

# CAMP SCHEDULE

# CAMP DETAILS

# LIABILITY WAIVER

**\*CAMP SCHEDULE IS SUBJECT TO CHANGE**

## THURSDAY, AUGUST 10

9:00 - 9:30 AM	Check-in
9:30 - 11:30 AM	In water evaluation and drills
11:30 AM - 12:00 PM	Educational session
12:00 - 1:00 PM	Dryland exercises

## FRIDAY, AUGUST 11

9:00 - 10:00 AM	Dryland exercises
10:00 AM - 12:00 PM	In water
12:00 - 1:00 PM	Educational session

## SATURDAY, AUGUST 12

9:00 - 10:00 AM	Dryland exercises
10:00 - 11:30 AM	In water
11:30 AM - 12:30 PM	Educational session
12:30 - 1:00 PM	Camp Wrap-up

Choice Health & Fitness Youth Swim Camp will focus on swimming techniques of all four competitive strokes and turns. In addition to instruction in the pool, camp participants will also have dryland workouts created by certified personal trainers with take home material as well as educational sessions to help improve overall athletic ability.

**2017 CAMP DATES**  
August 10 - 12

**CAMP COST: \$75**

### AGE/ABILITY REQUIREMENTS

Participants must be 8-12 years of age during the camp as well as have at least one season of competitive swimming completed.

### CONTACT

**Dalonda Brooke**  
Aquatics Coordinator  
Phone: 701.746.2790  
Email: [dbrooke@choicehf.com](mailto:dbrooke@choicehf.com)

**Lisa Rollefstad**  
Sports & Recreation Manager  
Phone: 701.746.2790  
Email: [lrollefstad@choicehf.com](mailto:lrollefstad@choicehf.com)

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

Emergency Contact: \_\_\_\_\_

Relation to Participant: \_\_\_\_\_

Cell: \_\_\_\_\_

Home: \_\_\_\_\_

I understand and agree that some activities occurring as part of or incidental to this event may be of hazardous nature and/or include physical or strenuous activity. Understanding this, I state that I have no medical condition or impairment, including the use of medication that might inhibit my active participation in this event.

In case of medical emergency, I authorize the staff or employees of Choice Health & Fitness to render first aid and/or obtain whatever medical treatment he/she deems necessary for my welfare. I further understand and agree that I will be financially responsible for all charges and fees incurred in the rendering of said treatment regardless of whether my medical insurance would cover such charges.

I, hereby, for myself my heirs, executors, and administrators, waive and release only and all my rights and claims for damages I may have against Choice Health & Fitness, the Grand Forks Park District, or their respective agents, representatives, successors and assigns for any and all injuries, which may be suffered by me in connection with my participation in this camp.

I have read, understand and agree to the terms and conditions of this waiver.

I am the parent of legal guardian of the participant (minor) listed above and am signing this waiver on his or her behalf.

Print Name: \_\_\_\_\_

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

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



# REGISTRATION

## 2017 CHOICE YOUTH SWIM CAMP

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

BIRTHDATE: \_\_\_\_\_

*Participants must have completed at least one season of competitive swimming.*

SWIMMING EXPERIENCE (Check all that apply):

High School Team

RRV Wahoo Swim Team

Other (please describe) \_\_\_\_\_

GRADE ENTERING IN THE FALL: \_\_\_\_\_

GENDER: M F

EMAIL: \_\_\_\_\_

(\*required) \*You will receive confirmation/info via email.

HOME PHONE: \_\_\_\_\_

CELL PHONE: \_\_\_\_\_

CAMP DATES: August 10-12, 2017

REGISTRATION DEADLINE: August 7, 2017

Camp Cost: \$75 (add \$15 to cost after deadline)

MAIL WITH FULL PAYMENT TO:

Choice Health & Fitness  
Attn: Swim Camp  
4401 South 11th Street  
Grand Forks, ND 58201



OFFICE USE ONLY: Aquatics Programs

*jump into* **FUN**  
**THIS SUMMER**

*Summer*  
**SWIM  
CAMP**

*with*  
**2017 CHOICE YOUTH  
SWIM CAMP**  
*August 10-12*

**AUGUST 10-12, 2017**  
**CHOICE YOUTH SWIM CAMP**  
**LOCATED AT ELKS POOL**

 **LOCATED AT ELKS POOL**  
**1002 13TH AVENUE SOUTH**  
**GRAND FORKS, ND 58201**



**701.746.2790 | CHOICEHF.COM**

 **CHOICE HEALTH & FITNESS**

**GRAND FORKS, NORTH DAKOTA**