date _____

Phone Number _____ E-mail Address _____

All Non-Members must present photo id prior to entrance into the club. (Revised 04-17-2017)

TUESDAY and THURSDAY 7:00-8:15PM

SESSION 1: Aug 21-Oct 11	SESSION 2: Oct 23--Dec 20	SESSION 3: Jan 8- Feb 14	SESSION 4: Feb 19-Mar 14	SESSION 5: Mar26-May 16
\$208 member; \$288 guest	\$208 member; \$288 guest	\$156 member; \$216 guest	\$104 member; \$144 guest	\$208 member; \$288 guest
SC-8/2018	SC-10/2018	SC-1/2019	SC-2/2019	SC-3/2019
	No class Nov. 20 & 22	No class 1/24; class 1/23		

Swimmer's Name _____ Age _____

Parent's Name _____ Member # _____ Phone (H) _____ (C) _____

Bill Membership # _____ Check # _____ Visa/MC/AM _____ Exp _____

Payment due prior to the first lesson. Please abide by Greenwood Athletic and Tennis Club's Policies and Rules for club use, including but not limited to drop-off parking, Youth Policies, Locker Room Rules and Etiquette, Cell Phone and Whirlpool Policies.