

# ADULT BEGINNER & ADVANCED CLINIC

## Adult Beginner Swim Clinic

Class is designed for adults (18 and older) who would like to become more efficient in swimming laps as well as beginner triathletes. The class emphasis will be on the freestyle stroke and form techniques with a short review and practice of the backstroke and breaststroke.

Prerequisite: Participants must be comfortable in the 9-foot, able to tread water, as well as swim 50 yards freestyle.

6 week session runs Wednesdays from 7:00-8:00 pm starting January 12th

## Adult Advanced Swim Clinic

This class is designed for adults (18 and older) who are ready for a little more challenge with their swimming. The workouts will be geared towards interval fitness with emphasis on technique, stroke development, and endurance swimming.

Prerequisite: Participants must be able to swim 50 yards freestyle and backstroke.

6 week session runs Thursdays from 7:00-8:00 pm starting January 13th

Maria Cariaso-Long will be coaching these clinics. Her background includes being an open water competitor and masters swimmer. She has coached and worked with numerous triathletes in the area.



For more information, contact Rachel Gracia at [rgracia@merrittclubs.com](mailto:rgracia@merrittclubs.com) or 410.549.8855.

## Eldersburg Adult Swim Clinic [merrittclubs.com](http://merrittclubs.com)

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Home Phone # \_\_\_\_\_ Cell Phone # \_\_\_\_\_

E-mail \_\_\_\_\_

I acknowledge and accept the risks inherent in the use of the Merritt Athletic Clubs' services and facilities, including participation in any birthday party or club rental. The undersigned assumes the sole risk if injury, accident, death, loss, cost or damage to his or her person or property which might arise from the use of Merritt Athletic Clubs' services and facilities. The undersigned further agrees that Merritt Athletic Clubs, its instructors, employees, servants, and agents, shall not be liable to the undersigned for any claims, demands, injuries, damages, actions or causes of action whatsoever to the undersigned's person or property arising out of or in connection with the use of the services and facilities of the Merritt Athletic Clubs, and further including any pre-existing physical condition or impairment.

The undersigned, his or her heirs, personal representatives, executors, representatives and assigns do hereby release and discharge Merritt Athletic Clubs, its instructors, employees, servants, and agents from all claims, demands, injuries, damages, actions or causes of action and from all acts of active or passive negligence on the part of the club, its servants, instructors, agents or employees. The undersigned further agrees to abide by all policies and procedures of Merritt Athletic Clubs and, which policies and procedures may be posted at the facility, issued orally and/or published, and which may be amended from time to time at management's sole discretion.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_