

FAMILY NAME _____ CELL# _____



Lake Kandle's Stress-Free Swim Training Program

Weekday Mornings (M-F) July 6th-July 31st

Trial Swim Meet: Saturday, August 1st at 9AM

(Must be a swim club member or seasonal camper to participate.)

Join us for a four week swim training program catered to those looking to explore competitive swimming or stay in swimming shape during the summer. Our goal is to provide a summer friendly swimming experience that isn't intimidating or overwhelming to your family's summer plans.

Program Directors: Miranda Coughlan and Steve Tucker

Our training program has been designed by two former Rowan Swimmers, both with head coaching experience. Both directors are involved with coaching competitive swimming but wanted to make summer swimming more accessible for beginners while making it more laid back for swimmers just looking to stay in shape during the summer.

Read below for the group descriptions and times.

****Group age ranges are flexible based upon experience level.**

Ages 5-17. Teens that turn 18 during the season are not eligible to participate.**

Competitive Swim Training (Ages 12-17)

8:45AM-9:55AM, (5x a week: Monday-Friday)

This group will be a competitive swim preparation program. We will be working on stroke mechanics, starts/turns, and endurance. This is a great chance to prepare for high school swimming (or get in shape for other sports). We will work on technique, starts/turns, and mechanics to help prepare for competitive swim racing. We will be completing aerobic sets to prepare swimmers for hour-long workouts and build endurance.

Intro to Competitive Swimming (Ages 7-12)

10AM-10:50AM, (5x a week: Monday-Friday)

This group will be working on perfecting stroke mechanics with freestyle and backstroke. We will be introducing breaststroke and butterfly for new swimmers. Swimmers will work on starts/turns, and mechanics for each stroke. We will focus mainly on mechanics and build up endurance as stroke technique improves. This is a great group if you have swim lesson experience with basic skills and want to transition into a more competitive swim setting.

Swimming 101: Intermediate Swim Lessons and Stroke Development (Ages 5-8)

10:55AM-11:25AM, (5x a week: Monday-Friday)

This group will be an introduction to swimming for children who have little experience. Children should be comfortable in the water (dipping their head under) and be able to doggy paddle. We will be working on kicking, breathing mechanics, stroke fundamentals, and transitioning into deep end swimming/ completing a full 25. The group will mainly focus on learning the mechanics of freestyle and backstroke with an end of year goal to complete 25 meters individually without the help of an adult.

CHILDREN	1 CHILD	2 SIBLINGS	3 SIBLINGS	4 SIBLINGS
COST	\$165	\$325	\$480	\$630
CHILD'S NAME/AGE				

Want 1:1 Private Lessons? Schedule them directly with Miranda and Steve: \$50/ Half Hour Session

EMAIL: _____

FAMILY NAME _____ CELL# _____

Swimmer NAME(S) and AGE(S):

I certify that I am the parent or legal guardian for my child(ren). I hereby give my permission for any employee at **Lake Kandle** to seek and give appropriate medical attention for our child(ren) in the event of accident, injury, illness. I will be responsible for any and all costs associated with any necessary medical attention and/or treatment.

I hereby waive, release and forever discharge **Lake Kandle, Inc** and their employees from all rights and claims for damages, injury, loss to person or property which may be sustained or occur during participation in **Lake Kandle** swim training activities, whether or not damages or loss is due to negligence. I hereby acknowledge that my children is (are) physically fit and capable of participation in all swim training activities.

I understand that there are risks associated with participating in an outdoor environment and that surfaces are more likely to become slippery when wet. I also understand that outdoor surfaces may not be level and that transitions may have sudden changes to grade and consistency.

Initial _____

By registering my child(ren) with the **Lake Kandle Swim Training Program**, I agree to participate (or allow my child(ren) and family members to participate) in the **Lake Kandle Swim Training Program**, and hereby release **Lake Kandle**, its owners and employees from liability for any injury that might occur to myself (or to my child(ren) and family members) while participating in the **Lake Kandle Swim Training Program**, including travel to and from training sessions or other scheduled activities.

I agree to indemnify and hold harmless the above mentioned organizations and/or individuals, their agents and/or employees, against any and all liability for personal injury, including injuries resulting in death to me, my child(ren) and/or other family members, or damage to my property, the property to my child(ren) and/or other family members, or both, while I (or my child(ren) or family members) participating in the **Lake Kandle Swim Training Program**.

Initial _____

All Lake Kandle families have the right to participate in a safe and healthy social environment.

Lake Kandle has a ZERO TOLERANCE policy for abusive behavior and my membership can be revoked without refund if parent, child, family member, or representative has exhibited abusive or sexually inappropriate behavior.

Initial _____

We hereby understand that the use of the pools during practice is exclusively for the use of the registered swim training program participants during their scheduled times. No other family members or friends should be in the water unless given permission by a training staff member.

Head first entries into the pool are forbidden unless they are permitted for practice under direct supervision of a training staff member. During general hours, head first entries into the pool are not permitted under any circumstance. Violation of this policy can result in expulsion from the program and loss of membership.

Initial _____

We freely give **Lake Kandle, Inc** permission to use media (photos and video of myself and or my child(ren)) taken at Lake Kandle for promotional material in perpetuity without any financial consideration for my family.

Initial _____

Cancellation Policy: Swim training fees are nonrefundable after July 10th, 2026. Pro-rated refund will only be given if Lake Kandle cancels 5 or more sessions and make up dates cannot be attended.

Signature: _____

Date: _____

EMAIL: _____