



Get Ready with Jr. Guard Prep & Conditioning

Jr. Guard Prep is a swim class designed to re-fine and improve the skills needed to pass the requirements for Jr. Guards testing and recondition those returning to the JR Guard program. Skills taught will include stroke technique, stroke efficiency, rotary breathing, sculling (for treading), breath control, pacing and underwater swimming. Students will also prep for the test by rehearsing in class!

Please note: This is not a swim lesson. All participants must already know how to swim freestyle for a min of 50 yards (two lengths).

Classes meet once per week on your selected day (Tue,Thurs or Sat) for 4 consecutive weeks.
No make-ups or pro-rated fees.

Class date:	Session 1: Tue Mar 26-April23 Thurs Mar 28-April 25 Sat Mar 30-April 27 (No class April 8-15)	Session 2: Tue April 30-May 21 Thurs May 2 –May 23 Sat May 4-May 25	Session 3: TBD
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Class day/time: Tuesday 7:20-8:00pm, Thurs 7:20-8:00pm or Sat 11:10-11:50 am

Class fee: \$75 for 4x40min classes Checks payable to Jody Prior

Class location: Carlsbad Boys and Girls Club (3115 Roosevelt Ave - In the Village)

Please fill out the portion below and return with payment and waiver to reserve a spot. **Please write legibly.**

Email inquiries to jody-waterwiseswimschool@cox.net or Phone: 760 310 4088

You will be notified via email of class enrollment.

Print Clearly and Return the Form Below

Make check payable to Jody Prior and Mail to 2456 Sarbonne Dr, Oceanside, Ca 92054. OR
Email form and Venmo @ Jody-Prior

Child Name: _____ Age: _____ Birth Date _____

Parent Name: _____

School: _____ Grade: _____

Email Address: _____ Phone: _____

Session Selection 1 _____ 2 _____

Class Day: Tuesday 7:20pm _____ Thursday 7:20 PM _____ Saturday 11:10 am _____

Participants must be able to swim 2 lengths of the pool freestyle (front crawl) and be between the ages of 8 and 16 to participate.



WATER WISE SWIM SCHOOL
760-216-SWIM
www.waterwiseswimschool.com
waterwiseswimschool@cox.net

RELEASE OF LIABILITY -- READ BEFORE SIGNING

In consideration of being allowed to participate in any way in the Water Wise Swim School program, its related events and activities, I, _____, the undersigned, acknowledge, appreciate, and agree that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the Company immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE WATER WISE SWIM SCHOOL, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used for the activity ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT , FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

x _____ Age: _____ Date Signed: _____
PARTICIPANT'S SIGNATURE

FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE
(UNDER AGE 18 AT TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

x _____
PARENT/GUARDIAN'S SIGNATURE CHILD'S NAME
EMERG. PHONE # (s) : _____ Date Signed _____