

PARTICIPATION WAIVER

Please read and sign the waiver below.

You acknowledge that your attendance at or use of the Health & Fitness Center (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 program enrollment at HFC, you hereby assume all risks of injury which may result from or arise out of your attendance 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 of Lake Forest Hospital and their respective officers, directors, employees, agents, successors and assigns, and each of them collectively (collectively the "Releases"), from any and all claims, damages, demands, rights or 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 release and discharge the Releases from any and all liability for any loss or theft of, or damage to, personal property. You acknowledge that you have carefully read this waiver and release and fully understand that it is a waiver and release of liability.

By signing below you acknowledge that you have read and fully understand this waiver and release. This waiver shall be binding on you, your spouse, your children, legal representatives, heirs, successors and assigns.

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.**

M/W and T/TH classes are meeting 6 times, twice a week, for 3 week. WED Parent/Tot class meets 8 times, once a week for 9 weeks, no class July 4th. SAT. class meets 9 times over 10 weeks, no class July 7th.

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.

During registration weeks the front desk will have a list of where to register your child for the next session of lessons.

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.


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Health & Fitness Center


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SUMMER SWIM LESSONS SESSIONS IV - VI 2018



Member Registration Dates:

Session IV May 30th

Session V June 27th

Session VI July 18th

Non-Member Registration Dates:

Session IV June 2nd

Session V June 30th

Session VI July 21st

Session dates for

Mon/Wed and Tues/Thurs classes:

Session IV June 11th-June 28th

Wednesday Parent-Tot:

Session IV June 13th-August 8th

Saturday:

Session IV June 16th- August 18th

Mon/Wed and Tues/Thurs classes:

Session V July 9th-July 26th

Session VI July 30th-August 16th

No group lessons the week of July 2nd -July 7th.

Mail, fax or drop off
registration and payment to:
**HEALTH & FITNESS CENTER
3098 FALLING WATERS BLVD.
LINDENHURST, IL 60046
Fax# 847-535-7599**

CLASS DESCRIPTIONS

PARENT AND TOT (6-36 MOS.)
Register by age. Child and one parent experience water exploration, developmental skills and safety.

P1-P4 for ages 3 to 5 yrs. old
Frog (P1—3-5 YR. OLD)
First level without parent. For beginning swimmers /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.

Y1—Y6 for ages 6 year old and up
Polar Bear (Y1)
For beginning swimmers. No prior swimming lesson experience necessary.
Walrus (Y2)
Must have passed Polar Bear, Salamander and age appropriate, or test out. Will learn paddling, floating, kicking and breathing techniques.
Penguin (Y3)
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)
Must have passed Penguin or test out. Refines and expands stroke proficiency; gains endurance, and learns open turns.
Seal (Y5)
Must have passed Otter or test out. Increases endurance. Begins preparation for swim teams, flip turns, life guarding and general water skills.
Dolphin (Y6)
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)
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.**

CLASS LEVELS

M/W and T/TH classes are meeting 6 times for 3 weeks.
Wednesday's Parent/Tot class meets 8 times for 9 weeks.
Saturday only classes meet 9 times for 10 weeks.
No group lessons the week of July 2nd to July 7th

Parent and Tot - Ages 6 months to 36 months

Date	Day	Time	M/NM
6/13-8/8	WED	5:30-6:00 PM	\$80/120
6/16-8/18	SAT	10:45-11:15 AM	\$90/135

Preschool - Ages 3 to 5 years old

Date	Day	Time	M/NM
6/11-6/27	M/W	3:30-4:00 PM	\$60/90
6/12-6/28	T/TH	10:30-11:00 AM	\$60/90
6/16-8/18	SAT	10:30-11:00 AM	\$90/135
Session V			
Date	Day	Time	M/NM
7/9-7/25	M/W	3:30-4:00 PM	\$60/90
7/10-7/26	T/TH	10:30-11:00 AM	\$60/90
Session VI			
Date	Day	Time	M/NM
7/30-8/15	M/W	3:30-4:00 PM	\$60/90
7/31-8/16	T/TH	10:30-11:00 AM	\$60/90

Salamander

Date	Day	Time	M/NM
6/11-6/27	M/W	4:00-4:30 PM	\$60/90
6/12-6/28	T/TH	11:00-11:30 AM	\$60/90
6/16-8/18	SAT	11:15-11:45 AM	\$90/135
Session V			
Date	Day	Time	M/NM
7/9-7/25	M/W	4:00-4:30 PM	\$60/90
7/10-7/26	T/TH	11:00-11:30 AM	\$60/90
Session VI			
Date	Day	Time	M/NM
7/30-8/15	M/W	4:00-4:30 PM	\$60/90
7/31-8/16	T/TH	11:00-11:30 AM	\$60/90

Turtle/FISH

Date	Day	Time	M/NM
6/11-6/27	M/W	4:00-4:30 PM	\$60/90
6/12-6/28	T/TH	11:00 -11:30 AM	\$60/90
6/16-8/18	SAT	11:30 AM—12:00 PM	\$90-135
Session V			
Date	Day	Time	M/NM
7/9-7/25	M/W	4:00-4:30 PM	\$60/90
7/10-7/26	T/TH	11:00-11:30 AM	\$60/90
Session VI			
Date	Day	Time	M/NM
7/30-8/15	M/W	4:00-4:30 PM	\$60/90
7/31-8/16	T/TH	11:00-11:30 AM	\$60/90

****All class times are subject to change.**

Youth - Ages 6 years old and up

Polar Bear

Date	Day	Time	M/NM
6/11-6/27	M/W	4:30-5:00 PM	\$60/90
6/12-6/28	T/TH	10:30-11:00 AM	\$60/90
6/16-8/18	SAT	11:00-11:30 AM	\$90/135

Session V

Date	Day	Time	M/NM
7/9-7/25	M/W	4:30-5:00 PM	\$60/90
7/10-7/26	T/TH	10:30-11:00 AM	\$60/90

Session VI

Date	Day	Time	M/NM
7/30-8/15	M/W	4:30-5:00 PM	\$60/90
7/31-8/16	T/TH	10:30-11:00 AM	\$60/90

Walrus

Date	Day	Time	M/NM
6/11-6/27	M/W	4:30-5:00 PM	\$60/90
6/12-6/28	T/TH	11:00-11:30 AM	\$60/90
6/16-8/18	SAT	11:30 AM-12:00 PM	\$90-135

Session V

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Session VI

Date	Day	Time	M/NM
7/30-8/15	M/W	4:30-5:00 PM	\$60/90
7/31-8/16	T/TH	11:00-11:30 AM	\$60/90

Penguin

Date	Day	Time	M/NM
6/11-6/27	M/W	4:00-4:30 PM	\$60/90
6/12-6/28	T/TH	11:30 AM-12:00 PM	\$60/90
6/16-8/18	SAT	10:45-11:15 AM	\$90-135

Session V

Date	Day	Time	M/NM
7/9-7/25	M/W	4:00-4:30 PM	\$60/90
7/10-7/26	T/TH	11:30 AM-12:00 PM	\$60/90

Session VI

Date	Day	Time	M/NM
7/30-8/15	M/W	4:00-4:30 PM	\$60/90
7/31-8/16	T/TH	11:30 AM-12:00 PM	\$60/90

Otter/Seal/DOLPHIN/SHARK

Date	Day	Time	M/NM
6/11-6/27	M/W	4:30-5:00 PM	\$60/90
6/12-6/28	T/TH	11:30 AM -12:00 PM	\$60/90
6/16-8/18	SAT	11:15-11:45 AM	\$90-135

Session V

Date	Day	Time	M/NM
7/9-7/25	M/W	4:30-5:00 PM	\$60/90
7/10-7/26	T/TH	11:30 AM-12:00 PM	\$60/90

Session VI

Date	Day	Time	M/NM
7/30-8/15	M/W	4:30-5:00 PM	\$60/90
7/31-8/16	T/TH	11:30 AM-12:00 PM	\$60/90

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

REGISTRATION FORM CHILDREN'S GROUP SWIM SUMMER 2018

No group lessons week of July 2nd -7th.
Indicate session and dates below:

Session: _____ Dates: _____

Are you a current member of HFC ? Yes No

Participant Name: _____

Phone Number: _____

Child's DOB: _____ Level: _____

Day: _____ Time: _____

1st Choice

Day: _____ Time: _____

2nd Choice

Wait List? Yes No (Recommended)

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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