

# Express SwimAmerica

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**

## To Register:

1. Please fill out the attached registration form. One form per child.
2. Please check the highest ability level for your child 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.  
**Class sizes are limited and filled on a first come, first serve basis.**
4. Please sign the required SwimAmerica and TCNJ releases.
5. Express SwimAmerica does not provide refunds for missed classes. Every effort will be made to allow for class make-ups.

**REGISTER IN PERSON** at the TCNJ Aquatic Center on the following dates:  
**Monday, March 26<sup>th</sup> and Tuesday March 27<sup>th</sup> between 4:30 and 7 pm**  
**Tuesday, April 3<sup>rd</sup> and Wednesday, April 4<sup>th</sup> between 4:30 and 7 pm**

**If needed, forms and payments may be mailed to:**  
**Eastern Express SwimAmerica, LLC**  
**48 Bayberry Road**  
**Ewing, NJ 08618**

**Please make checks payable to: Express SwimAmerica, LLC**

Note: Lot 12 is for registered TCNJ approved cars only. Parking in this lot without the required documentation will subject you to a potential TCNJ parking ticket.

## Spring 2018 Express SwimAmerica Registration Form

Name of Child \_\_\_\_\_ Age \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Mother's Name \_\_\_\_\_ Phone \_\_\_\_\_ Father's Name \_\_\_\_\_ Phone \_\_\_\_\_

Mother's E-mail \_\_\_\_\_ Father's E-Mail \_\_\_\_\_

### ***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 *                 |

\* For those interested in Level 10 EEX Pre-Team information provided upon request.

### **SPRING 2018 SESSION: SATURDAYS AND SUNDAYS OFFERED**

**COST:**      Saturdays Only: \$150      Sundays Only: \$150      Saturdays and Sundays: \$270

**DATES:**      April 7<sup>TH</sup> & 8<sup>th</sup>      April 14<sup>th</sup> & 15<sup>th</sup>      April 21<sup>st</sup> & 22<sup>nd</sup>      April 28<sup>th</sup> & 29<sup>th</sup>  
                    May 5<sup>th</sup> & 6<sup>th</sup>      May 12<sup>th</sup> & 13<sup>th</sup>      May 19<sup>th</sup> & 20<sup>th</sup>

**CIRCLE ONE TIME SLOT PER DAY --- PLEASE, DO NOT SWITCH TIMES!**

#### **Saturdays**

**Levels 1-4      CHOOSE FROM:      10:30 TO 11:00      11:00 TO 11:30      11:30 TO 12:00**

**Levels 5-9      CHOOSE FROM:      10:30 TO 11:10      11:20 TO 12:00**

#### **Sundays**

**Levels 1-4      CHOOSE FROM:      10:30 TO 11:00      11:00 TO 11:30      11:30 TO 12:00**

**Levels 5-9      CHOOSE FROM:      10:30 TO 11:10      11:20 TO 12:00**

*Note:* all classes will be held at The College of New Jersey Aquatic Center in Ewing. Please plan to arrive 5-10 minutes prior to the start of class. \*\*\**Schedule subject to change due to TCNJ Aquatic Center events.*

### **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 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/](http://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 Waver, Release, Indemnity and Promise Not to Sue.