

# SWIM NORTH DAKOTA



Pre-registration is required for all Swim North Dakota classes. **You can only sign up for 2 Lesson Options at a time per child.**

**Swimmer's Name**      **Option**      **Time**      **Level**      **Birthdate**      **Swim ND parking permit (2 License plate numbers only) Already have one (YES/NO)**

## PARENT'S OR GUARDIAN'S AGREEMENT OF WAIVER OF LIABILITY, INDEMNIFICATION, AND MEDICAL RELEASE

To be signed by adults if the participant is under 18 years of age.

WebFA15

### Acknowledgment and Assumption of Risk

The undersigned parent and/or legal guardian does hereby acknowledge that he/she is aware of the dangers and the risks to the participant's person and property involved in participating in: Swim North Dakota, Swimming Lessons.

I understand that this activity involves certain risks for physical injury, including, but not limited to: Death, injury, serious neck and spinal injuries, paralysis, brain damage and injury to vital organs, bones, joints, muscles and tendons. I will counsel my child so he/she understands that it is important for his/her safety and the safety of others to follow all instructions of the coaches and staff. I agree that I am responsible for my child's conduct while he/she is participating at the activity.

The undersigned parent and/or legal guardian and participant understand that this activity involves certain risks for physical injury to the participant. We also understand that there are potential risks of which may presently be unknown. Because of the dangers of participating in this activity, the undersigned parent and/or legal guardian and participant recognize the importance and the participant agrees to fully comply with the applicable laws, policies, rules and regulations, and any supervisor's instructions regarding participation in this activity.

The undersigned parent and/or legal guardian and participant understand that the University of North Dakota does not insure participants in the above-described activity, that any coverage would be through personal insurance, and the University of North Dakota has no responsibility or liability for injury resulting from this activity.

**The undersigned parent and/or legal guardian acknowledges that the participant voluntarily elects to participate in this activity with knowledge of the danger involved, and hereby agrees to accept and assume any and all risks of property damage, personal injury, or death.**

### Waiver of Liability and Indemnification:

In consideration for being allowed to voluntarily participate in the above-referenced event, on behalf of myself, the participant, his/her personal representatives, heirs, next of kin, successors and assigns, the undersigned parent and/or legal guardian forever:

- waives, releases, and discharges the University of North Dakota** and its agencies, officers, and employees from any and all liability for the participant's death, disability, personal injury, property damages, property theft or claims of any nature which may hereafter accrue to the participant, and the participant's estate as a direct or indirect result of participation in the activity or event; and
- defend, indemnify, and hold harmless the University of North Dakota**, its agencies, officers and employees, from and against any and all claims of any nature including all costs, expenses and attorneys' fees, which in any manner result from participant's actions during this activity or event.

Consent is given for the participant to receive medical treatment, which may be deemed advisable in the event of injury, accident or illness during this activity or event. This release, indemnification, and waiver shall be construed broadly to provide a release, indemnification, and waiver to the maximum extent permissible under applicable law.

I, the undersigned parent and/or legal guardian, affirm that I am freely signing this agreement. **I have read this form and fully understand that by signing this form I am giving up legal rights** and/or remedies which may otherwise be available to myself, the minor participant regarding any losses the participant may sustain as a result of participation in the activity. I agree that if any portion is held invalid, the remainder will continue in full legal force and effect.

### READ BEFORE SIGNING

Name of Swimmer/Minor: \_\_\_\_\_ Age of Minor: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_ Date \_\_\_\_\_

Printed Name of Parent/Guardian: \_\_\_\_\_ Date \_\_\_\_\_

Address: \_\_\_\_\_ City, ST \_\_\_\_\_ Zip \_\_\_\_\_

Email Address: \_\_\_\_\_ Home Phone \_\_\_\_\_ Wk Phone \_\_\_\_\_

Participant Signature: \_\_\_\_\_

**SWIM NORTH DAKOTA** ~ Swim North Dakota is open to the GENERAL PUBLIC. Children 4 years old and up from beginner to advanced swimming skills can be part of the program. Swim North Dakota uses a station method of teaching with a small student to instructor ratio. Student/teacher ratio will vary from 2:1 to 10:1 depending on the level of instruction and popularity of the class time. They will advance through the different swimming levels, as the child's swimming skills improve. However, the child will not be advanced after the first week of lessons. After completing the Swim North Dakota program the student is prepared to enter advanced Red Cross courses such as Lifeguard Training, join R.R.V.Y. Wahoos Swim Club or enjoy his/her swimming skills for recreational purposes.

Registration must be done by mail with the given application or in person. We DO NOT send out confirmations so please show up at your selected class session. Upon receiving your application and if your choice class is full, we will notify you and have you select another time or date. In case of inclement weather, classes will continue, unless UND closes campus. You can also check out our Facebook page for verification.

**Location and Facilities:** All lessons will be held at the Hyslop Sports Center pool. The best way to access this area is to park underneath the Columbia overpass and use the south door entrances. These will take you directly into the pool area. There are locker rooms available on the pool deck for changing.

**For Swim ND Parking :** Participants must have valid License Plate number on record for each application. You will not receive an actual pass to put in your car so it is crucial to provide only two license plate numbers per application. Other spectators with vehicles will have to part in the parking ramp. **UND STUDENTS, FACULTY AND STAFF ARE NOT ELIGIBLE FOR A SWIM ND PARKING PASS. PLEASE MAKE A NOTE IF YOU CURRENTLY HAVE A PASS.** For additional information on UND parking procedures please see the parking website. <http://und.edu/student-life/parking/>

**All classes are Monday-Thursday (Unless otherwise specified)**

Option A: Feb. 13th-23rd 6:30, 7:00pm 7 Lessons for \$60	Option B: Feb 27th- March 9th 6:00, 6:30, 7:00pm 8 Lessons for \$65	Levels in Swim North Dakota 1. Bobs 2. Floats 3. Glides and Kicks
Option C: March 20 <sup>th</sup> - March 30 <sup>th</sup> 6:00, 6:30, 7:00pm 8 Lessons for \$65	Option D: April 3 <sup>rd</sup> - April 13 <sup>th</sup> 6:00, 6:30, 7:00pm 8 Lessons for \$65	4. Freestyle 5. Backstroke 6. Breaststroke 7. Butterfly
Option E: April 18-27 <sup>th</sup> 6:00, 6:30, 7:00, 7:30pm 7 Lessons for \$60	Saturday Lessons only: \$50 PAYABLE TO UND March 25 <sup>th</sup> , April 1 <sup>st</sup> , April 8 <sup>th</sup> and April 22 <sup>nd</sup> 8:30 AM, 9:30 AM, 10:30 AM and 11:30 AM	

**Diving Lessons For Any Age: 8 Lessons for \$65**

Option 1: Jan 9 <sup>th</sup> -Feb 2 <sup>nd</sup> : Mon/Wed (7:15pm-8:15pm) OR Tues/Thurs from (7:00pm-8:15pm)	Option 2: Feb 6 <sup>th</sup> -March 2nd: Mon/Wed (7:15pm-8:15pm) OR Tues/Thurs from (7:00pm-8:15pm)
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**Mail application to:** Swim North Dakota, 2751 2<sup>nd</sup> Ave N Stop 9013, Grand Forks, ND 58202

**Check Payable to: UND**

**A \$15.00 surcharge will be applied to all refund requests. *There are no make-ups times or sessions, missed classes will not be made-up.***

**Swim North Dakota Information: Call 777-4451 or**

**e-mail [und.swimnd@athletics.und.edu](mailto:und.swimnd@athletics.und.edu)**

**Find us on Facebook: Swim North Dakota**