

EAST STROUDSBURG UNIVERSITY WARRIORS

Skill Development – Spring 2020

This class is designed for youth ages 7–17 who already know at least one competitive stroke and are able to swim 25 yards without a flotation device. These sessions will focus on learning and developing the four competitive strokes during lap swimming. Swimmers will learn through body balance, positions drills and correct format of techniques.



MONDAYS AND WEDNESDAYS

SESSION 1: March 2–March 25, 2020
(No class March 9–11)

SESSION 2: March 30–April 15, 2020

CLASS TIMES: 5–5:45 p.m.

PRICE: \$72 per child/session
Make checks payable to
“ESU Community Swim”

Confirmations will be emailed to all registered participants a week before each session begins.

FOR MORE INFORMATION:

Email fyang@esu.edu or visit esu.edu/communityoutreach
Parents or guardians are required to stay in sight of their children at all times.

- Spaces in these classes are limited.
- Only a properly completed registration form and full payment reserves a space.
- No telephone registrations accepted.

***REFUNDS WILL NOT BE ISSUED AFTER EACH SESSION HAS BEGUN**

****Please do not allow your child to eat one hour prior to the start of lessons.**

SKILL DEVELOPMENT: SPRING 2020

Please Print Clearly

Child's Name _____ Age: _____ Sex: M or F

Address: _____

City _____ State _____ Zip: _____

Name of Parent/Guardian: _____ Cell Phone: _____

Email address (required): _____

SESSION 1 _____ **SESSION 2** _____

TIME: 5–5:45 p.m.

MAKE CHECKS PAYABLE TO:

East Stroudsburg University
Community Swim

MAIL TO:

Office of Conference Services
East Stroudsburg University
200 Prospect Street
East Stroudsburg, PA 18301

Every effort is made to provide quality and safe instruction; however, participation may lead to discomfort or risks which are normal for physical activity; such injuries can range from the most insignificant to death. Neither the university, its students, supervising professor, staff can be held liable for injury resulting from participation. In accepting this risk, I expressly and explicitly release and waive any and all responsibility and liability, and agree to indemnify and hold harmless East Stroudsburg University of Pennsylvania and its employees, officials or agents pursuant to participant. I verify participant coverage by health insurance. If I do not have health insurance, I agree to be totally responsible for any and all health costs associated with injured incurred. In case of injury, I give advance permission to obtain medical service, including but not limited to paramedic treatment, transportation by emergency vehicle to a medical facility and treatment by emergency facility.

East Stroudsburg University and its representatives take photographs for use in print and electronic publications; this serves as public notice of the University's intent to do so and as a release to the University for permission to use such images as it deems fit.

By my signature below, I hereby acknowledge that I understand and voluntarily accept the hazards, risks, rights and responsibilities noted in this release.

Parent/Guardian Signature _____ Date _____

FOR OFFICE USE ONLY

Date _____ Type _____ Amount _____