

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; Release of Liability; Indemnity; Authorization: All physical activity carries with it inherent risks to individuals of all ages. The fitness equipment and the facility of the Club present hazards which, if not avoided, can cause serious injury or death. As consideration for my being permitted to use the Club or its programs, I ACKNOWLEDGE THAT THE CLUB GROUP CANNOT AND DOES NOT GUARANTEE THAT THE EQUIPMENT, PROGRAMS, SUPPLIES, SERVICES AND FACILITIES ARE GERM/VIRUS FREE AND I EXPRESSLY AND VOLUNTARILY AGREE TO ASSUME ALL RISK OF SERIOUS INJURY OR DEATH and HEREBY RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE THE CLUB GROUP with respect to any and all liability (including liability arising from the negligence of the Club Group) for claims, causes of action, injuries including death, damages, demands, costs, loss of services, expenses, theft, attorney's fees, and other claims, known or unknown, of whatever nature arising out of the premises or programs of the Club Group (collectively, "Claims"). Furthermore, I agree to indemnify, defend, and hold harmless the Club Group from and against: (i) any such Claims by the undersigned or by others; and (ii) any related fines, fees, or expenses, including attorney fees. I agree that this Release applies to me, any family member or guest ("We") and to each and every use We make of the Club.

I expressly agree that the release, assumption of risk, and indemnity herein 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 hereby authorize the Club to contact me by telephone, email, or otherwise regarding the Club, including soliciting me for membership.

Responsibility for medical conditions: signs and labels; notifying staff. 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.

Ohio law and Waiver of Jury Trial: This agreement and any claim, controversy or dispute arising out of it, or arising out of use of the Club, shall be governed by and construed in accordance with the laws of the State of Ohio. The undersigned hereby knowingly, voluntarily, and unconditionally waives the right to a jury trial of any claim, controversy or dispute arising out of this agreement, or arising out of the premises or programs of the Club Group.

Release, assumption of risk, and agreement as to minors: With respect to participation by a minor, I, the undersigned parent, guardian, or custodian of the minor, for myself and on behalf of the minor, hereby: (a) voluntarily assume all of the risks of physical activity and risks of use of the premises as described above; (b) RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE THE CLUB GROUP with respect to any and all liability, per the terms stated above; and (c) agree that all other terms of this agreement apply to the minor.

Child's Name: _____

Date: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

YOUTH AQUATICS PROGRAM



Fall, Winter,
Spring
2023/2024



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.

Private/Semi-Private Swim Lessons:

Private lessons are available for members based on instructor and pool availability:

1 Swimmer: \$40 per 30 minute class

2 Swimmers: \$60 per 30 minute class

***Child must be active on the membership.**

SESSION DATES & FEES

Session 1: Sept 5-Oct 14 (6 weeks, \$72)

Session 2: Oct 16-Nov 18 (5 weeks, \$60)

Session 3: Nov 27-Dec 16 (3 weeks, \$36)

Session 4: Jan 2-Jan 20 (3 weeks, \$36)

Session 5: Jan 22-March 1 (6 weeks, \$72)

Session 6: March 4-April 13 (6 weeks, \$72)

Session 7: April 15-May 25 (6 weeks, \$72)

Group Swim Lessons:

(Ages 3 years old and up)

Classes meet once a week in the Indoor Warm Water Pool. All 4 levels are available at each class time. 5:1 swimmer to instructor ratio.

Swimmer must be an active member. Pre-registration required. Space is limited.

Swim Clinic:

Clinics meet once a week in the Indoor Warm Water Pool. Swim clinic is held for swimmers who have participated in swim team, have completed level 4 of swim lessons, or been approved by an instructor.

Swimmer must be an active member. Pre-registration required. Space is limited.

Complimentary Parent/Child Swim Clinic

(Ages 6 mos.—36 mos.)

This is a free class for parents/caregivers and children to swim together. This class is designed to teach the parent how to help their child become more comfortable in the water. We use songs and games to teach basic skills such as kicking, scooping, and blowing bubbles. This class is designed to prepare children to enter Level 1 swim lessons when they turn 3 years old.

Mondays 11:00-11:45am

Tuesdays 5:30-6:15pm

Fridays 11-11:45am

Saturdays 11:00-11:45am

Child must be active on the membership to participate. Register by paper or electronically on the member web portal or member app.

Contact

youthdirector@cincinnati sportsclub.com with any questions.

REGISTRATION

DAY	TIME	LEVEL
Group Swim Lessons		
Wednesday	<ul style="list-style-type: none"> 4:30-5:00pm 5:00-5:30pm 5:30-6:00pm 	
Thursday	<ul style="list-style-type: none"> 5:30-6:00pm 6:00-6:30pm 6:30-7:00pm 	
Friday	<ul style="list-style-type: none"> 12:00-12:30pm 12:30-1:00pm 	
Saturday	<ul style="list-style-type: none"> 8:30-9:00am 9:00-9:30am 9:30-10:00am 	
Swim Clinic		
Monday	<ul style="list-style-type: none"> 4:30-5:15pm 	
Tuesday	<ul style="list-style-type: none"> 4:00-4:45pm 6:15-7:00pm 	
Thursday	<ul style="list-style-type: none"> 4:30-5:15pm 	

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 7

Child's Name

Parent's Name

Email

Phone

Child's DOB

Membership number

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