



RICHARD E. WORKMAN
Sports & Wellness
Complex

Swim Lessons with Alyssa

Participant Name _____ Age _____ Birthdate _____

Parent/Guardian Name _____ Street Address _____

City _____ State _____ Zip _____ Daytime Phone _____

Cell Phone _____ Email Address _____

I _____ (Parent/Guardian) have enrolled _____ (Child's Name) in a program of strenuous physical activity, offered by The Workman Sports & Wellness Complex. I hereby affirm that I am or the above person is in good physical condition and does not suffer from any disability that would prevent or limit participation in this Youth program. In consideration of myself, my heirs and assigns, hereby release by the Workman Sports & Wellness Complex from any claims, demands, and causes of action arising from my or the above named person's participation in any of the above stated programs, and I hereby release The Workman Sports & Wellness Complex, from any liability now or in the future including but not limited to heart attacks, muscle strains, pulls, tears, broken bones, shin splints, heat prostration, knee, lower back, or foot injuries and any other illness, soreness or injury however caused occurring before, during or after participation in any other of the above stated programs offered at The Workman Sports & Wellness Complex or at any time, while in the vicinity of the premises of the above stated business, or in any activity sponsored, represented, or organized by The Workman Sports & Wellness Complex, for any reason. I agree that my child's picture or likeness can be represented and published in any by The Workman Sports & Wellness Complex. By signing, I hereby affirm that I have read and fully understand and agree with the above waiver.

Signature of Parent/ Guardian _____ Date _____

<u>Class:</u>	<u>Days:</u>	<u>Time:</u>	<u>Program Dates:</u>	<u>Fee: Member/Non-Member</u>
Parent/Tot	Mondays & Tuesdays	5:00 – 5:30pm	August 3 rd – 25 th	\$60.00/\$70.00
Level 1	Mondays & Tuesdays OR Thursdays & Fridays	5:30 – 6:00 pm	August 3 rd – 25 th August 6 th – 28 th	\$60.00 / \$70.00
Level 2	Mondays & Tuesdays OR Thursdays & Fridays	6:00 – 6:30 pm	August 3 rd – 25 th August 6 th – 28 th	\$60.00 / \$70.00
Level 3	Mondays & Tuesdays OR Thursdays & Fridays	6:30 – 7:00 pm	August 3 rd – 25 th August 6 th – 28 th	\$60.00 / \$70.00

***Please circle which day's work best for you and we will try to accommodate. Times are subject to change.**

***All classes will be capped at 5 swimmers. Registration is on a first come, first serve basis.**

***For more details or questions: contact Alyssa 217-690-3983**

For Office Use Only

Payment Method: Cash _____ Check _____ Credit Card _____ Amount _____
Date Paid _____ Processed _____ Employee Name _____

Level 1

This level is an introductory course. Participants will learn the basics of water safety and comfortability as well as assisted fundamentals...bobbing, going under water, jumping in and learning the proper use of arms and legs.

Level 2

This is an intermediate course. Swimmers should already know the basics and be comfortable going under water. Participants will learn how to float independently on front and back side as well as work on glides, crawls and kicks.

Level 3

This is an advance course. This course will focus on stroke development, breathing techniques, water treading and object retrieving.