

# **MASTERS/AEROBICS SWIM PROGRAM 2017 OLD FARM SWIM CLUB TOLLEFSON SWIMMING**

Swimmer Name \_\_\_\_\_

Address \_\_\_\_\_

Home or Cell Telephone \_\_\_\_\_

Emergency Contact Telephone \_\_\_\_\_

Email address \_\_\_\_\_

Tollefson Swimming is proud to offer Masters Swimming and Water Aerobics this year at The Old Farm Pool. Masters swimmers will swim between 1500 and 3500 meters of mostly freestyle during each ninety-minute workout Monday, Wednesday, and Friday 5:30-7:00 am June 12-August 11.

Water Aerobics on Sunday from 10:30 to 11:15 am and Aqua Zumba on Thursday from 8:00 to 8:45 pm begin June 18 and end August 6.

Masters fee for Old Farm members is \$190; for non-Old Farm members \$210.

Aerobics fee for Old Farm members is \$80; for non-Old Farm members \$95.

Zumba fee for Old Farm members is \$80; for non-Old Farm members \$95.

Combined Aerobic and Zumba fee is \$140 for members; \$160 for non-members.

Please make check payable to Tollefson Swimming.

I understand that participation in Tollefson Swimming activities is entirely voluntary. I understand that Tollefson Swimming activities may involve swimming and related pool activities. I know and understand the risks and dangers involved and I know and understand that unanticipated dangers might arise. I hereby release Tollefson Swimming from any responsibility for injury, which might occur as a result of participation in Tollefson Swimming activities. I give permission to authorized personnel to carry out such emergency diagnostic and therapeutic procedures as may be necessary for me and also permit such treatment procedures to be carried out at, and by the local hospital(s) for me in the event of an emergency. I understand that any medical expenses will be billed directly to me or my insurance company.

\_\_\_\_\_  
Adult participant signature

\_\_\_\_\_  
Date

Tollefson Swimming PO Box 366 Garrett Park, Maryland 20896 301-949-5136  
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