

# District 203 Conditioning Naperville Central High School

**REGISTRATION WEDNESDAY, FEBRUARY 29<sup>TH</sup> AT  
6:30 – 8:00 PM IN THE NCHS POOL LOBBY.**

The annual School District 203 conditioning program will be run Monday through Friday at Naperville Central High School beginning May 7, 2012 running through May 25, 2012. There is no practice on May 16, 2012. This program will be coached by the Maverick Swim Club coaching staff and is open to all swimmers capable of meeting the minimum requirements.

**Three sessions are available:**

6:00pm - 6:45pm: Ages 10 & under

6:45pm - 7:30pm: Ages 11 & over

7:30pm - 9:00pm: Advanced Swimming Conditioning

**10 & under Minimum Requirements:** Must be able to swim 25 yards (one length) of the pool without stopping in freestyle and backstroke.

**11 & over Minimum Requirements:** Capable of swimming all 4 competitive strokes without stopping for 100 yards.

**Advanced Level Minimum Requirements:** Must be able to swim each of the four strokes for eight lengths (200 yards) legally. Recommended for winter swimmers 14 and over. Minimum 100yd free time of 1:06.00 required.

**Fees:**

**\$80** 10 & under: 14 sessions 45 minutes each

**\$80** 11 & over: 14 sessions 45 minutes each

**\$115** Advanced Level: 14 sessions 90 minutes each

# Spring Conditioning Registration Form:

Make Checks Payable to: **Naperville Central Aquatics**

10&u 6:00-6:45pm \$80     11&o 6:45-7:30pm \$80     Adv 7:30-9:00pm \$115

**One form per swimmer.**

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Last Name

First Name

Age

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Address

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City

State

Zip

Emergency Contact Phone # \_\_\_\_\_ Name \_\_\_\_\_

Parent's Email Address \_\_\_\_\_

## School District 203 Aquatic Program Waiver and Release of All Claim

Please read this form carefully and be aware in registering yourself and/or your minor child/ward for participation in School District 203 Aquatic Program(s), you will be waiving and releasing all claims for injuries you or your minor child/ward sustain out of the program(s).

I recognize and acknowledge that there are certain risks of physical injury to participants in the program(s). I agree to assume the full risk of any injuries, including death, damages or loss, regardless of severity, which I or my minor child/ward may sustain as a result of participating in any and all activities connected with or associated with such program(s).

I agree to waive and relinquish all claims I or my minor/child ward may have against School District 203 and its officers, agents, servants, and employees as a result of participating in the program(s).

I do hereby fully release and discharge School District 203 and its officers, agents, servants, and employees from any and all injuries, including death, damages or loss, which I or my minor child/ward may have or which may accrue to me or my minor child/ward and arising out of connected with, or in any way associated with the activities of the program(s).

I further agree to indemnify and hold harmless and defend School District 203 and its officers, agents, servants, and employees from any and all claims resulting from injuries, including death, damages and losses, sustained by me or my minor/ward, arising out of, connected with, or in any way associated with the activities of the program(s).

I have read and fully understand the waiver and release of claims.

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Signature of Parent or Legal Guardian