



# Get Ready with Jr. Guard Prep & Conditioning

Jr. Guard Prep is a swim class designed to re- fine and improve the skills needed to pass the requirements for Jr. Guards testing and recondition those returning to the JR Guard program. Some of the skills taught will include stroke technique, stroke efficiency, rotary breathing, streamlining, sculling (for treading), breath control, body position, and kicking. Students will also prep for the test by rehearsing in class! **Please note: This is not a swim lesson. All participants must already know how to swim freestyle for a min of 50 yards.**

Class location: Carlsbad Boys and Girls Club

Class date: Session 1: April 28, May 5, 12, 19<sup>th</sup> (**Registrations Due by April 21<sup>st</sup>**) Classes are 30 min  
Session 2: May 26, June 2, 9<sup>th</sup> (**Registrations due by May 19<sup>th</sup>**) Classes are 40 min

Class time: 5:00pm or 5:30pm Participants will be assigned a class time.

Class fee: \$65 No make-ups or pro-rated fees. Limited space available.

Please fill out the portion below and return with payment to reserve a spot. Please write legibly.

Make check payable to Water Wise Swim School. Mail to 2456 Sarbonne Dr, Oceanside, Ca 92054.  
Email inquiries to jody-waterwiseswimschool@cox.net. You will be notified via email of class enrollment.  
Phone: 760 310 4088

Parent Name: \_\_\_\_\_ Child Name: \_\_\_\_\_ Child Age: \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone: \_\_\_\_\_ Session: 1 or 2 \_\_\_\_\_

Participants must be able to swim 2 lengths of the pool freestyle (front crawl) and be between the ages of 8 and 16 before enrolling.

### WAIVER/RELEASE OF LIABILITY

**PLEASE READ CAREFULLY BEFORE SIGNING. THIS IS A RELEASE OF LIABILITY AND WAIVER OF CERTAIN LEGAL RIGHTS.**

I, \_\_\_\_\_, the parent/guardian of the participant agree and understand that swimming is a HAZARDOUS activity. I recognize that there are risks inherent in the sport of swimming, including but not limited to, paralyzing injuries and death.

The participant hereby agrees to participate in the swimming lessons and hereby agrees to indemnify and hold harmless Water Wise Swim School, its coaches, officers, directors, agents and employees against any liability resulting from any injury that may occur to the participant while participating in swimming lessons.

The participant also agrees to indemnify Water Wise Swim School for any damages incurred arising from any claims, demand, action or cause of action by the participant.

The participant authorizes any representative of Water Wise Swim School to have the participant treated in any medical emergency during their participation in swimming lessons. Further, the participant and/or parent/guardian agrees to pay all costs associated with medical care and transportation for the participant.

I have noted on the back of this form any medical/health problems of which the staff should be aware.

**I HAVE CAREFULLY READ THE ABOVE LIABILITY RELEASE AND SIGN IT WITH FULL KNOWLEDGE OF ITS CONTENTS AND SIGNIFICANCE.**

Participant's(s) Name \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_ (Parent/Guardian)