



Gold's Gym Presents:

Birmingham Swim League

SWIMAMERICA LESSONS

1025 Montgomery Highway, Ste 106

Birmingham, Alabama 35216

PH:205-823-5512

Fax:205-453-0830

www.bsllswim.org

Gold's Gym is proud to introduce SwimAmerica lessons at both the Vestavia Hills and Pelham locations, run by the Birmingham Swim League. SwimAmerica lessons are designed to teach all of the swim skills children need to be safe in and around the water for a lifetime. Our swim school focuses on safety skills first, then the skills necessary to become a great swimmer. SwimAmerica is the only swim program endorsed by the American Swimming Coaches Association, the most prestigious coaches association in the world. Children are evaluated on the first day of lessons and grouped together by ability according to SwimAmerica (SWA) station levels 1 to 10.

Reasons to have your child learn to swim:

- To create a positive experience in the water.
- To instill confidence and skills, producing a willingness to try new things.
- To lay the foundations for the four competitive strokes.
- To promote health, swimming and exercise as a lifelong activities.

Please fill out the information below and **return the form and check to the BSL office.** You may register for subsequent sessions at the time you register for the current session or you may register later by mailing your registration to the BSL office. Those already in the program will have priority. Make checks payable to BSL-Lessons. Check must accompany form(s) for immediate placement. Please fill out all forms. Space is not secured until all forms are turned in. Please list a 2nd choice of class time. There must be a minimum of three children signed up for the class to be taught and each child must be at least three (3) years of age. **Each participant will receive a phone call the week prior to the start of each session confirming both time and days. Non-members of Gold's Gym must complete and sign the separate liability waiver for Gold's Gym to access the pool area of Gold's.**

Make up classes will be held only in the event the entire class was canceled. No refunds given; accounts may be credited. Placement is on a 1st come, space available basis. We will not over fill a class.

SWIMAMERICA REGISTRATION FORM

1025 Montgomery Hwy. Suite 106

Birmingham, AL 35216

205-823-5512

Fax: 205-453-0830

Swimmer's Name _____ Date Of Birth _____ Sex _____ Age _____

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Swimmer's experience (use back if needed) _____ SWA Level _____

Phone # _____ 2nd Day Phone # _____

Parents Name(s) _____

Address _____

E-Mail Address _____

Spring I Preferred Class Time & Days _____ 2nd Choice _____

Spring II Preferred Class Time & Days _____ 2nd Choice _____

Amount Enclosed \$ _____

Gold's Gym Membership # _____

Cost: Gold's Gym Member: \$120.00

Gold's Gym Non-Member: \$140.00

Release and Indemnity

As a condition for, and in consideration of, the participation by the above named swimmer(s) in the Birmingham Swim League SwimAmerica Program, the undersigned does hereby release Birmingham Swim League, Gold's Gym and all affiliated and associated organizations, together with their respective trustees, directors, officers, agents, representatives and employees, of and from any and all claims and demands of any kind or nature whatsoever arising out of or in any way related to participation by the above named swimmer(s) in the Birmingham Swim League SwimAmerica Program, including, but not limited to, claims and demands for any personal injury or death, which the swimmer may suffer or incur as a result of participation in such program whether or not caused by the negligence or wrongful acts of Birmingham Swim League, Gold's Gym and/or their affiliated and associated organizations, trustees, directors, officers, agents, representatives and employees. I agree to hold Birmingham Swim League, Gold's Gym and their affiliated and associated organizations, trustees, directors, officers, agents, representatives and employees free and harmless from any claim or expense that may arise due to participation in this SwimAmerica program. I do further agree to indemnify and hold harmless each of them, of and from any and all claims, demands or actions of any kind or nature whatsoever arising out of any injury or damages incurred or caused by the above named swimmer(s). THIS IS A FULL RELEASE OF ALL CLAIMS AND AGREEMENT TO INDEMNIFY ON BEHALF OF MYSELF, MY SPOUSE, AND MY/OUR CHILD/CHILDREN.

X Signature: _____ **Date:** _____

Relationship to Participant(s): _____

Person to contact in an emergency: _____

SWIMAMERICA CLASS SCHEDULE

SPRING SESSION I April 5th thru April 29th

Sign up deadline – Thursday, March 25th

SPRING SESSION II May 3rd thru May 27th

Sign up deadline – Thursday, April 22nd

SUMMER INFO COMING SOON!

SWIMAMERICA CLASS TIMES

All Classes are two days a week for four weeks.

4:00PM – 4:30PM	Monday & Wednesday or Tuesday & Thursday	All Levels	Gold's Gym Vestavia
4:30PM – 5:00PM	Monday & Wednesday or Tuesday & Thursday	All Levels	Gold's Gym Vestavia
5:00PM – 5:30PM	Monday & Wednesday or Tuesday & Thursday	All Levels	Gold's Gym Vestavia
5:30PM – 6:00PM	Monday & Wednesday or Tuesday & Thursday	All Levels	Gold's Gym Vestavia

Date _____ Time _____ AM/PM Gym _____ Receptionist _____ Fitness Counselor _____

GUEST COURTESY CARD

Name _____ Employer _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Email _____

AGE _____ MALE _____ FEMALE _____ MARITAL STATUS: SINGLE _____ MARRIED _____ DO YOU HAVE ANY CHILDREN? YES _____ NO _____

Have you been here before? YES _____ NO _____

WHAT ARE YOUR FITNESS GOALS? CHECK ALL THAT APPLY.

Lose Weight How Much _____

Gain Weight How Much _____

Cardiovascular conditioning

Tone and Firm

Increase muscular strength/size

Stress management

Injury rehabilitation

Are you currently involved in an exercise program?

HOW DID YOU HEAR ABOUT GOLD'S GYM?

Referred by _____

Television

Radio

Newspaper

Direct Mail

Drive by

Other _____

HOW LONG HAVE YOU BEEN THINKING ABOUT ACHIEVING YOUR GOALS? 1 MTH 3 MTHS 6 MTHS ONE YEAR OR MORE
ON A SCALE OF 1-10 (10 BEING MOST SERIOUS) HOW SERIOUS ARE YOU ABOUT ACCOMPLISHING YOUR GOALS? 1 2 3 4 5 6 7 8 9 10

WAIVER

I accept responsibility for my use of any and all apparatus, appliances, facility, privilege or service whatsoever, owned and operated at this club at my own risk, and shall hold this club, its owners, shareholders, directors, officers, employer's representatives and agents harmless from any and all loss, claim, injury, damage, or liability sustained or incurred by me resulting therefrom.

Signature _____

