

## THE ADIRONDACK CLUB RELEASE

- BY ENROLLING IN SWIM SCHOOL, I HEREBY REPRESENT TO THE ADIRONDACK CLUB, ITS AFFILIATED SHAREHOLDERS, PARTNERS, OFFICERS AGENTS, SERVANTS, EMPLOYEES, AND REPRESENTATIVES (COLLECTIVELY THE ADIRONDACK CLUB) THAT THE PARTICIPANT IS IN GOOD PHYSICAL CONDITION AND IS ABLE TO SAFELY PARTICIPATE IN THE ADIRONDACK CLUB PROGRAMMING.
- I ACKNOWLEDGE THAT THE ADIRONDACK CLUB URGES EVERY PARTICIPANT TO HAVE A MEDICAL CHECK-UP BEFORE PARTICIPATING IN ANY ADIRONDACK CLUB PROGRAMS. I APPRECIATE THE DANGER OF PHYSICAL STRESS, STRAIN, OR INJURY AND ASSUME WHATEVER RISK IS INVOLVED AS A RESULT OF THE PARTICIPANT'S USE OF THE FACILITIES, EQUIPMENT, OR SERVICES OF THE ADIRONDACK CLUB.
- I HEREBY RELEASE AND HOLD THE ADIRONDACK CLUB HARMLESS FROM AND AGAINST ANY AND ALL CLAIMS, LIABILITY, LOSS, DAMAGE, OR INJURY SUSTAINED OR INCURRED IN CONNECTION WITH THE PARTICIPANT'S USE OF THE FACILITIES, EQUIPMENT, OR SERVICES OF THE ADIRONDACK CLUB, AND WAIVE ANY AND ALL CLAIMS AGAINST THE ADIRONDACK CLUB FROM ANY DAMAGE OR LIABILITY RESULTING FROM OR IN THE CONNECTION WITH SUCH USE, EXCEPTING SUCH DAMAGE WHICH MAY BE CAUSED BY THE ADIRONDACK CLUB NEGLIGENCE.
- I HEREBY GRANT THE ADIRONDACK CLUB CONSENT AND PERMISSION TO USE THE PARTICIPANT'S NAME, PORTRAIT, IMAGE, STATEMENTS AND COMMENTS AND TO COPYRIGHT, USE AND PUBLISH THE SAME IN WHOLE OR IN PART, IN ANY MEDIA FOR PURPOSES RELATING TO THE BUSINESS AND ACTIVITIES OF THE ADIRONDACK CLUB, INCLUDING TRADE OR ADVERTISING. I HEREBY RELEASE AND DISCHARGE THE ADIRONDACK CLUB FROM ANY CLAIMS OR DEMANDS ARISING OUT OF OR IN CONNECTION WITH SUCH USES, INCLUDING BUT NOT LIMITED TO ANY AND ALL CLAIMS FOR LIBEL OR INVASION OF PRIVACY.
- I UNDERSTAND AND AGREE THAT THE PROGRAM IS NOT A THERAPY PROGRAM, NOR SHOULD IT SUBSTITUTE FOR MEDICAL TREATMENT. THIS RELEASE, WAIVER AND CONSENT SHALL BE BINDING



# ADIRONDACK SWIM SCHOOL FALL 2019 SESSION 2



TEACHING OUR  
COMMUNITY TO SWIM  
SINCE 2001!

NOVEMBER 3<sup>RD</sup>  
THROUGH  
DECEMBER 21<sup>ST</sup>  
(6 WEEKS)

NO CLASSES 11/24-11/30



The Adirondack Club is a proud provider of approved American Red Cross Swim instruction. All of our swim instructors are American Red Cross Water Safety certified.

## SWIM SCHOOL POLICES

- All classes are 30 minutes long.
- **There are NO make-up classes for holidays, illness, or personal vacation.**
- The Adirondack Club reserves the right to close the pool to free swim according to programming size.
- **Non-members are not permitted to swim recreationally before or after their swim lesson.**
- If The Adirondack Club cancels class, the make-up will be determined by the Aquatics Director.
- Program credit, **NOT A REFUND**, will be issued with a doctor's note if 50% or more of the classes are missed due to illness.
- There must be a minimum of 3 students for a group class to be held.
- Your completed registration form and payment confirms your students' spot in class.
- **You will only be contacted if there is not room in the class you requested.**

Our group classes are designed to produce skilled, confident and happy swimmers with a low student to instructor ratio:

- Pre-School, Level 1 and Level 2 have a maximum of 4 students
- Level 3 has a maximum of 5 students
- Levels 4-6 have a maximum of 6 Students

We also offer private and semi-private swim lessons for all ages. Each lesson is 30 minutes and can be scheduled at your convenience provided we have pool space and an instructor available.

## PRIVATE LESSONS

PACKAGE OPTION	MEMBER	NON-MEMBER
12 LESSONS	\$399	\$499
8 LESSONS	\$289	\$369
4 LESSONS	\$159	\$199
SINGLE LESSON	\$42	\$52

## SEMI-PRIVATE LESSONS

PACKAGE OPTION	MEMBER	NON-MEMBER
12 LESSONS	\$229	\$299
8 LESSONS	\$169	\$219
4 LESSONS	\$99	\$129
SINGLE LESSON	\$25	\$35

\*SEMI-PRIVATE PRICE REFERS TO PRICE/CHILD  
\*2 STUDENTS : 1 INSTRUCTOR

\*MEMBER REFERS TO THE STUDENT NOT THE PARENT\*  
\*NO CLASSES WILL TAKE PLACE DURING THANKSGIVING WEEK NOV 24<sup>TH</sup> - NOV 30<sup>TH</sup>\*

## CLASS DESCRIPTIONS:

### PARENT & CHILD

This class is designed for students ages 6 months and up and the goal is to get the child comfortable in the water with their parent. Basic skills will be introduced: blowing bubbles, floating on front and back with support and submerging underwater. Games, songs and group activities make the class a fun and educational experience.

### PRE-SCHOOL AQUATICS

Pre-school is designed for students who are ready to have fun while learning skills without their parent in the water. Front and back floating with support, submerging mouth and face while blowing bubbles and kicking and scooping using combined arm and leg actions with support are some of the skills that will be introduced.

### LEVEL 1: INTRODUCTION TO WATER SKILLS

For students who are comfortable entering and exiting the water independently.  
Students should be able to use the barbell independently and glide on their front for at least 2 body lengths and roll to their back with assistance.

### LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

Students are able to swim on their front for a few body lengths using both arms and legs, are comfortable getting in to the back float position and can jump in from the side to the instructor. Students will be introduced to back floats, changing direction while swimming, treading water and basic water safety skills.

PRE-SCHOOL, LEVEL 1,  
AND LEVEL 2 CLASSES  
HAVE A MAX OF  
4 STUDENTS PER CLASS.

### LEVEL 3: STROKE DEVELOPMENT

For students who are swimming at least half the length of the pool independently on their front and back and can tread water. Students will be introduced to the coordination of arms, legs and breathing for the front crawl, will continue to work on the back crawl and elementary backstroke (for approximately 15 yards) and will begin the basics of the breaststroke.

### LEVEL 4: STROKE IMPROVEMENT

Students should be able to swim the front crawl, back crawl and elementary backstroke for one length of the pool. Students will be introduced to work on diving, the butterfly and will continue to refine the breaststroke. Strokes will be refined at this level and we will continue to build endurance.

### LEVEL 5: STROKE REFINEMENT

In Level 5, students will refine their performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and side stroke) and increase their distances. Survival skills are introduced as well as flip turns on their front and back.

### LEVEL 6: SWIMMING AND SKILL PROFICIENCY

The objective for Level 6 is to refine strokes so students swim them with more ease, efficiency, power, and smoothness over greater distances. Level 6 will focus on: personal water safety, fundamentals of diving and fitness swimming.



## FALL 2019 CLASS OFFERINGS:

### PARENT & CHILD

SUNDAY	9:00
MONDAY	10:00
SATURDAY	10:00

### PRESCHOOL

SUNDAY	9:30
MONDAY	5:00
TUESDAY	10:00 3:30
WEDNESDAY	9:00 10:00
THURSDAY	9:00
SATURDAY	9:00 9:30

### LEVEL 1

SUNDAY	9:00	10:30
MONDAY	4:00	5:30
TUESDAY	9:00	5:30
WEDNESDAY	10:00	4:30
THURSDAY	4:00	
SATURDAY	9:00	10:30

### LEVEL 2

SUNDAY	9:00	10:00
MONDAY	4:00	4:30
TUESDAY	9:30	4:00
WEDNESDAY	10:30	
THURSDAY	10:30	4:00 5:00
SATURDAY	9:30	10:00

### LEVEL 3

SUNDAY	9:30	10:30
MONDAY	4:30	5:00
TUESDAY	5:00	
WEDNESDAY	4:00	
THURSDAY	4:30	
SATURDAY	9:30	10:30

### LEVEL 4

SUN:	10:00
WED:	5:00
SAT:	9:00

### LEVEL 5

SUN:	10:30
WED:	3:30

### LEVEL 6

SAT:	10:30
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## SESSION RATES

* MEMBER -	\$99
* NON MEMBER -	\$138

## SIGN UP ONLINE AT ADIRONDACKCLUB.COM MEMBERS

- Use your login info
  - If your online account has not been set up, please call us to email your account specific login information
- ### NON MEMBERS
- Log-in or Choose "Create a Non- Member Account" This is your information not your child's information.
  - On the Account Information Page, please click "Add a Sub Member" This is where your child's account will be created. It is in the lower right area and if you don't complete this step you will be enrolling yourself in Swim School
  - If you receive an error message "The email address you entered is already associated with an account in our system", please call for assistance.

ONCE YOUR ONLINE ACCOUNT HAS BEEN SET UP, YOU CAN DOWNLOAD THE NEW ADIRONDACK CLUB\* APP AND EASILY SIGN UP THROUGH THE APP.

**NEED HELP?**  
**CALL US AT 508-541-1400**

**CONTACT THE AQUATICS DIRECTOR**

**ASHLEY DAVEY**  
ADAVEY@ADIRONDACKCLUB.COM