

# Registration Form

Swimmer Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_  
 State \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Home Phone \_\_\_\_\_  
 Emergency Phone \_\_\_\_\_  
 Age \_\_\_\_ Email \_\_\_\_\_

(Check one box under the selections you would like)

## Session

- Tuesday/Thursday, Sept. 13 - Oct. 13
- Tuesday/Thursday Oct. 18 - Nov. 17
- Saturdays, Sept. 17 - Nov. 19

## Class

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| <input type="checkbox"/> CubCats 1 | <input type="checkbox"/> Level 2  |
| <input type="checkbox"/> CubCats 2 | <input type="checkbox"/> Level 3  |
| <input type="checkbox"/> Level 1   | <input type="checkbox"/> Pre Comp |

## Time

Tuesday/Thursday

- 5:00 pm - 5:30 pm
- 5:30 pm - 6:00 pm

Saturdays

- 11:00 am - 11:30 am
- 11:30 am - 12:00 pm
- 12:00 pm - 12:30 pm
- 11:00 am - 11:45 am
- 11:45 am - 12:30 pm

**Space is limited and classes are filled on a first come first serve basis.**

**Register by Sept. 2nd to reserve your spot.**

Fees should be paid ahead of time by sending a check or cash, registration and signed liability waiver..

Mail this form, signed release, and fees to:

Willamette Swim School  
 c/o Leslie Shevlin  
 900 State St.  
 Salem, OR 97301  
 (503) 370-6601

[lshevlin@willamette.edu](mailto:lshevlin@willamette.edu)

## SCHEDULES

### CubCats 1 and 2

<u>Tuesday/Thursday</u>	<u>Saturdays</u>
<u>Sept.13 - Oct 13</u>	<u>Sept. 17 - Nov 19*</u>
<b>CC 1)</b> 5:30– 6:00 pm	<b>CC1, CC2</b>
<b>CC 2)</b> 5:00 - 5:30 pm	11:00 am - 11:30 am
<u>Oct. 18 - Nov. 17</u>	11:30 am - 12:00 pm
<b>CC 1)</b> 5:30 - 6:00 pm	12:00 pm - 12:30 pm
<b>CC 2)</b> 5:00 - 5:30 pm	

### School Age Level 1, 2, 3 and Pre Comp

<u>Tuesday/Thursday</u>	<u>Saturdays</u>
<u>Sept.13 - Oct 13</u>	<u>Sept. 17 - Nov 19*</u>
<b>Lv. 1)</b> 5:00 - 5:30 pm	<b>Lv. 1)</b> 11:00 - 11:30 am
<b>Lv. 2)</b> 5:00 - 5:30 pm	11:30 am - 12:00 pm
5:30 - 6:00 pm	12:00 pm - 12:30 pm
<b>Lv. 3)</b> 5:30 - 6:00 pm	<b>Lv. 2)</b> 11:00 - 11:30 am
<u>Oct. 18 - Nov. 17</u>	11:30 am - 12:00 pm
<b>Lv. 1)</b> 5:00 - 5:30 pm	12:00 pm - 12:30 pm
<b>Lv. 2)</b> 5:00 - 5:30 pm	<b>Lv. 3)</b> 11:00 - 11:45 am
5:30 - 6:00 pm	11:45 am - 12:30 pm
<b>Lv. 3)</b> 5:30 - 6:00 pm	<b>Pre Comp)</b>
	11:00 am - 11:45 am
	11:45 am - 12:30 pm

**There is No Class on October 8th or November 12th.**

## CLASS TUITION

<u>Tuesday / Thursday</u>	<u>Saturdays</u>
<b>CC1 CC2 - \$60</b>	<b>CC1, CC2 - \$50</b>
10, 30 Min. Lessons	8, 30 Min. Lessons
<b>Lv. 1, 2, 3 - \$60</b>	<b>Lv. 1, 2 - \$50</b>
10, 30 Min. Lessons	8, 30 Min. Lessons
	<b>Lv. 3, Pre Comp. - \$60</b>
	8, 45 Min. Lessons

**Willamette Swim School also offers private lessons.**

**30 Minutes for \$20**

**Or**

**5 Lessons for \$75**

Parking at Willamette University is free for these sessions.



2011 WILLAMETTE SWIM SCHOOL

Willamette University Pool  
 Sparks Center  
 900 State Street  
 Salem, OR 97301

## Fall Sessions

Tuesdays and Thursdays, Sept. 13th - Nov. 17th.  
 Saturdays Sept.17th - Nov. 19th.



## PURPOSE

The purpose of the Willamette Swim School is to provide quality stroke instruction to your child with the utmost regard for water safety and current ability. We accomplish this task by providing experienced instructors, fun, well-prepared classes for your child and goals so that they may progress their skills.

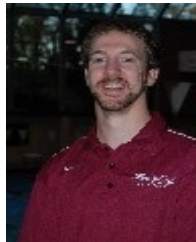
## WILLAMETTE UNIVERSITY AQUATICS

Willamette University Aquatics consists of the Willamette University Varsity Swim Team and the Bearcat Swim Club.



Leslie Shevlin is entering her 3rd year as the Director of the Willamette Swim School and Head Coach of the University swim team. The Willamette University Bearcats are a group of student-athletes who are committed excellence in the classroom as well as the pool.

Tim LaDuke is the Assistant Director of the Willamette Swim School and an assistant coach at the Bearcat Swim Club. BRSC is a USA Swim Club that is dedicated to providing opportunity and encouragement to all of its swimmers. Along with his coaching experience, Tim brings 12 years of lesson instruction and management to the Willamette Swim School.



## CLASS DESCRIPTIONS

**Parent/Toddler:** Developed for children 6 months to 3 years of age, *Parent and Toddler Aquatics* builds swimming readiness by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more.

### CubCats Preschool lessons (Ages 3-5)

**CubCats Level 1:** An entry level class for our young swimmers. Instructors teach basic water skills while emphasizing pool safety and fun. Skills include safe pool entry and exit, blowing bubbles, bobs, and floating on both front and back. These classes are taught with no more than 3 students per teacher.

**CubCats Level 2:** Building off the skills taught in Cubcat 1, students learn to glide and kick on their back and front. This class may also teach freestyle arms, backstroke arms, beginning side breathing and jumping into deep water and swimming to safety. Classes are taught with no more than 3 students per instructor.

### School Age Lessons (Ages 6 and up)

**Level 1:** An introductory class for novices. Skills taught include back and front float, breath holding, exhaling in water, front and back, sculling, kicking and water safety and respect. These classes are taught with no more than 4 students per teacher.

**Level 2:** Skills taught: kicking on back and front, rhythmic breathing, full arm movements for freestyle and backstroke (for 10-15 yards). Possible Skills Included: breaststroke kick, elementary backstroke, survival floating and preliminary flip turn and diving skills. These Classes are taught with no more than 4 students per teacher

**Level 3:** Continues to develop stroke technique for freestyle and backstroke, teach proper movements for breaststroke and butterfly and flip turn and diving skills. These classes are taught with no more than 5 students per teacher.

**Pre-Competitive:** Teaches competitive techniques for all four strokes using various drills and equipment. Continues to teach appropriate turns and starts. This is an excellent precursor to joining the Bearcat Swim Club.

## LIABILITY WAIVER, RISK AND INDEMNITY

**Waiver:** In consideration of being able to participate in any way in Willamette University's Swim School, I, for myself, my heirs, personal representatives or assigns, do hereby release, discharge, waive, and covenant not to sue the Willamette University, doing business as Swim School, its board, officers, employees and agents from liability from any and all claims on Willamette University and Swim School, its board, officers, employees, and agents, resulting in personal injury, accidents or illnesses (including death) and property loss arising from, but not limited to participation in Willamette University's Swim School. Assumption of Risks: Participation in Willamette University's Swim School carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The specific risks range from 1) minor injuries such as scratches, bruises, and sprains to 2) major injuries such as eye injury or loss of sight, joint or back injuries, heart attacks, and concussions to 3) catastrophic injuries including paralysis and death. I have read the previous paragraph and I know, understand, and appreciate the repercussions of these and other risks inherent in Willamette University's Swim School. I hereby assert that participation is voluntary and that I knowingly assume all such risks. Location-This waiver, assumption of risk and indemnity applies to any activity or action that takes place while being transported or located related to Willamette University's Swim School. This waiver, assumption of risk and indemnity is in effect at anytime myself, the participant, are present on campus or in any location associated with Willamette University's Swim School.

**Indemnification and Hold Harmless:** I also agree to INDEMNIFY and HOLD Willamette University and its Swim School HARMLESS from any and all claims, actions, suits, procedures, costs, expenses, damages, and liabilities, including attorneys fees brought as a result of involvement with the camp and to reimburse them for any such expenses incurred. Severability: The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the State of Oregon and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. **Acknowledge of Understanding:** I have read this waiver of liability, assumption of risk, and indemnity agreement, fully understand its terms, and understand that I am giving up substantial rights, including my right to sue. I acknowledge that I am signing the agreement freely and voluntarily and my signature is a complete and unconditional release of all liability to the greatest extent of the law.

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Parent/Guardian Signature and Date