

Eastern Express SwimAmerica

WHO WE ARE

Eastern Express SwimAmerica 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. 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 EEX SwimAmerica Certificate to help them track their progress and celebrate achievements. At the highest levels, Eastern Express SwimAmerica offers stronger swimmers the opportunity to develop their stroke technique, racing skills, and team-practice readiness.

EASTERN EXPRESS SWIMAMERICA INSTRUCTORS ARE

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

How To Register

1. Please fill out the attached registration form for your swimmer(s).
2. Please check the highest ability level for your swimmer based upon the progression system provided. Skills listed indicate level mastered prior to registration. Instructors will adjust if needed.
3. Please review and check off your preferred sessions and class times.
To Ensure Quality of Instruction, Class sizes are limited and filled on a first come, first serve basis.
You will receive an e-mail confirming your registration and session(s)/ class times.
4. Please sign the required SwimAmerica and TCNJ Waiver / Releases.
5. Eastern Express SwimAmerica does not provide refunds or prorate for missed classes; however, every effort will be made to accommodate lesson / practice make-ups within a swimmer's registration period.
6. **You may mail your registration form(s) and payment to our **NEW ADDRESS** or e-mail your registration form (appreciated) and mail your check.**

E-Mail Address: ExpressSwimAmerica@gmail.com

Mailing Address: Eastern Express SwimAmerica, LLC
48 Bayberry Road
Ewing, NJ 08618

Checks payable to: Eastern Express SwimAmerica, LLC

THE COLLEGE OF NEW JERSEY
Waiver, Release, Indemnity and Promise Not to Sue

I, the undersigned Participant, wish to participate in Eastern Express event scheduled to take place at the campus of The College of New Jersey during the period of September 1, 2017 through August 31, 2018 (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

_____	_____	_____
Participant' s Printed Name	Participant's Signature	Date
_____	_____	_____
Parent/Legal Guardian's Name	Parent/Legal Guardian's Signature	Date

If the Participant is under the age of 18 years, signature of parent / legal guardian is required.

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.

Fall 2017

SWIM LESSON REGISTRATION

Eastern Express SwimAmerica

Name of Swimmer #1 _____ Grade _____ Date of Birth _____

Name of Swimmer #2 _____ Grade _____ Date of Birth _____

Name of Swimmer #3 _____ Grade _____ Date of Birth _____

Mailing Address _____ City _____ State _____ Zip _____

Parent / Best Contact Person _____ Relationship to Swimmer _____

E-Mail(s) -- critical for receiving info & updates: _____

Phone Number(s) – for emergencies only: _____

Eastern Express SwimAmerica Progression System

Please check the highest level of ability (list multiple swimmers by number above)

- | | |
|---|---|
| <input type="checkbox"/> Level 1. Non-Swimmer | <input type="checkbox"/> Level 6. Freestyle with side breathing (1 lap) |
| <input type="checkbox"/> Level 2. Comfortable bobbing/blowing underwater | <input type="checkbox"/> Level 7. Freestyle and Backstroke (1 lap each) |
| <input type="checkbox"/> Level 3. Front float/Back float (5 seconds each) | <input type="checkbox"/> Level 8. Beginner Breaststroker |
| <input type="checkbox"/> Level 4. Strong flutter kick, back & front (5 yards) | <input type="checkbox"/> Level 9. Beginner Butterfly |
| <input type="checkbox"/> Level 5. Freestyle no side breathing | <input type="checkbox"/> Level 10. EEX Pre-Team Ready * -- see next page! |

SwimAmerica Fall Session Sign-Up

Session 1 6 x 40 minute Lessons Offered Cost = \$120 _____ Sat 4:00-4:40PM and Sun 10:30-11:10AM
Lesson Dates: 9/16, 9/17, 9/23, 9/24, 9/30, 10/1 _____ Sat 4:50-5:30PM and Sun 11:20-Noon

Session 2 6 x 40 minute Lessons Offered Cost = \$120 _____ Sat 4:00-4:40PM and Sun 10:30-11:10AM
Lesson Dates: 10/7, 10/8, 10/15, 10/22, 10/28, 10/29 _____ Sat 4:50-5:30PM and Sun 11:20-Noon

Session 3 6 x 40 minute Lessons Offered Cost = \$120 _____ Sat 4:00-4:40PM and Sun 10:30-11:10AM
Lesson Dates: 11/4, 11/5, 11/18, 11/19*(afternoon),11/25, 11/26 _____ Sat 4:50-5:30PM and Sun 11:20-Noon

Sessions 1,2,3 18 x 40 minute Lessons Offered Cost = \$300 _____ Please Select Times Above for Each Session
Lesson Dates Enrollment for all dates listed above

Make Checks Payable to: Eastern Express SwimAmerica, LLC

Notes

- All lessons will be held at The College of New Jersey Aquatic Center, Packer Hall.
- Packer Hall Lot 12 is NOT Available to us; cars without permits can and will be ticketed by Campus Police.
- Please plan to arrive 5-10 minutes prior to the start of your lesson time each day.
- Schedule may be adjusted based on TCNJ Meets & Events, EEX Swim Team Meets & Events, and/or weather.

Eastern Express SwimAmerica, LLC Release (Must Sign to Participate)

As a participant or as the legal guardian of a participant in the Eastern Express SwimAmerica, LLC, program represented by this registration form, I agree to hold Eastern Express 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 _____

NEW in 2017



is excited to offer

Level 10 Pre-Team

through its SwimAmerica Program.

This level has been designed specifically as an

Introduction to Competitive Swimming

Pre-Team Goals Include:

1. Further development of the four competitive strokes
2. Learning racing starts and legal turns for all strokes
3. Introduction to competitive swimming methods such as circle swimming and interval training
4. Using competitive training equipment such as kickboards, pull buoys, fins, and snorkels
5. Opportunities for timed racing

Pre-Team Practice Schedule: all at TCNJ

Wednesday:	7:00 — 8:00 PM
Saturday:	4:00 — 5:00 PM
Sunday :	9:30 — 10:30 AM

*****Enrollment Pending Water Evaluation w/ EEX Coaches*****

EEX Open House / Evaluation Dates at TCNJ

8/25: 5:30-7pm 8/28: 11-Noon 8/31: 6:30-8pm 9/6: 7-8:30pm 9/9: 8-9:30am

for more info, **E-Mail:** ExpressSwimAmerica@gmail.com