

Ridgewood Pool Stroke Development Clinic

May 27th-June 5th 2008 8 sessions
Tuesday-Friday, Week One Monday-Thursday, Week Two

8-10 year olds 5:00-6:00pm
11-14's 6:05-7:05pm

***** Swim Team Experience required *****

Ridgewood's successful Swim Team Staff will conduct a two-week stroke development and start/turn clinic the two weeks before swim team starts. This clinic will review competitive techniques, sharpen present stroke proficiency and include starts and turns for all strokes. It's a great way to get in shape for swim team!

Only \$40.00 for Ridgewood Members, \$60.00 for Non-Ridgewood Members

Clinic will be held in inclement weather. No refunds or makeup for weather related cancellations.
Maximum number of participants: 40 swimmers/session.

Please fill out form below and enclose with your membership registration.
Additional forms for non-Ridgewood members are available on request.

2008 Stroke Development Clinic enrollment form (include with registration materials and fee payment):

Swimmer(s):

Circle Session Time

Name _____ Age _____ Session 5:00 or 6:05

Name _____ Age _____ Session 5:00 or 6:05

Name _____ Age _____ Session 5:00 or 6:05

Address _____

Ridgewood Member ____ yes, \$40.00 per swimmer ____ no, \$60.00 per swimmer

Total enclosed for Stroke Development Clinic _____

Please also sign waiver on the back of this form.

Questions? Please call Lori Henry, 277-9713

Stroke Clinic Waiver:

I, the undersigned, hereby acknowledge that I am familiar with the risks and dangers inherent in the activity of competitive swimming and related training. I hereby grant permission for my child/ward to participate in the Stroke Development Clinic. I agree to hold Ridgewood Pool, its officers, agents and employees, both individually and in official capacity, harmless from any liability for injury or damage to person or property as a result of my child/ward's participation in this activity. I hereby agree that the person supervising the activity may, without further permission, take whatever steps he or she deems necessary in case of injury, including obtaining emergency medical or dental care, and to hold Ridgewood Pool, its officers, agents and employees harmless from liability in connection therewith as above specified.

Parent/Legal Guardian Signature

Date _____