

## PARTICIPATION WAIVER

### Please read and sign the waiver below.

You acknowledge that your attendance at or use of HFC, including without limitation your participation in any of HFC's programs or activities and your use of HFC's equipment and facilities, and transportation provided by HFC, could cause injury to you. In consideration of your membership in HFC, you hereby assume all risks of injury which may result from or arise out of your use of the premises, attendance at or use of HFC or its equipment, activities, facilities, or transportation; and you agree, on behalf of yourself and your heirs, executors, administrators and assigns, to fully and forever release and discharge HFC and Northwestern Lake Forest Hospital and Northwestern Memorial Health Care, and their respective officers, directors, employees, agents, successors and assigns, and each of them (collectively, the "Releases"), from any and all claims, damages, demands, rights of action or causes of action, present or future, known or unknown, anticipated or unanticipated, resulting from or arising out of your attendance at or use of HFC or its equipment, activities, facilities or transportation, including without limitation any claims, damages, demands, rights of action or causes of action resulting from or arising out of the negligence of the Releases. Further, you hereby agree to waive any and all of such claims, damages, demands, and rights of action or causes of action. Further, you hereby agree to release and discharge the Releases from any and all liability for any loss or theft of, or damage to, personal property. In addition, you grant Lake Forest and Lindenhurst Health and Fitness Centers permission to utilize your image or likeness for any promotional or marketing materials, including but not limited to any and all social media platforms, for the sole and exclusive use of it's respective purposes only.

You acknowledge that you have carefully read this waiver and release and fully understand that it is a waiver and release of liability.

Special medical / developmental conditions: YES      NO

If yes, please specify: \_\_\_\_\_

\_\_\_\_\_  
Parent/Participant's (Guardian) Signature:      Date:

(Required if participant is under 18 years of age)

Emergency contact information

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Relationship: \_\_\_\_\_

**MUST COMPLETE BOTH SIDES**

Member Services Initials: \_\_\_\_\_

## GUIDELINES

Class Size: Minimum of 4. If a class does not reach the minimum number of students, you will be given the choice of another class time or a refund. Classes may be combined. **Low enrollment classes will be cancelled 48 hrs. before the class start date.**

**Session IV** M/W and T/TH classes are meeting 9 times, twice a week, for 5 weeks. There are no classes Monday, July 3rd and Tuesday, July 4th. WED Parent/Tot class meets 8 times, once a week for 8 weeks. SAT classes meet 10 times over 10 weeks.

**Session V** M/W and T/TH classes are meeting 10 times, twice a week, for 5 weeks. The prices are adjusted accordingly.

**Wait List:** You will be put on a wait list when the classes are full. Please be aware classes will be added as indicated by our wait listed registrations. **You will be called 48 hrs. before the class start date.**

Three year olds MUST show proof of age to sign up for the Preschool classes.

All children in diapers must wear swim diapers and/or rubber pants over the swim diaper.

Parents are not allowed on deck during class, but MUST remain in the building.

No make up classes for group swim lessons.

No refunds will be given after the first class of the session.

If you have participated in our program there is a list of what level to register your child for the next session of lessons at the front desk.

Registrations are taken by mail, in person or by fax:  
Fax# 847-535-7599

Please use same sex locker rooms and allow parents with opposite genders to utilize our family changing rooms.

**There is a late fee of \$10.00 if registration is received within 48 hours prior to the first class.**

**To cancel private or semi-private lessons, you must call at least 24 hours before your scheduled lesson. No shows and late cancellations will be charged the full rate.**



# SUMMER 2017 GROUP SWIM LESSONS BROCHURE SESSIONS IV and V



### Member Registration Dates:

**Session IV May 31st**

**Session V July 5th**

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### Non-Member Registration Dates:

**Session IV June 3rd**

**Session V July 8th**

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### Session dates for:

**Mon/Wed and Tues/Thurs classes:**

**Session IV June 12th-July 13th**

**Wednesday Parent-Tot:**

**Session IV June 14th-August 2nd**

**Saturday:**

**Session IV June 17th- August 19th**

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**Mon/Wed and Tues/Thurs classes:**

**Session V July 17th-August 17th**

**No group lessons Monday, July 3rd and Tuesday, July 4th**

Mail, fax or drop off

registration and payment to:

**HEALTH & FITNESS CENTER**

**3098 FALLING WATERS BLVD.**

**LINDENHURST, IL 60046**

**Fax# 847-535-7599**

## CLASS LEVELS

M/W and T/TH classes meet 2 times a week for 5 weeks\*.  
Wednesday's Parent/Tot class meets 8 times for 8 weeks.  
Saturday only classes meet once a week for 10 weeks.  
*\*No group lessons Monday, July 3rd and Tuesday, July 4th*

### Parent and Tot - Ages 6 months to 36 months

#### Session IV

Date	Day	Time	M/NM
6/14-8/2	WED	5:30-6:00 PM	\$80/120
6/17-8/19	SAT	10:45-11:15 PM	\$100/150



### Preschool - Ages 3 to 5 years old

#### FroG / P1

#### Session IV

Date	Day	Time	M/NM
6/12-7/12 M/W	4:00-4:30 PM	\$90/135	
6/13-7/13	T/TH	11:00-11:30 AM	\$90/135
6/17-8/19	SAT	10:15-10:45 AM	\$100/150



#### Session V

Date	Day	Time	M/NM
7/17-8/16	M/W	4:00-4:30 PM	\$100/150
7/18-8/17	T/TH	11:00-11:30 AM	\$100/150

#### Salamander / P2

#### Session IV

Date	Day	Time	M/NM
6/12-7/12 M/W	4:30-5:00 PM	\$90/135	
6/13-7/13	T/TH	11:30 AM-NOON	\$90/135
6/17-8/19	SAT	11:15-11:45 AM	\$100/150



#### Session V

Date	Day	Time	M/NM
7/17-8/16	M/W	4:30-5:00 PM	\$100/150
7/18-8/17	T/TH	11:30 AM-NOON	\$100/150

#### Turtle/FISH / P3&4

#### Session IV

Date	Day	Time	M/NM
6/12-7/12 M/W	4:00-4:30 PM	\$90/135	
6/13-7/13	T/TH	11:30 AM-NOON	\$90/135
6/17-8/19	SAT	11:00-11:30	\$100/150



#### Session V

Date	Day	Time	M/NM
7/17-8/16	M/W	4:30-5:00 PM	\$100/150
7/18-8/17	T/TH	11:30 AM-NOON	\$100/150

## Youth - Ages 6 years old and up

### Polar Bear / Y1

#### Session IV

Date	Day	Time	M/NM
6/12-7/12 M/W	4:00-4:30 PM	\$90/135	
6/13-7/13	T/TH	11:00-11:30 AM	\$90/135
6/17-8/19	SAT	11:30 AM-NOON	\$100/150



#### Session V

Date	Day	Time	M/NM
7/17-8/16	M/W	5:00-5:30 PM	\$100/150
7/18-8/17	T/TH	11:00-11:30 AM	\$100/150

### Walrus / Y2

#### Session IV

Date	Day	Time	M/NM
6/12-7/12 M/W	4:30-5:00 PM	\$90/135	
6/13-7/13	T/TH	11:30 AM-NOON	\$90/135
6/17-8/19	SAT	11:30 AM-12:00 PM	\$100/150



#### Session V

Date	Day	Time	M/NM
7/17-8/16	M/W	4:30-5:00 PM	\$100/150
7/18-8/17	T/TH	11:30 AM-NOON	\$100/150

### Penguin / Y3

#### Session IV

Date	Day	Time	M/NM
6/12-7/12 M/W	4:30-5:00 PM	\$90/135	
6/13-7/13	T/TH	12:00-12:30 PM	\$90/135
6/17-8/19	SAT	10:45-11:15 AM	\$100/150



#### Session V

Date	Day	Time	M/NM
7/17-8/16	M/W	4:00-4:30 PM	\$100/150
7/18-8/17	T/TH	12:00-12:30 PM	\$100/150

### Otter/Seal/Dolphin/SHARK / Y4 - 7

#### Session IV

Date	Day	Time	M/NM
6/12-7/12 M/W	5:00-5:30 PM	\$90/135	
6/13-7/13	T/TH	11:15-11:45 AM	\$90/135
6/17-8/19	SAT	11:15-11:45 AM	\$100/150



#### Session V

Date	Day	Time	M/NM
7/17-8/16	M/W	5:00-5:30 PM	\$100/150
7/18-8/17	T/TH	12:00-12:30 PM	\$100/150

\*\*\* Classes may be combined if/when appropriate.

## CLASS DESCRIPTIONS

### PARENT AND TOT (6-36 MOS.)

Register by age. Child and one parent experience water exploration, developmental skills and safety.

### PRE-SCHOOL -P1-P4 for ages 3 to 5 yrs. old

**Frog (P1—3-5 YR. OLD)**  
First level without parent. For beginning swimmers with no prior lesson experience. Will learn water adjustment, bubbles, face wet.  
**Salamander (P2 - 3-5 YR. OLD)**  
Must have passed Frog or test out. Will learn assisted swimming and beginner rhythmic breathing.  
**Turtle (P3 - 3-5 YR. OLD)**  
Must have passed Salamander or test out. Will combine rhythmic breathing while swimming and develop endurance.  
**Fish (P4—3-5 YR. OLD)**  
Must have passed Turtle or test out. Will perform unassisted swimming; gains endurance and retrieve underwater objects.

### YOUTH - Y1—Y7 for ages 6 year old and up

**Polar Bear (Y1— for ages 6 year old and up)**  
For beginning swimmers. No prior swimming lesson experience necessary.  
**Walrus (Y2- for ages 6 year old and up)**  
Must have passed Polar Bear , Salamander and age appropriate, or test out. Will learn paddling, floating, kicking and breathing techniques.  
**Penguin (Y3—for ages 6 year old and up)**  
Must have passed Walrus, Turtle/Fish and age appropriate, or test out. Will learn front and back crawl, elementary backstroke and develop endurance.  
**Otter (Y4-for ages 6 year old and up)**  
Must have passed Penguin or test out. Refines and expands stroke proficiency; gains endurance, and learns open turns.  
**Seal (Y5—for ages 6 year old and up)**  
Must have passed Otter or test out. Increases endurance. Begins preparation for swim teams, flip turns, lifeguarding and general water skills.  
**Dolphin (Y6-for ages 6 year old and up )**  
Must have passed Seal or test out. Blends strokes, practices for specific events. Increases endurance and lung capacity. Prepares for swim teams, may demonstrate to younger age groups.  
**Shark (Y7- for ages 6 year old and up)**  
Must have passed Dolphin or test out. Increases distance and endurance. Challenged weekly with various swim workouts.

**\*Please be aware classes will be added as indicated by our wait lists.**

**\*\*All class times are subject to change based on enrollment.**

## REGISTRATION FORM CHILDREN'S GROUP SWIM SUMMER 2017

*No group lessons Monday, July 3rd and Tuesday, July 4th*

Indicate session number & dates below:

Session: \_\_\_\_\_ Dates: \_\_\_\_\_

Are you a current member of HFC ? Yes No

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Participant Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Child's DOB: \_\_\_\_\_ Level: \_\_\_\_\_

Day: \_\_\_\_\_ Time: \_\_\_\_\_

**1st Choice**

Day: \_\_\_\_\_ Time: \_\_\_\_\_

**2nd Choice**

Wait List? Yes No (Recommended)

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Participant Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Child's DOB: \_\_\_\_\_ Level: \_\_\_\_\_

Day: \_\_\_\_\_ Time: \_\_\_\_\_

**1st Choice**

Day: \_\_\_\_\_ Time: \_\_\_\_\_

**2nd Choice**

Wait List? Yes No (Recommended)

**MUST COMPLETE OTHER SIDE**

**Method of Payment:**

Cash Check #: \_\_\_\_\_

House Charge ~ Account # \_\_\_\_\_

Visa / MC: \_\_\_\_\_

Exp. Date: \_\_\_\_\_

Staff Initials: \_\_\_\_\_ Date: \_\_\_\_\_

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