

Lake Forest Swim Club

Late Summer Pool & Dryland Fitness Session

What: A late summer fitness session with pool and dryland training.

Who: Practices are open to the following squad members: HS Prep, Senior, Bronze, 13 & Over Green, and National

Where: LB Pool & LFC Weight Room The College has firmed up their admittance policy. Swimmers must have their LFC credential at LFC dryland sessions.

Dates: July 25 thru August 12 Monday thru Friday, weather permitting

Time: 6:15-7:45am LB Pool (Monday thru Friday)
 8:00-9:00am LFC Weight Room (Tue & Thur)

Fee: \$85 LFSC Members, \$100 Guests. The cost of the program is intended to cover additional staffing and facility expenses. We are unable to discount this program fee. Current members only need to complete line 5 (Swimmer Name) below.

1 Last Name _____	Phone _____
2 Mothers Name _____	Fathers Name _____
3 Address _____	
4 Primary Phone _____	Primary email _____
5 Swimmer Name _____	Middle Initial _____ Date Of Birth _____

Please read this form carefully and be aware that in signing up and participating in the above program(s) you will be waiving and releasing all claims for injuries you or the above participants might sustain arising out of these programs.

"As a participant or guardian of a participant in the program, I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries, including death, damages or losses which I or the above participant(s) may sustain as a result of participating in any and all activities connected with or associated with such programs.

"I agree to waive and relinquish all claims I or the above participants(s) may have as a result of participating in the program against the Lake Forest Swim Club and its officers, agents, servants, employees, and directors. I do hereby fully release and discharge Lake Forest Swim Club and it's officers, agents, servants, employees, and directors from any and all claims from injuries including death, damages or loss which I or the above participants may have accrued to me (us) on account of participation in the program.

"I further agree to indemnify and hold harmless and defend Lake Forest Swim Club and its officers, agents, servants, employees, and directors from any and all claims from injuries including death, damages and losses sustained by me or the above participant(s) and arising out of, connected with, or in any way associated with the activities of the program. I have read and fully understand the above program details and waiver and release of all claims."

Date _____

(Signature of Parent or Legal Guardian above)

For your convenience we accept VISA, Master Card, Discover, American Express and Diner's Club or your personal check as payment for all Lake Forest Swim Club fees and charges.

Check # _____ Amount _____ Office Use _____

VISA Card # _____ Expiration Date _____

Authorized Signature _____ Date _____