

Learn-to-Swim @



Tadpoles Level 1- Water Skills and Safety (ages 3-5)



Preschool age beginners start breath holding and blowing bubbles while gaining arm stroke and kicking. Emphasizes water safety while having fun and gaining confidence

Minnows Level 2-Fundamental Aquatic Skills (ages 4-6)



Focus on front and back glide, breathing, freestyle, backstroke. Swimmers gain endurance and stroke skills

Manta- Level 3- Stroke Introduction (ages 5-9)*



Swimmers learn improved stroke mechanics and efficiency swimming longer distances, diving and swimming in deep water pre-swim team readiness**must be able to swim 15 yards unassisted and submerge head*

| Session | Days | Levels/Times | Cost | Class Max |
|--------------------------|-------------------|--|---|-----------|
| 1. June 12-28 | Mon/Wed | <p>Tadpoles 10:30-11:00</p> | \$90 | 4 |
| | | <p>Minnows 11:00-11:30</p> <p>Instructor: Morgan</p> | | |
| 2. July 9-July 25 | Tues/Thurs | <p>Tadpoles 5:30-6:00</p> | Non-member add \$15 | 4 |
| 3. July 30-Aug 15 | | <p>Minnows 6:00-6:30</p> <p>Instructor: Bethany</p> | | |
| | Mon/Wed | <p>Manta Ray 3:45-4:30</p> <p>Instructor: Morgan</p> | \$80 Non-member add \$15 | 8 |

Register ONLINE at ovac.caclubs.com
Or Return to the Front Desk

Medical Authorization and Consent to Treat Pursuant to California Family Code 6550 and 6910, I, _____, a parent or legal guardian having legal custody of the following minor child: _____, hereby authorize Ojai Valley Athletic Club, to consent to any X-ray examination (or similar examination such as by CAT/MRI scan), anesthetic, medical, dental, or surgical diagnosis or treatment and hospital care to be rendered to the minor children listed above under the general or special supervision of a qualified physician, surgeon, or dentist I agree to pay any and all costs for the foregoing. I have no knowledge of any physical or mental impairment that would affect the Participant's ability to participate in this activity.

DATE _____ SIGNATURE _____

Express Assumption of Risk Agreement and Release of Liability and Indemnity Agreement

I, the **Responsible Party**, on my own behalf, and behalf of all others who are listed as **Participants**, under this Agreement, including my unborn and/or minor children, and my and their personal representatives, assigns, successors, heirs, and next of kin, (hereafter collectively referred to as the "Participants"), acknowledge and agree that the use of the facilities, services, equipment or premises of Ojai Valley Athletic Club (the "Club") by any of the Participants involves risk of injury to persons and property, and the Participants assume full responsibility for such risks for myself/themselves. The Participants agree and acknowledge that I/they have entered into the Agreement for use of the Club's facilities, services, equipment, or premises primarily for recreational purposes and not to use any specific piece of equipment or training methodology. In consideration of being permitted to enter the Club's facilities for any purpose, including, but not limited to observation, use of facilities, services, or equipment, or participation in any way, the Participants agree to the following: the Participants are authorized to, and do hereby release and hold the Club, its and their directors, shareholders, officers, parents, subsidiaries, employees, members, managers, independent contractors, and agents harmless from all liability to all the Participants, and any of my/their personal representatives, assigns, heirs, and next of kin from any loss or damage sustained by any of the Participants. The Participants hereby waive any claim or demands therefore based on, or on account of, any injury or death to any of the Participants and property damages sustained by any of the Participants, whether caused by the active or passive negligence of the Club or otherwise, while any of the Participants is in, upon, or about the Club's premises, or while using the Club's facilities, services, or equipment or while participating in any Club activity at any location.

This Express Assumption of Risk Agreement and Release of Liability and Indemnity Agreement (the "Release"), includes, but is not limited to, claims based on the following: the Club's improper maintenance of its equipment (mechanical or otherwise), grounds or facilities, negligent instruction or supervision, including personal training, or inadequate security or staffing, the Participant's use of the Club's facilities, services, or equipment, and/or slipping or tripping anywhere in or about the Club or any location in which the Club operates, including, but not limited to public facilities. Such facilities include, but are not limited to: exercise equipment, exercise rooms, weight rooms, locker rooms, sidewalks, parking lots, stairs, pools, whirlpools, spas, saunas, tennis courts or lobby area. Such risk of injury includes, but is not limited to injuries arising from the participation by any of the Participants, or others in supervised or unsupervised activities at the Club, injuries and medical disorders, including, but not limited to death, heart attacks, strokes, heat stress, sprains, broken bones, and injured muscles and ligaments, among others, arising from exercising, any recreational use of any of the Club's facilities, or otherwise, or while participating in any of the Club's programs, classes, or activities, and accidental injuries occurring anywhere in or about the Club, including its dressing rooms, showers and other facilities.

The Participants also agree to indemnify and hold the Club harmless from any loss, liability, damage or cost that the Club may incur due to the presence of any of the Participants in, upon, or about the Club's premises or in any way observing or using any of the Club's facilities, services or equipment, whether caused by a Participant's negligence or otherwise. The Participants further expressly agree that the Release is intended to be as broad and as inclusive as permitted by the law of the state of California, and that if any portion of the foregoing Release is held invalid by a court of law, then that portion shall be deemed stricken and it is agreed that the remainder of the Release shall continue in full force and effect without the invalid portion.

On behalf of the Participants, I acknowledge that I have carefully read this Release and fully understand that it is a release of liability, and express assumption of risk and indemnity agreement. I am aware and agree that by executing this Release, I, and all of the Participants are giving up any rights I or any and all of the Participants may have to bring a legal action or assert a claim against the Club for its active or passive negligence, or for any defective product of its premises.

I represent that I have the actual authority to, and do hereby enter into this Release on my behalf and as an authorized agent, or parent or legal guardian for all of the Participants. I have read and voluntarily signed this Release and I further agree that no oral representatives, statements or inducement apart from the foregoing Release have been made to me.

Responsible Party Signature

Date