

MASTERS SWIM PROGRAM

OLD FARM SWIM CLUB

TOLLEFSON SWIMMING

SUMMER 2019

Swimmer Name _____

Address _____

Home or Cell Telephone _____

Emergency Contact Telephone _____

Email address _____

Tollefson Swimming is proud to offer Masters Swimming again this year at The Old Farm Pool. Swimmers will swim between 1500 and 3500 meters during each ninety-minute workout. Freestyle will be the primary stroke for conditioning; however, we will sometimes swim all four competitive strokes.

The Masters Program begins Monday, June 10 with 90-minute practices every Monday, Wednesday, and Friday morning from 5:30 to 7:00 am and ends Friday, August 30. In the event the pool is unavailable for any reason including weather, we will notify you by email and post information on our web site. Practice will be cancelled with no make-ups. The fee for Old Farm members is \$255; for non-Old Farm members \$290. 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

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