

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. Anyone cancelling less than a week in advance will receive no refund and will be charged the full amount.

Make Up Policy

Member must notify and get approval from the manager of the program at least 1 week prior to make up. One make up will be granted per session as long as there is space available in a comparable class

Children's Programs Mission

We provide a fun, safe, and enriching environment where participants will be physically active while having fun and making new friends. We run a structured, engaging program with numerous activities where children build life skills, learn good sportsmanship, and make lifelong memories.

The Cincinnati Sports Club is proud to teach and instill core values through all of our Children's Programs. Each program is designed to teach honesty, perseverance, and stewardship while helping our youth develop the confidence they need to learn to make good choices as they mature in life.

Assumption of Risk: All physical activity carries with it inherent risks to individuals of all ages. The fitness equipment and the facility of the Cincinnati Sports Club and its partners and affiliates (collectively, the "Club") present hazards which, if not avoided, could cause serious injury or death. I understand that I am responsible for monitoring my condition at all times. If during use of the Club unusual medical symptoms occur, I will cease my participation and seek prompt medical attention. Prior to using the equipment or facility I will read all warning labels, instructions, signs and placards in the facility. If I am unsure how to use the equipment or facility, I will seek the assistance of staff. I will immediately report any piece of equipment or area of the facility that is not functioning properly to staff. I will not attempt to use or fix any piece of equipment or area of the facility that is not working properly.

Release of Liability; Authorization: I further expressly agree that the following RELEASE is intended to be as broad and inclusive as is permitted by the law of the State of Ohio and that if any portion hereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. I acknowledge that use of the services, activities and facilities of 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, ITS PARENT, ALL CLUB PARTNERS AND AFFILIATES, and their officers, directors, 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, Minor Indemnification: The following applies in the event of participation of a minor:

I, the undersigned parent, guardian, or custodian of the minor, for myself and on behalf of the minor, hereby unconditionally waive, release, hold harmless, and will indemnify, acquit and forever discharge the Club and the Released Parties, of, from and for all and any manner of action or actions, cause and causes of action, claims, demands, costs, loss of services, expenses, attorney's fees, compensation and all consequential, compensatory, general, special, and/or punitive damages or liabilities, known or unknown, which may result directly or indirectly or in any way related to or growing out of the minor's use of the Club, including on account of any and all injuries, illnesses and other damages, including death.

Waiver of Jury Trial: This agreement and any claim, controversy or dispute arising under or related to this agreement shall be governed by and construed in accordance with the laws of the state of Ohio. The parties hereby unconditionally waive their right to a jury trial of any and all claims or causes of action arising from or relating to their relationship. This jury waiver has been entered into knowingly and voluntarily by all parties to this agreement.

Child's Name: _____

Date: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

AQUATICS PROGRAM



Fall 2018 - Spring 2019

Swim Lessons
Swim Clinics

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



Two convenient entrances:

5535 Murray Avenue or 3950 Red Bank Road
Cincinnati, Ohio 45227

513.527.4000

CincinnatiSportsClub.com

CLASS DESCRIPTIONS

The Cincinnati Sports Club offers a comprehensive Swim Lesson program for all ages. Instructors will guide the swimmers through the 4 levels of swimming in our small group program.

Level One: Water Acclimation for beginning swimmers. This class is for swimmers who may be a little fearful of the water. Swimmers will be introduced to floating, gliding, breath holding and safely entering and exiting the water with assistance. The focus of this class will be on body position and the importance of floating for rest and safety.

Level Two: Water Exploration for the non-fearful beginner. Level two will build on the skills from level one by adding in a strong and effective kick. Swimmers will learn to float, glide with a kick and jump in independently from their instructor. The focus of this level will be on combining proper body position with an efficient kick.

Level Three: Water Adventures for the swimmer on the move. Level three will combine the proper body position and effective kick with proper stroke and arm placement. The focus of this level will be on adding in arms to the above skills. Swimmers will learn to combine skills to improve technique as well as be introduced to backstroke.

Level Four: Water Mastery for swimmers ready to take swimming to the next level. The focus of this level is on mastering the skill of rotary breathing and learning breaststroke and butterfly. Swimmers who graduate this level should be able to perform proper free and backstroke for one lap and be able to show a working understanding of breaststroke and butterfly.

Swim Clinics: Swim Clinics are held weekly and are for swimmers who are safe and efficient in the water but want to learn advanced technique and skills. Endurance and proper form are the focus in this group and we will be challenging swimmers of all ages to increase their lung capacity and technique knowledge base.

SESSION DATES & FEES

Group Swim Lessons

(Ages 3 years old and up)

6 Week Sessions, classes meet once a week
Class sizes for group lessons are a 5 to 1 ratio

- Session 1:** August 27–October 7
Session 2: October 8–November 18
Session 3: November 26–January 20
Session 4: January 21–March 3
Session 5: March 4–April 14
Session 6: April 15–May 26

Cost: \$72/session. Members only.

Swim Clinic:

1 Day per Week: Members: \$60
Offered Thursdays at 5:30pm & 6:00pm.

Parent/Child Swim Clinic:

(Ages 6 mos.—36 mos.)

This is a free class held on Monday's 5PM–6PM, Tuesday's 11AM–12PM, and Saturday's 11AM–12PM 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.

*Child must be on the membership or guest fees apply.

Create a Class:

If one of our classes doesn't fit your schedule create your own. You and 4 of your friends can register together and we'll create the class! Class time is subject to staffing availability.

*Private Lessons are available.
See Private Lesson Brochure.*

REGISTRATION

DAY	TIME	LEVEL
Tuesday	<input type="radio"/> 9:00AM <input type="radio"/> 9:30AM	
Thursday	<input type="radio"/> 9:00AM <input type="radio"/> 9:30AM <input type="radio"/> 6:00PM <input type="radio"/> 6:30PM	
Friday	<input type="radio"/> 12:00PM <input type="radio"/> 12:30PM	
Saturday	<input type="radio"/> 8:30AM <input type="radio"/> 9:00AM <input type="radio"/> 9:30AM	
Swim Clinic Thursday	<input type="radio"/> 5:30PM <input type="radio"/> 6:00PM	

Swim Registration: Members 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. Make checks payable to "Cincinnati Sports Club".

Session (Please Circle) 1 2 3 4 5 6

Child's Name

Parent's Name

Address

City

State

Zip

Email

Phone

Member Non-Member

Child's DOB

METHOD OF PAYMENT

Bill to member account

Credit Card: Visa Mastercard Discover

Credit Card #

Exp. Date

3-digit code on back card

Signature

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.

X _____