

Learn To Dive

Summer offers a great time to try the sport of Diving!!

This is the 8th year for our very successful “Learn to Dive” program. This one week session is designed for divers of all ages and abilities. Diving is a great sport for young athletes. It helps children become stronger and more flexible as well as developing muscle coordination, concentration and a higher self-esteem. All this, and kids as well as adults, have a lot of fun learning new dives!!

Please fill out the registration form and either mail it to the address below, or leave it with one of the lifeguards at the gatehouse, along with your *non-refundable* fee of \$45.00 members or \$75.00 non-members (on the waiting list) to ***North St. John’s Swim & Tennis Club.***

If you are a concerned parent and want your child to learn the safe and proper way to dive, this program is a must. Adults, don’t forget, it’s never too late to learn the correct way to dive!! Have fun learning the basics, or perfecting that front flip.

The maximum class size is 10 divers. If less than 3 divers sign up for a class, it may be combined with another class or cancelled. In the event that a class is cancelled, you will receive a full refund.

If have any questions about the program contact: Clair Wise at wise.nilsson@verizon.net.

***Looking forward to seeing all of you
on the diving board this summer!***

Learn to Dive 2009 Registration Form

Name(s): _____ Age: _____

_____ Age: _____

_____ Age: _____

Parent's Names: _____

Phone Number: _____

Email: _____

Please check one:*

_____ NSJ member _____ NSJ non-member (waiting list)

Day session: \$45.00 per person \$75.00 per person

*fees are non-refundable

Session Week: Circle one

June 22 - June 26 11:50-12:30 p.m. Coach Mo

June 29 - July 3 11:50-12:20 p.m. Coach Alex

July 6 – July 10 11:50-12:20 p.m. Coach Mo

July 13 – July 17 11:50-12:20 p.m. Coach Alex

Amount Paid: _____ Check #: _____

Waiver, Release, Assumption of Risk

I understand that my participation in the Learn to Dive program involves risks and dangers of serious and permanent bodily injury and/or death. I, or my parent/guardian if I am a minor, hereby release, hold harmless, discharge and agree not to sue North St. Johns Swim Club, its respective administrators, directors, officers, employees, coaches, other participants, volunteers, sponsors, advertisers, owners/lessors of premises for any and all liability, including all acts of active or passive negligence, from my participation in this activity.

Signature of Athlete (if over 18) or Parent/Guardian

Mail registration to: (or drop off at pool gatehouse)

Please make check payable to: *North St. Johns Swim & Tennis Club.*

Mail to: Clair Wise
9302 Michaels Way
Ellicott City, MD 21042

Or leave at the front desk at NSJ.