



Express SwimAmerica, LLC is a “Learn-to-Swim” Program for children ages 3 and above. The SwimAmerica model follows a progressive 10-level structure, within which swimmers are taught everything from blowing bubbles to butterfly breathing patterns. This trademarked step-by-step method enables even the youngest and most novice swimmers to BE SAFE and HAVE FUN in the water. Swimmers receive special stickers upon successful completion of each level, and add them to their very own Express SwimAmerica Certificate to help them track their progress and celebrate achievements. At the highest levels, Express SwimAmerica offers the stronger swimmers the opportunity to develop their stroke technique, racing skills, and team-practice readiness.

Express SwimAmerica Instructors Are:

- Responsible for no more than 5 students per class.
- Understanding of children and their needs.
- Current with the latest USA Swimming competitive stroke techniques and teaching methods
- Enthusiastic individuals possessing a passion for the sport of swimming
- Trained and certified by SwimAmerica Program Director and Head Coach of Eastern Express Swim Team, **Mike Randazzo**

Registration Instructions

1. Please fill out and sign the attached registration form. One form per child.
2. Please check the highest ability level for your child based upon the progression system provided.
3. Skills listed indicate level mastered prior to registration. Instructors will adjust if needed.
4. Review the attached calendar and determine how many lessons you are interested in this winter.
5. Choose from 5 different payment options that reflect the number of lessons you plan to attend.
6. Double or back-to-back classes (i.e. same-day make-ups) are no longer available.
7. Lesson Packages are one per swimmer. Non-Transferable.
8. Express SwimAmerica will not provide refunds for any classes not attended in your option.
9. Adding lessons during the session is always an option.
10. New participants need to fill out the TCNJ release waiver. Previous fall/winter participants do not.

Facility
TCNJ Aquatic Center Packer Hall

Please See Calendar for Lesson Dates and Times



SPRING 2020
Levels 6,7,8,9
LESSON CALENDAR

Saturdays Levels 6,7,8,9 4:45 – 5:30 PM	Sundays Levels 6,7,8,9, 11:45 – 12:30 PM
March 28 th	March 29 th
April 4 th	April 5 th
April 18 th	April 19 th
April 25 th -	April 26 th
May 2 nd	May 3 rd
May 9 th	May 10 th
May 16 th	May 17 th
May 30 th	May 31 st



LEVELS 6,7,8,9

EXPRESS SWIMAMERICA

Registration Spring 2020



Name of Swimmer _____ Age _____

Street Address _____

City _____ State _____ Zip _____

Mother's Name _____ E-Mail _____

Father's Name _____ E-Mail _____

Phone Number for emergency only: _____

Express SwimAmerica Progression System

Please check the highest level of ability (one swimmer)

- Level 6 Freestyle with side breathing
- Level 7 Freestyle and Backstroke
- Level 8 Beginner Breaststroke
- Level 9 Beginner Butterfly / Next Step Pre-Team

SELECT ONE PACKAGE BELOW – UPGRADES AVAILABLE DURING THE SESSION

PACKAGE 1	ALL INCLUDED	COST = \$300	_____
PACKAGE 2	12 LESSONS	COST = \$250	_____
PACKAGE 3	10 LESSONS	COST = \$220	_____
PACKAGE 4	8 LESSONS	COST = \$180	_____
PACKAGE 5	4 LESSONS	COST = \$100	_____

PLEASE BRING YOUR FORM AND CHECK TO THE FIRST LESSON

MAKE CHECKS PAYABLE TO: EXPRESS SWIMAMERICA

Express SwimAmerica, LLC Release (Must Sign to Participate)

As a participant or as the legal guardian of a participant in the SwimAmerica, LLC, program represented by this registration form, I agree to hold SwimAmerica, LLC., and its officers and agents free and harmless from any claim or expense that may arise due to participation in this program.

Signature _____ Date _____

THE COLLEGE OF NEW JERSEY

Waiver, Release, Indemnity and Promise Not to Sue

I, the undersigned Participant, wish to participate in EXPRESS SWIMAMERICA scheduled to take place at the campus of The College of New Jersey during the period of September 1, 2018 through August 31, 2019 (the "Camp" or "Activity"). I understand that the Event is operated by Express Sports, Inc ("Licensee") and that this Activity is neither administered nor sponsored by Releasees (defined below). In consideration of The College of New Jersey's permitting me to participate in the Activity, I agree as follows.

I fully recognize that certain risks are involved in participating in the Activity and in being transported to and from the campus and other incidental places, and I voluntarily assume those risks.

I will wear protective clothing and equipment as appropriate, follow directions of the employees and agents of Licensee or The College of New Jersey and engage in the Activity in a prudent and cautious manner. I will not consume any alcoholic beverages or non-therapeutic drugs prior to or while participating in the Activity. I will not (i) act in any way which shall interfere with the lawful running or operation of the Activity or equipment used in connection with the Activity or (ii) engage in any type of conduct, which contributes to or causes injury to any person. I have read and do agree to comply with the Residence Hall Code of Conduct provided at [www.tcnj.edu/].

I am responsible for all of my own loss, liability and expenses, including medical expenses in connection with the Activity. I have no physical, mental, psychological or medical condition that would prohibit me from participating or materially increase the risk to me or others of my participating in the Activity. I have adequate insurance to cover any medical expenses for any injuries that may arise out of the Activity. I hereby authorize the employees and agents of Licensee or The College of New Jersey, at their discretion, to administer to or seek for me first aid and other emergency medical services and transportation for further medical care, but I acknowledge that they may not be present or may not elect or be able or competent to administer or seek such aid or services or transportation.

I will not hold any of The College of New Jersey, Trenton State College Corporation, the State of New Jersey ("State") or the New Jersey Educational Facilities Authority ("EFA") or their respective trustees, officers, employees, agents, students or volunteers (collectively, the "Releasees") responsible for any personal injury (including death) or property damage that I might incur in connection with the Activity, even if the negligence of any of the Releasees or Licensee caused or contributed to such injury or damages. I will not sue or seek damages from any of the Releasees in any form, and I hereby waive and release any and all claims against each of the Releasees for personal injury (including death) or property damage, arising in any way out of my participation in the Activity, even if the negligence of any of the Releasees or Licensee caused or contributed to such injury or damages and I agree to indemnify, defend and hold each Releasee harmless from any such claims. I recognize that this release means I am giving up, among other things, rights to sue the Releasees for injuries, damages or losses I may incur.

I have read and do understand the above statements and they are true and accurate. The signing of this Waiver, Release, Indemnity and Promise Not to Sue is completely voluntary.

READ ABOVE CAREFULLY BEFORE SIGNING BELOW

Parent/Legal Guardian's Name

Parent/Legal Guardian's Signature

I hereby voluntarily give permission for the Participant to participate in the Activity and agree to be bound by the terms of this Waiver, Release, Indemnity and Promise Not to Sue