

Level 1



**Minnow Movers**

Level 2



**Catfish Cruisers**

Level 3



**Gar Gliders**

Level 4



**Bass Bosses**

Love your child by helping them to be safe in, on + around water!



Goggles + activity packet included



**American Red Cross**

# LEARN TO SWIM

Session 1	Session 2	Session 3	Session 4
June 1-12 AM 10-10:30am	June 1-12 PM 5:30-6pm	June 15-26 AM 10-10:30am	June 15-26 PM 5:30-6pm
Monday-Friday	Monday-Friday	Monday-Friday	Monday-Friday
10 classes	10 classes	10 classes	10 classes
\$250	\$250	\$250	\$250

## CHOOSE 1 SESSION OR ALL 4!

Each session has 4 levels of instruction:

Minnow Movers(1) + Catfish Cruisers (2):  
Intro to water skills and fundamental aquatic skills

Gar Gliders (3) + Bass Bosses (4):  
Stroke development and stroke improvement

Your child's instructor will place them in a level based on their current water skills. Students will graduate up to the next level as skills are mastered.

Ages 5-12 or recommended by a Wellness Center Water Safety Instructor

**\*Limit 10 spots per class  
CALL NOW to register!  
830.997.1355**







**Pool Safety/Poseidon:** The fitness pool has an underwater alarm system to aid WC staff. Any object greater than 6 (six) inches that has been immobile for 10 (ten) seconds will trigger an alarm.

THERE IS NO LIFEGUARD ON DUTY.

### 1. Pool Rules

- You must follow all policies, rules, regulations and directives at all times, whether they are written, posted, or orally delivered by a Create Healthy Wellness Center Team Member
- No glass items
- No food or open beverages
- No changing diapers on deck
- Members must evacuate the pools when thunder or lightning is seen or heard for 30 minutes
- Children must wear waterproof diapers until fully potty trained
- Do not enter pool if you have been ill with diarrhea within the past two weeks
- Only students are allowed in the pool during their lesson. All other swimmers must wait their turn on the deck and be accompanied by an adult 18 years of age. If both parties are members or pay the guest pass fee in addition to the swim lesson fee then they will be allowed to also swim for the day.

***For your safety and the safety of all members, compliance with pool rules is required. Failure to comply with pool rules could result in membership revocation.***

**Locker Room Reminders:** No cell phone, camera or video equipment is to be used for photography and/or recording of any kind, ***Various stages of undress are expected in a public locker room when showering, changing in or out of clothes,*** The Wellness Center is not responsible for lost or stolen items, Lockers are for daily use and must be emptied before leaving the facility. Any locks remaining at the end of the day will be cut, and items will be taken to the Create Healthy Thrift Shop.

## Gym waiver of liability and release

### 1. Media Release:

- I hereby grant Create Healthy Wellness Center and its affiliates, agents, employees, and representatives the right to take photographs, video recordings, and/or audio recordings of me during my participation activities at the Wellness Center gym for the purpose of advertising, promotion, or other commercial purposes. I understand that I may request, in writing, Create Healthy Wellness Center to discontinue the use of my image, video, or voice in future promotional materials. However, such requests will not apply to materials already published or in use

### 2. Off-site waiver of Liability and Release

- Acknowledgement of Risk - I understand and acknowledge that my participation in the off-site activity involves certain inherent risks, including but not limited to physical injury, accidents, and potential risks associated with the environment (weather, terrain, equipment, etc.). I voluntarily assume all such risks, whether foreseen or unforeseen, and agree to hold harmless the Gym, its agents, employees, representatives, and affiliates from any claims related to these risks
- Release of Liability - To the fullest extent permitted by law, I release, waive, and discharge the Gym and its officers, employees, contractors, agents, and volunteers from any and all liability, claims, actions, or causes of action arising out of or relating to any injury, damage, or loss sustained by me during my participation in the off-site activity. This includes any injury caused by negligence or failure to act in a reasonable manner
- Indemnification - I agree to indemnify and hold harmless the Gym from any and all claims, demands, causes of action, or liabilities arising out of my actions or omissions while participating in the off-site activity, including any injury to myself or others, property damage, or any costs associated with such claims

By signing this agreement, the member acknowledges and agrees to adhere to all policies, rules, and regulations established by Create Healthy Wellness Center. These policies are designed to ensure a safe, respectful, and productive environment for all members and staff.

I have read the foregoing contract and voluntarily execute it with full knowledge of its content.

Parent Signature: \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Please Print

Name of Child/Children: \_\_\_\_\_

Please Print