



# Adult Stroke Clinic with Terry Kominski



**This class is intended for lap swimmers who want to learn how to enhance their strokes through various drills and technical advice.**

**(If you are unsure of your ability level for this class, please see Terry)**

**Sunday, March 7<sup>th</sup> – Freestyle & Backstroke  
Sunday, March 14<sup>th</sup> – Breaststroke & Butterfly  
6:00pm – 6:30pm**

**Cost is \$50.00 (covers both classes) (Provided at least 2 members sign-up)**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Member # \_\_\_\_\_

*I understand that if I am the only participant registered for this class – my fee would be \$66.00 for both classes.*

\_\_\_\_\_  
*Member Signature*

### **The Aspen Hill Club Waiver: please read and sign**

Each Member of The Aspen Hill Club Limited Partnership (DBA - The Aspen Hill Club) shall be liable for any property damage and/or personal injury (caused by the Member, Member's Family or Guest, or any other person) at The Aspen Hill Club Limited Partnership or any activity or function operated, arranged, or sponsored by The Aspen Hill Club Limited Partnership. It shall be the obligation of the Member to pay for any costs involved upon presentation of a statement thereof. Any and all use of The Aspen Hill Club Limited Partnership facilities, or participation in The Aspen Hill Club Limited Partnership activities operated, arranged or sponsored by The Aspen Hill Club Limited Partnership either on or off of the Club's premises by the Member, Member's Family or Guest(s) shall be AT SUCH PERSON'S OWN RISK, and The Aspen Hill Club Limited Partnership, Aspen Hill Tennis, Inc., their owners, officers, servants, employees, agents, subsidiaries, affiliates, and/or partners shall not be liable for any injuries or damage to such person, or the property of such person, or be subject to any claim, demand, injury, or damages. The Member individually, and on behalf of the member's personal representative, heirs, administrators, assigns, and successors does hereby expressly forever release and discharge The Aspen Hill Club Limited Partnership, Aspen Hill Tennis, Inc., their owners, officers, servants, employees, agents, subsidiaries, affiliates, and/or partners from any and all such claims, demands, actions, or causes of action.

In the interest of safety and fairness, I also acknowledge reading and agree to the swim lesson policies and the Aquatics Department rules as the prerequisite to participate in the Aspen Hill Aquatics Department swim programs.

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