

Adapted Aquatics & Rehabilitation Class Summer I, 2011

Class Information

- The class will teach swimming and safety skills, work on mobility and range of motion all of which in a fun game/play like atmosphere.
- **Class starts June 13th to July 1st.**
- **Class meets Monday, Tuesday, Wednesday, Thursday, No Friday class.**
- **Children will need to be “ready” to enter the pool at 12:15pm and ending a 1:15pm.**
- You can arrive early (11:45pm) if needed to change clothes.
- You will need to help your child before & after the swim class, because UTB/TSC students are not helping in the locker rooms.
- There is a “family” locker room you can use.
- If you like, you can stay and observe the class.
- Swimming instructor to child should be one-to-one/two.
- There will always be lifeguards on deck.
- I “Dr. Conatser” if needed, can contact each of you to answer any questions and tell you more about the program.

Some Suggestions

- For some children, a plastic dipper may be needed.
- Use bathroom before class.
- Shower off before entering the pool.
- Do not eat or drink too much liquid 30 minutes before class.
- Make sure your child ears are dry and use lotion after showering.

Look forward to seeing you'll for a fun aquatic program.

For more information, please contact Dr. Conatser 956-561-1825 or

Phillip.conatser@utb.edu or visit <http://www.adaptedaquatics.org>



RELEASE AND WAIVER OF LIABILITY AND COVENANT NOT TO SUE
(READ CAREFULLY BEFORE SIGNING) - UTB/TSC REK Center

I, the below named participant in said event, am eighteen years of age or older and have voluntarily engaged in use and utilization of the UTB/TSC REK Center. I acknowledge that the nature of the Activity may expose me to hazards or risks that may result in my illness, personal injury, or death and I understand and appreciate the nature of such hazards and risks.

In consideration of my participation and use of the facility, all equipment and programs/services, I hereby accept all risk to my health and of my injury or death that may result from such participation and I hereby release the above named Institution, its governing board, officers, employees and representatives from any liability to me, my personal representatives, estate, heirs, next of kin, and assigns for any and all claims and causes of action for loss of or damage to my property and for any and all illness or injury to my person, including my death, that may result from or occur during my participation in the Activity, whether caused by negligence of the Institution, its governing board, officers, employees, or representatives, or otherwise. I further agree to indemnify and hold harmless the injury or death of any person(s) and damage to property that may result from my negligent or intentional act or omission while participation in the described activity (utilizing the UTB/TSC REK Center, its equipment or programs).

I HAVE CAREFULLY READ THIS AGREEMENT AND UNDERSTAND IT TO BE A RELEASE OF ALL CLAIMS AND CAUSES OF ACTION FROM MY INJURY OR DEATH OR DAMAGE TO MY PROPERTY THAT OCCURS WHILE PARTICIPATING IN THE DESCRIBED ACTIVITY AND IT OBLIGATES ME TO INDEMNIFY THE PARTIES NAMED FOR ANY LIABILITY FOR INJURY OR DEATH OF ANY PERSON AND DAMAGE TO PROPERTY CAUSED BY MY NEGLIGENT OR INTENTIONAL ACT OR OMISSION.

I understand that my participation in working out at the REK Center may result in physical injury or even death. I also understand that any level of physical activity can place stress on the body and that I should consult a medical doctor before started and exercise regimen. I am involved with this event voluntarily and **completely understand the risk associated with working out at the UTB/TSC REK Center.**

PRINT Parent Name: _____ **PRINT** Child Name: _____

UTB/TSC Class: Adapted Aquatic & Rehabilitation Class Date: Summer I, 2011

Phone #: _____ Email: _____

Child DOB: _____

Address: _____ City, State, Zip: _____

Parent Signature: _____

Return Waiver to: Dr. Phillip Conatser, UTB Recreation Center, Dep. of Health and Human Performance main office.

UTB/TSC Pool Rules

1. Pool may only be used when a lifeguard is present
 2. Diving or any flips are NOT allowed from the pool deck
 3. No running or tag games allowed in the pool area
 4. Lifeguard chairs are restricted to employees only
 5. Rough play, shoving, dunking, or horseplay are not allowed
 6. No spitting or spouting pool water
 7. Glass containers are not allowed on the pool deck
 8. Only Coast Guard approved floatation devices are allowed in the pool
 9. Profane language or offensive behaviors are not allowed
 10. Do not hang or pull on the lane lines or basketball goals
 11. Individuals under the influence of alcohol or drugs may not utilize the pool
 12. Visiting with the on-duty lifeguard(s) is prohibited
 13. During emergency situations, follow the lifeguard's instructions. One long whistle blast indicates that patrons should clear the pool immediately.
- Refusal to obey pool rules may result in removal from the facility
- 