

Swimmer Application Form (Adult)



Print sign & return via:

Scan & Email:

lucy@greydogs.co.za

Or hand in at the reception at Waterstone

* Please complete in block letters

I am interested in (circle): Stroke Correction and Fitness Sessions Private Sessions

Name and surname:		DOB:	DD/MM/YYYY
Cell number:		Work nr:	
Email address:		Home nr (landline):	
Email address (alt):			

Please describe your current level of swimming: (There is a wide range, things you might like to mention include: nervous swimmer/beginner wrt strokes/ name the specific stroke(s) you know/like, advanced swimmer needing fine tuning or tips on stroke, how frequently a week you currently swim, the distance you currently train per session, any history you may feel is relevant eg a bad experience, participation in competitions ie Masters; Triathlon etc).

Please describe your swimming goals and your interest in having lessons: (eg learn to swim and be water safe, general fitness, stroke correction, mastering specific strokes, information on more varied training sessions, weight loss, an exercise for pregnancy etc).

If you are interested in Private sessions, please indicate what time would be suit you:

1st option:	2nd option:	3rd option:
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Waiver:

I hereby waive and abandon any claim, which I may have against Lucy Barlow, or any coach, assistant or official (qualified or unqualified), in respect of any injuries sustained or damages incurred by me or by my minor child(ren) resulting from my/their participation in training sessions or events organised by Greydogs Swimming or in which my child(ren) participate in as members of the Greydogs Swimming Team or Club, irrespective of whether or not such injuries or damages arose as a result of negligence, injury, theft or from any cause whatsoever. I acknowledge that this waiver has been made by me voluntarily in my personal capacity / capacity as the legal guardian/parent of my minor child(ren) and that it is unconditional. I agree to abide by the rules and regulations specified by Virgin Active or the alternative venue and Lucy Barlow whom I indemnify against all claims.

Name _____ (block letters)

Signed: _____ Date: _____