



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

PORPOISE CLUB 2011-2012

Porpoise Club is a unique swim training program that includes instruction in competitive swimming, such as stroke improvement, starts & turns, and speed and endurance training. It is excellent preparation for swim team. Participants should be able to swim at least one length on front and back and have a basic understanding of freestyle, backstroke and breaststroke. These skills will be tested on the first day and if they cannot be met, participants will be placed in the appropriate swim lesson level. It is recommended swimmers complete at least Minnow or Ray/Starfish level in swim lessons before participating in Porpoise Club. Ages 6 & Up. Registration ends the Friday before Porpoise Club starts on Monday. Registration is open for all months listed below. Late registrations will be charged a \$10.00 late fee.

Porpoise Club is offered monthly on Mondays & Wednesdays from 5:30 – 6:30 pm

*September 12 -28 1 day a week: \$20 Members \$45 Non-members 2 days a week: \$35 Members \$65 Non-members <u>Registration Code: Sep11 07AQSLPC</u>	February 6 – 29 1 day a week: \$30 Members \$55 Non-members 2 days a week: \$45 Members \$85 Non-members <u>Registration Code: Feb12 07AQSLPC</u>
October 3 - 26 1 day a week: \$30 Members \$55 Non-members 2 days a week: \$45 Members \$85 Non-members <u>Registration Code: Oct11 07AQSLPC</u>	March 1 - 28 1 day a week: \$30 Members \$55 Non-members 2 days a week: \$45 Members \$85 Non-members <u>Registration Code: Mar12 07AQSLPC</u>
*October 31 – November 16 1 day a week: \$20 Members \$45 Non-members 2 days a week: \$35 Members \$65 Non-members <u>Registration Code: Nov11 07AQSLPC</u>	*April 16 – May 2 1 day a week: \$20 Members \$45 Non-members 2 days a week: \$35 Members \$65 Non-members <u>Registration Code: Apr12 07AQSLPC</u>
January 9 – February 1 1 day a week: \$30 Members \$55 Non-members 2 days a week: \$45 Members \$85 Non-members <u>Registration Code: Jan11 07AQSLPC</u>	*May 7 - 23 1 day a week: \$20 Members \$45 Non-members 2 days a week: \$35 Members \$65 Non-members <u>Registration Code: May12 07AQSLPC</u>

*Some Porpoise Club sessions are shorter due to holidays and/or school breaks and sessions are priced accordingly. Please register at the Ragsdale YMCA front desk.

Porpoise Club Policies

A minimum of three participants is required to run a monthly session.

Showers are required before swimming.

In the event YMCA has to cancel a Porpoise club class during a regularly scheduled session; for any reason a voucher will be placed on your account, which will be good for one year at the Ragsdale YMCA. No makeup classes are given.

Porpoise Club is not offered in December or during the summer months.



PORPOISE CLUB REGISTRATION FORM

Circle Session: Sept Oct Nov Jan Feb Mar Apr May

Circle Days: Mon only Wed only Mon & Wed

Last Name: _____ First Name: _____ Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

Date of Birth: _____ Age: _____ Gender: Male Female Member or Potential Member

Email Address: _____ Important Medical Information: _____

Parent or Guardian Name: _____ Home #: _____ Work #: _____

Emergency Contact: _____ Home #: _____ Work #: _____

Ragsdale Porpoise Club Policies

1. A minimum of three students must register to hold a class.
2. Showers are required before swimming.
3. Cancellations will be done at the Aquatic Director's discretion.
4. In the event the YMCA cancels a class during a regularly scheduled session a voucher will be credited to you, which is good for one year. No refunds will be given.
6. In the event of thunder or lightning the pool will close until 30 minutes after the last sight of lightning and/or sound of thunder.
7. No Makeup classes are given. No refunds are given for illness, vacations, etc.

I have read and understand the porpoise club policies.

Signature of Participant or Parent/Legal Guardian: _____ Today's Date: ____/____/____

Release and Waiver of Legal Liability

THIS IS YOUR REALEASE AND WAIVER OF LIABILITY (the "Release"). You individually and/or on the behalf of any minor child, release the YMCA of Greensboro, Inc., its officers, directors, board members, employees, volunteers, agents, independent contractors, other participants and/or others acting on its behalf (collectively, "YMCA"). You agree that this Release is effective immediately. This is important to you and/or any minor children so do not sign until you have had your questions answered. You provide this Release freely, and without duress under the following terms:

1. GENERAL RELEASE: I hereby agree for myself and/or my child and our respective heirs, assigns and legal representatives, to indemnify, defend and hold YMCA and its officers, directors, board members, employees, volunteers, agents, independent contractors, other participants ("Releases") in the program harmless from any and all claim and causes of action of any nature for any and all personal injury or illness including death, which may occur to me and/or my child or which may be aggravated during or by any activity during the course of the program in which I have decided to allow myself and/or my child to engage. I further waive any and all claims or causes of action, which I and/or my child may now or hereafter have against Releases which may at any time arise as a result of any act or thing occurring in or arising out of my and/or my child's participation in the program. I further expressly understand and agree the foregoing indemnity, release and waiver is intended to be as broad and inclusive as permitted by the lay of the State of North Carolina and that any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full force and effect.

2. ASSUMPTION OF RISK: I, individually and/or on the behalf of any minor child, expressly and specifically assume any and all risk of injury, illness, death, or property damage resulting from my YMCA activities. You assume the risks: I, individually and on behalf of my minor child, understand that YMCA activities are strenuous and dangerous and should be engaged in only by persons in good health. I understand that I should consult a physician before enrolling myself and/or my child in the YMCA program. Once you sign, you are saying that you understand the risks involved and accept all the risks.

3. MEDICAL RELEASE: I, individually and/or on behalf of any minor child, further hereby release YMCA from any claim whatsoever which may arise as a result of any first aid, treatment, or services or assistance provided to me in connection with any injury that arises from activities at YMCA. A.) I take full responsibility for my and my child(s) welfare and safety on or at YMCA activities. B.) I hereby give permission for emergency medical treatment to be administered as deemed appropriate.

4. PHOTOGRAPHIC RELEASE: I consent to be photographed and to allow YMCA's use of any photos of myself and/or my minor child at its sole discretion. **HAVING READ, UNDERSTOOD, AND ADREED WITH THESE TERMS, I HAVE EXECUTED THIS RELEASE, TO BE EFFECTIVE IMMEDIATELY.**

Signature of Participant or Parent/Legal Guardian: _____ Date: ____/____/____