

Merritt Swim Academy

Spring Session

March 31-May 10, 2008

**Merritt Athletic Clubs Canton
3401 Boston St. Baltimore, MD 21224
410-563-0225
Bren Simpson, Aquatics Manager
bsimpson@merrittclubs.com**

Merritt Swim Academy

Spring Session Begins March 31, 2008

Registration Form 2008

Participants Name _____
Date of Birth _____ Membership# _____
Parent's Name _____ Membership # _____
Address _____
City _____ State _____ Zip _____
E-Mail Address _____
Home Phone _____ Work/Cell _____
Number of classes purchased 6 12 18
Amount paid: _____
Level _____ Day(s): _____ Time _____

***Participants must attend all classes in the session.**



No refunds will be given.

I acknowledge and accept the risks inherent in the use of the Merritt Athletic Club's 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 Club's 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 Club, 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 Club, 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 Club 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 _____

/Print Name _____

Date _____

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Signature _____

/Print Name _____

Date _____

2008

For more info contact Bren Simpson
bsimpson@merrittclubs.com.
Spring Session begins March 31

Group Lessons

Classes meet one day a week for 6 Weeks
\$55.00 for members \$75.00 for non members

****All children entering the pool must be potty trained**

Level 1: Water Ready

Participants work on becoming comfortable in the water. Skills that are taught include floating, kicking, and alternating arm action.

Mon & Wed 5pm and 6pm
Saturday 9am

Level 2: Stroke Ready

Participants learn to kick on their back, retrieve a submerged object, float, glide, and do the front crawl movement with support.

Mon & Wed 5:30pm
Saturday 9:30am

Level 3: Stroke Development

Participants demonstrate the full front crawl stroke with rotary breathing, back crawl, and floating. Students are introduced to the breaststroke kick, elementary backstroke, and treading water.

Mon & Wed 6pm
Saturday 10am

Level 4: Stroke Enhancement

Participants continue to build endurance in the front crawl and backstroke. They improve on the breaststroke and are taught the butterfly kick as well as flip turns.

Mon & Wed 6:30pm
Saturday 10:30am

Canton Merritt Swim Academy

Spring Session begins Mar 31

Level 5: Stroke Perfection

Swimmers build endurance in front and back crawl. Butterfly and breaststroke are perfected and open water survival skills are discussed.

Mon & Wed 6:30
Saturday 11am

Adult Swim Class

This class is designed for Adults who are getting back into the water or those who have always wanted to swim but never got around to it. Participants work on becoming comfortable in the water first then move on to learning and maintaining strokes.

Mon & Wed 7pm
Saturday 11:30am

Monday classes begin March 31 and will meet each Monday until May 5

Wednesday classes begin April 2 and will meet each Wednesday until May 7

Saturday classes begin April and will meet each Saturday until May 10

****if you would like to sign up for more than one day a week please contact Bren Simpson for pricing.**