

Child's Name _____

Date of Birth _____

Release of Liability: Authorization: I acknowledge that use of the services, activities and facilities of the Cincinnati Sports Club (the "Club") carries a risk of serious personal injury or death and that I am voluntarily participating in said services, activities and facilities. As consideration for my being permitted to use the facilities and services and to participate in the activities of the Club, I EXPRESSLY AGREE TO ASSUME ALL RISK OF SERIOUS INJURY OR DEATH and HEREBY RELEASE THE CLUB AND ITS OWNER, THE CINCINNATI SPORTS MALL, INC., its officers, directors, employees, agents, successors and assigns, as well as THE CHRIST HOSPITAL its officers, trustees, employees, agents, successors and assigns (collectively, the "Released Parties") from any and all liability for any injuries, property damage, theft or other loss of whatever nature relating to or in any manner arising out of the use by the undersigned of the Club, its facilities or any part thereof, including, without limitation, such injury, damage, theft or loss resulting from the actions or negligence of any of the Released Parties. Furthermore, I agree to indemnify and hold harmless the Released Parties from any suit or other legal proceeding with respect to the use of the facilities by the undersigned or from any claims resulting from negligence on the part of the Released Parties. I also agree that this Release applies to me and to any family member or guest of mine ("We") and to each and every use We make of the Club. I hereby authorize the Club to contact me by telephone regarding the Club, including soliciting me for membership in the Club.

Rev: 5/22/07

PARENT/GUARDIAN NAME _____

DATE _____

SIGNATURE OF PARENT/GUARDIAN _____

Parent/Child Swim

Parent-Child Swim Clinic: (ages 6 months-36 months)

This is a free class held on Saturday's from 11:00 am-12:00 pm for Cincinnati Sports Club members. This class is designed to teach the parent how to teach the child how to swim. It introduces basic water comfort. This class is designed to prepare children to enter Level 1 swim lessons when they turn 3 years old.



CSC Children's Programs



2 convenient entrances
5535 Murray Ave
3950 Red Bank Rd
Cincinnati, Ohio 45227
513-527-4000
Fax 513-527-5030

www.cincinnatiSPORTSclub.com

Aquatics Programs

Swim Lessons

Swim Team Clinics

Private Lessons

Combining exercise and fun in a recreational, non-competitive environment.



Ages 3 & up



Register Early - Enrollment is Limited
2 convenient entrances
3950 Red Bank Road
or
5535 Murray Ave
Cincinnati, Ohio 45227
513-527-4000
www.cincinnatiSPORTSclub.com



CSC Children's Programs

Class Descriptions

The Cincinnati Sports Club offers a comprehensive Swim Lesson program for all ages. American Red Cross Water Safety Instructors will guide the swimmers through the 5 levels of swimming in our small group program. Each session will include at least one dry land safety program.

Level 1:
(Typically Preschoolers ages 3-4)

This class is for children beginning to put their faces and heads under the water. In order to graduate to the next class level, Children must enter independently, travel at least 5 yards and safely exit the water as well as glide on front, roll to back float and recover to vertical position.

Level 2: This class will teach floating without support and the basic fundamentals of swimming. In order to move onto the next class level, children must be able to demonstrate rotary breathing, front float to back float, demonstrate a combination arm and leg action on front and back the float for 15 seconds and swim 5 body lengths.

Level 3: Children will increase their confidence in the water and improve specific strokes highlighting advanced skills. In order to move onto the next level, children need to demonstrate front crawl for 15 yards with rotary breathing, tread water or float for 30 seconds and swim elementary backstroke for another 15 yards.

Level 4: This class will introduce flip turns, breaststroke, butterfly and sidestroke. Exit skills include performing a feet first entry into deep water, front crawl for 25 yards, changing direction as necessary, elementary backstroke for 25 yards, breaststroke for 15 yards and backstroke for 15 yards.

Level 5 /Beginner Swim Team Clinic:

This class will include flip turns while swimming, breaststroke, butterfly, back crawl, side stroke for 25 yards, front crawl and elementary backstroke for 50 yards as well as treading water and sculling.

Advanced Swim Team Clinic: This class will focus on stroke mechanics, advance turns (breast, butterfly and IM) as well as push offs in streamline position. Participants must be able to swim 50 yards of backstroke, front crawl, breaststroke, and butterfly.

Session Dates & Fees

School Year Sessions

- 6 week sessions
 - Classes meet once a week
- | | |
|-----------|------------------------|
| Session 1 | September 6—October 15 |
| Session 2 | October 17—December 3 |
| Session 3 | December 5—January 28 |
| Session 4 | January 30—March 10 |
| Session 5 | March 12—April 21 |
| Session 6 | April 23—June 2 |

Holidays - No Classes

November 5	CSC Open House
November 21-26	Thanksgiving Break
December 19 - January 1	Winter Break
January 16	MLK Jr. Day
February 20	Presidents' Day
May 28	Memorial Day

Group Swim Lesson Fees

Group swim lessons are 6 weeks in length.
Class sizes for group lessons are a 5 to 1 ratio.

Swim Lessons

Members: \$49.00
Non-Members: \$105.00

Swim Team Clinic:

1 day per week	2 days per week
Members: \$49.00	Members: \$90.00
Non-Members: \$105.00	Non-Members: \$205.00

- A \$25 family yearly registration fee applies for all non-members of the Cincinnati Sports Club.
- The participant must be the member to receive the member rate.

Private Swim Lesson Fees

(please call 527-4001 x 331 to set up privates)

1 Swimmer:

Member: \$20.00 per 1/2 hr.
Non-Member: \$39.00 per 1/2 hr.

2 Swimmers:

Members: \$35.00 per 1/2 hr.
Non-Member: \$52.00 per 1/2 hr.

Cancellations and Refunds

Cancellations must be made at least one week prior to the start of the session in order to receive any refund. An administration fee of \$25 per session will be deducted from all refunded amounts. No refunds will be given for days missed. All cancellations must be made in writing with a full signature and date.

Registration

Day	Time	Level
Wednesday	____ 4:30PM	
	____ 5:00PM	
Thursday	____ 6:30PM	
	____ 7:00PM	
Friday	____ 12:00PM	
	____ 12:30PM	
Saturday	____ 9:00AM	
	____ 9:30AM	
Swim Team Clinic		
Wednesday	____ 5:30PM	
Thursday	____ 6:00PM	

Swim Registration:

Non-Members must pay in full for all registered sessions. Members (participant must be the member) who do not pay in full at registration will have their Sports Club account charged at least one week prior to the date of lessons. Anyone canceling at least one week prior to the start of the session will be given a refund less a \$25 processing fee. Anyone canceling less than a week in advance will receive no refund and will be charged the full amount. All cancellations must be submitted in writing with a full signature and date of cancellation. Make checks payable to "Cincinnati Sports Club," 3950 Red Bank Rd, Cincinnati, Ohio 45227.

Session(s) (Please circle) 1 2 3 4 5 6

How did you hear about us? _____

Child's Name _____

Sports Club Member _____ Non-Member _____

Parent's Name _____

Address _____

City _____ State _____ Zip _____

Child's DOB _____ Child's Swim Level _____

Notes (if any) _____

E-Mail Address _____

Phone #(H) _____ (W) _____ (C) _____

Charge my Visa/MC/DISC Account

Card# _____ Exp. Date _____

I hereby permit the Cincinnati Sports Club to record my child's performance on print, digital, or video medium for use in promotion and distribution.

Signature _____

Office Use Only	
Date Rec'd	_____
Check#	_____
Amount	_____
Posted	_____