Welcome to the fall 2015 Vermont Swim School program! If you are a returner, we are so glad to have you back! If you are new to the program, I want to welcome you to a great program and look forward to working with you this semester. Lessons begin Saturday, September 19th and continue for eight lessons until November 8th. Please note that there are two Sunday lessons (November 1 and 8) due to UVM varsity swim meets that are scheduled for Saturday of those weekends. For those registered for private lessons, there may also be an opportunity to make-up a lesson (if you miss one) on November 14th. Our lesson times this semester are:

- 10:20-10:50am - Private (F6) Lessons
- 11:00-11:30am - Group (levels 1-4) + Private (F7) Lessons
- 11:40am-12:10pm - Private (F8) Lessons
- 12:20-12:50pm - Private (F9) Lessons

Here are some useful items as you prepare for swim lessons:

- Participants should park in the Gutterson Parking Garage or the horseshoe-shaped lot in front of the ice arena.
- Enter through the doors on the far left side of the lot, go all the way down to the end of the hall, then make a right turn to get to the pool (there are signs to help).
- Pool deck doors will open at 10am for the 10:20 lessons.
- When you arrive on the deck, please check in at the registration table - make sure you bring your waiver to your first lesson (attached).
- Women’s locker room access is available via the pool deck; however to access the men’s locker room you will need to bring your Cat Card (if you are a UVM fac/staff/student). If you are not a UVM affiliate, please check in at the registration table where you will be able to check out a card for the class.
- We do not provide towels, so please make sure to bring your own.
- Because the pool is a NCAA competition pool, it is required to be kept between 79 and 81 degrees. This can be a bit cold if you are not used to it (especially for younger swimmers), so plan accordingly.

Clare Miller is our Vermont Swim School Manager. She will be available every Saturday morning to answer questions you have during lessons and to help you and/or your child get the most out of their swim school experience.

If you have any questions, comments, or suggestions, please contact either of us anytime this spring. Both Clare & I look forward to a great semester in the pool!

Shelby Hinkle Smith
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802-656-7703

Clare Miller
Vermont Swim School Manager
cmille21@uvm.edu
AGREEMENT TO PARTICIPATE
Vermont Swim School Program

I, ________________________________ (Print Name), am aware that playing or practicing any athletic activity can be a dangerous activity involving MANY RISKS OF INJURY. I understand that the dangers and risks of playing or practicing in the above sport include -- but are not limited to -- death, serious neck and spinal injuries (which may result in complete or partial paralysis or brain damage), serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular-skeletal system, and serious injury or impairment to other organs or aspects of my body and my general health and well-being.

To the best of my knowledge, I am in good health and suffer no disability or condition which renders my participation in the sport or other athletic activity medically inadvisable, or otherwise limits my ability to participate in such sport or athletic activity without restriction.

I hereby authorize the coach (or other appropriate UVM personnel) to obtain on my behalf first aid, emergency medical care, or, if necessary, admission to an accredited hospital, when such care is necessary for the treatment of any injuries that I may sustain while participating in any activity associated with UVM club sports, including practices, games, and travel. I also hereby consent to the administration of emergency medical treatment in the event that I am unable subsequent to such injury to give such consent as otherwise necessary. I agree to be responsible for all medical charges incurred by any hospitalization or treatment rendered pursuant to this authorization.

In consideration for my participation in the sport and all activities related to the sport, including – but not limited to – practicing, competing, and traveling, I hereby voluntarily assume all risks associated with participation and agree to hold harmless UVM, its agents, officers, and employees, including – but not limited to – the athletic staff of UVM from any liability, claims, causes of action or demands of any kind and nature whatsoever which may arise by or in connection with my participation and any activities related to UVM club sports, except in the event of gross negligence.

The terms of this Agreement shall serve as a release and assumption of risk for my heirs, estate, executor, administrators, assignees, and all members of my family.

_______________________________
Health Insurance Carrier

_______________________________
Policy No.

_______________________________
PRINT Name of Participant

_______________________________
Date of Birth

_______________________________
Signature

_______________________________
Date

If under the age of 18:

_______________________________
Signature Parent/Guardian

_______________________________
Date

Please bring this form to the first class and present to the Vermont Swim School Manager.
All participants must turn in a form prior to participating in this program. Thank you!