

# AQUATICS



## MASTERING MASTERS

Fall 2010

An Introductory Course Developed by  
Colorado Masters Swimming Association  
to Provide Confidence, Understanding and Skills  
for Swimmers to become Masters Swimmers.

For lap swimmers that would like to build the skills necessary to join a Masters workout group, this six-week course will teach swimmers Masters skills such as:

- How to read the pace clock
- Circle swimming, pacing, stopping and resting, etc.
- How to decipher a written swim workout
- Masters lane etiquette
- Intervals and sendoffs
- Getting lapped or lapping someone else
- Terms such as “descend”, “build”, “down/back”, etc.
- When to use toys in a masters workout
- And much more!



<b>Session Dates:</b>	September 8-October 13
<b>Days/Time:</b>	Wednesdays, 12:00-1:00pm
<b>Cost per session:</b>	\$72 Members/\$84 COMSA Members/\$96 Non-Members

***6 swimmers needed for the program, limited to 15 swimmers.***

Payment is due prior to the first lesson. We do not prorate for late start or date choices.

***For additional information, call Katie at 303.770.2582 x325  
or email [katie@GreenwoodATC.com](mailto:katie@GreenwoodATC.com)***

Please see reverse for registration and medical release.



**GREENWOOD ATHLETIC  
AND TENNIS CLUB**

*The Best Part of Your Day!®*

[www.GreenwoodATC.com](http://www.GreenwoodATC.com)

# Mastering Masters

Session – Summer 2010

Date \_\_\_\_\_ Chit # \_\_\_\_\_ Amount Paid \_\_\_\_\_ Staff Name \_\_\_\_\_

Call Katie Luellen with any questions 303.770.2582 x325

**Wednesdays, September 8-October 13**  
**12:00-1:00pm**  
**(SC-MM)**

\$72.00 \_\_\_\_\_ Member                      \$84.00 \_\_\_\_\_ COMSA Member                      \$96.00 \_\_\_\_\_ Non-Member

Participant #1 \_\_\_\_\_ D.O.B \_\_\_\_\_

Participant #2 \_\_\_\_\_ D.O.B \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Parent's Name \_\_\_\_\_ Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Bill Membership # \_\_\_\_\_ Check # \_\_\_\_\_ Visa/MC \_\_\_\_\_ Exp \_\_\_\_\_

### **Waiver of Liability, Release, Assumption of Risk & Indemnification Agreement**

The Greenwood Athletic and Tennis Club (the "GATC") is a public facility owned and operated by the Greenwood Athletic Club Metropolitan District (the "District"). In accordance with my decision to use the GATC, I hereby agree to abide by the rules and regulations of the GATC as they may be amended from time to time.

For and in consideration of access to and use of the facilities, equipment, events or activities of the GATC, I hereby relinquish and release the District, the manager of the GATC (the "Manager"), and the directors, owners, employees, agents, independent contractors and consultants of the District or the Manager, now and forever, 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 caused by or arising from my presence at or use of the GATC or GATC facilities, equipment, events or activities, which may occur on, off, or about GATC premises, including but not limited to injury or damage caused by negligence of the District. I agree to defend, indemnify and save harmless the District and the Manager, now and forever, from any and all claims or causes of action by whomever or wherever made or presented caused by or arising from my presence at or use of the GATC, or facilities, equipment, events, programs or activities thereof.

I hereby acknowledge, understand and assume the risks and potential dangers arising from the conditions and use of GATC facilities, equipment and premises, including without limitation swimming facilities, and participation in GATC events or activities. 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, maintenance, inspection, supervision or control of GATC facilities, equipment and premises and/or from the failure to warn of dangerous conditions existing at said facilities, equipment or premises.

I, being the Parent/Legal Guardian of the child(ren) listed on my membership and/or child(ren) participating in GATC sponsored programs and events, 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 club. I may also 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.

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 District and me regarding liability. I have not relied on any representations made by or on behalf of the District or the Manager 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.

Signature \_\_\_\_\_  
(parent or guardian, if minor)

Date \_\_\_\_\_  
(January 17, 2008)