

Aquatics

Swim Start

Goal: A program where children of all ages can prepare for the challenges and milestones that they will encounter in camp whether here at the Saw Mill Club or at any other program they decide to attend.

Structure: This will be a 5 day swim intensive crash course on safety and endurance along with stroke mechanics. Our goals will be structured around making your camper water safe and more comfortable in any water environment. Time will be spent on practicing skills for deep water testing; as well as freestyle and backstroke fundamentals.

Dates **There will be two sessions of the camp:**

Week 1: June 21-25
Week 2: June 28-July 2

Campers 2-5 1:00-1:30PM
Campers 5-9 1:30-2:00PM
Campers 10 & up 4:30-5:30PM

Fees	1/2 hour class:	1 Hour Class
Member	\$105	\$190
Non-Member	\$140	\$220

Registration Form

Swim Start Summer 2010

Name _____ Member No. _____

Address _____ City/State/Zip _____

Home Phone _____ Work Phone _____

E-Mail Address _____

Credit card # _____ exp date _____

Please enroll me in: **Age Group:** 2-5 5-9 10 & up

Session: Week 1 Week 2

I have read and am familiar with the terms and conditions contained in the waiver of liability listed below:

It is expressly agreed that all exercises and treatments and use of equipment and facilities of Saw Mill Club are and shall be undertaken at member's and member's minor children's sole risk, and that the member assumes the risk of any injuries he or she or the member's minor children may suffer while using any of the equipment or the facilities of Saw Mill Club, and that Saw Mill Club shall not be liable for any claims, demands, injuries, damages, actions, or causes of action whatsoever to the member, the member's minor children or property arising out of or connected with the use of any of the services, equipment and/or facilities of Saw Mill Club, or of the property or premises where same located, and the member does hereby expressly forever release and discharge Saw Mill Club from all such claims, demands, injuries, damages or causes of action from all acts of negligence, active or passive, and all other fault on the part of Saw Mill Club, its servants, agents or employees.

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