

2010 AquaFit Masters Ltd.

Long Island's Premier Swim Program for Adults Age 18 & Older headquartered at the Nassau County Aquatic Center in Eisenhower Park in East Meadow

SWIM PROGRAM HIGHLIGHTS

- * small-group swim technique instruction *
- * professional, experienced, certified & caring staff *
- * fun, motivating, structured & enthusiastic group dynamics *
- * diverse schedule (weekday mornings & evenings and weekends) *
- * supervised open water swim practices during warm-weather months *
- * challenging workouts for experienced competitive swimmers & triathletes *
- * summer outdoor group combo training sessions & clinics on local event venues *

Looking to expand & diversify your exercise regimen? Want to improve or fine-tune swim ability for a more pleasant and productive pool or open water swim experience? Bored with solitary lap swimming? Frustrated at your lack of comfort, speed or endurance when swimming? Feeling fatigued and out of breath after just a short swim distance? Want to learn correct balance, body alignment, torso rotation and connecting to your core power source to dramatically enhance your swimming? Then join us for a fun, invigorating and motivating experience!

TRAINING PROGRAM

Year-round short course & long course pool training plus open water swimming for experienced, advanced-skill competitive swimmers and triathletes under the supervision and direction of a professional, certified coaching staff in a challenging and structured environment. Nine (9) pool swim workouts offered each week.

COMBO PROGRAM

This is our most popular program for fitness enthusiasts and multi-sport athletes. Our unique instruction & training Combo Program is for individuals who already possess a fundamental grasp of basic swimming skills, but who are not yet ready to participate in full-fledged, challenging swim training sessions. Combo Program participants further refine swim skills with technique instruction as they progressively integrate group training concepts.

SWIM TECHNIQUE INSTRUCTION

Small-group freestyle swim technique improvement instruction offered in conjunction with our Combo Program on Tuesday & Thursday evenings. This is NOT a Learn-To-Swim class.

Newbies unsure of their ability level or which program membership selection best meets their needs should schedule a swim evaluation appointment first. Visit the "About Our Program" web section at www.aquafitmasters.com for further info. Contact Program Director Lisa Baumann via email at aquafitinc@aol.com with additional questions or to schedule a swim ability evaluation appointment.

AQUAFIT MASTERS LTD. - A United States Masters Swimming Program
Winter Term (January 1 - April 30, 2010) Enrollment Form & Membership Selection/Agreement

PERSONAL INFORMATION:

Print First & Last Name _____ Date of Birth ____/____/____
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Primary E-Mail Address _____

Secondary E-Mail Address _____

Cell (_____) _____ - _____

Home (_____) _____ - _____

Work (_____) _____ - _____

Occupation _____

Full Address (include apartment, suite or floor number, if applicable, and your zip code):

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FEE & ENROLLMENT INFO (check off 3 selections):

see page 2 for weekday morning training program minimum requirements

_____ **\$250 REGULAR** membership
 (includes \$10 processing fee;
 unlimited swimming sessions for
 entire 4-month membership term)

_____ **\$210 SENIOR/COUPLES**
 (includes \$10 processing fee;
 unlimited swimming sessions for
 entire 4-month membership term;
 seniors 65+ and married couples)

_____ **\$150 ONE Swim Per Week**
 (includes \$10 processing fee;
 ONE swim session per week **ONLY**
 available Wednesday morn, Tuesday
 evening or Sunday morning)

_____ **TRAINING** Program
 (challenging workouts for experienced
 athletes with goals that have been
 communicated to the head coach)

_____ **COMBO** Program
 (combination of training and
 group technique instruction)

_____ **INSTRUCTION** Classes
 (small group technique instruction
 to **IMPROVE** swim skills; this is
NOT a **BEGINNER** swim class)

_____ 6:00am Weekdays+Sunday

_____ 7:30am Weekdays+Sunday

_____ Tu/ThEve+1weekdayAM+Sun

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SEE NOTES ON PAGE TWO BEFORE SIGNING BELOW:

By signing below, program registrant acknowledges understanding of and agrees to the terms and information on page two of this form.

WAIVER: "I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

SIGNATURE _____ DATE _____

- * NEW Winter 2010 term program members must fully execute, sign and date, and submit 2010 USMS registration(insurance) form with applicable \$40 payment in addition to AquaFit enrollment/membership form and payment.
- * Winter 2010 term renewing program members should have processed their 2010 USMS registration (insurance) ONLINE between November 1-30, 2009, registering with AquaFit ("AQFT") club affiliation. USMS registration is a mandatory insurance requirement. If USMS registration renewal was not processed prior to January 1, 2010, renewing member will NOT be permitted to swim until submitting proof of having done so.
- * Members MUST indicate which swim session days and times they plan to MOST FREQUENTLY participate in so that a sufficient number of lanes are rented to accommodate everyone to avoid an over-crowding situation. Members may not CHANGE their swim session enrollment selection without first discussing same with Program Director to ensure there is room to accommodate swim schedule switch. ONE swim workout per week membership selection is limited and must FIRST be discussed with and approved by the Program Director.
- * Weekday morning training program minimum eligibility requirements are as follows:
 - Level 1: The ability to train on the following freestyle intervals: 1:45/100 or faster for long course meters; 1:35/100 or faster for short course meters; 1:25/100 or faster for short course yards. Four-stroke (butterfly, backstroke, breaststroke and freestyle) training competency (or the willingness to learn to improve and train all four strokes if not already proficient).
 - Level 2: The ability to train on the following freestyle intervals: 2:00/100 or faster for long course meters; 1:50/100 or faster for short course meters; 1:40/100 or faster for short course yards. Three-stroke (butterfly, backstroke, breaststroke and/or freestyle) training competency (or the willingness to learn to improve and train three strokes if not already proficient).
 - Level 3: The ability to train on the following freestyle intervals: 2:15/100 or faster for long course meters; 2:05/100 or faster for short course meters; 1:55/100 or faster for short course yards. Two-stroke (butterfly, backstroke, breaststroke and/or freestyle) training competency (or the willingness to learn to improve and train two strokes if not already proficient).The weekday morning training program is for competitive swimmers and triathletes. As such, each participant is expected to communicate and discuss specific goals for the upcoming season to the Program Director as early in the year as possible.
- * Payments are to be made via check or money order payable to **AQUAFIT** (or by cash; exact amount only please), and must be accompanied by fully executed, signed and dated enrollment form. \$25 bounced check fee applies. NO credit cards accepted. Payment should be handed in prior to the start of your first swim session date or MAILED one week in advance to: AquaFit, 734 Franklin Avenue, PMB #383, Garden City, NY 11530.
- * All program members are on the same billing cycle for bookkeeping and administrative purposes. Each year is divided into three equal four-month membership terms (September-December, January-April, and May-August). Prorated membership fee is calculated for partial or late (after 21 days) enrollment IF room remains in our program. Memberships expire at the end of the current term. Program membership and USMS registration fees are non-refundable and non-transferable. All term membership fees must be paid up front.
- * NO DIVING into the pool is permitted during swim sessions UNLESS supervised racing starts are being practiced.
- * Members must obey facility rules and comply with double attendance/sign-in procedures (front desk and pool deck).
- * All program members are required to support the program by volunteering at ONE or more AquaFit hosted events within each calendar year. If the specific dates of our hosted events present a scheduling conflict for you, simply contact the Program Director to discuss how you can help out prior to or immediately after event date.
- * Nassau County residency and Aquatic Center facility membership is NOT required for AquaFit program enrollment/participation. We do, though, recommend obtaining a Nassau County Leisure Passport at facility front desk for discount access to pool during non-AquaFit hours, along with access to all County parks, pools, beaches, museums, golf courses, and other venues.
- * Members should check the AquaFit website regularly to remain aware of team announcements, special events, deadline reminders, and daily and monthly schedule information. Team emails are periodically sent out to all members.
- * If you have special schedule problems or financial needs that our general membership options don't accommodate, contact the Program Director to discuss a personal arrangement. This discussion should NOT occur at the pool during swim times. Every effort will be made to accommodate your personal needs. Program Director and program mailing address information is indicated below.

Website www.aquafitmasters.com
Program Director Lisa K. Baumann
Office 516-294-SWIM(7946) • E-Mail aquafitinc@aol.com
734 Franklin Avenue, PMB #383, Garden City, NY 11530

2010 USMS Registration & Insurance Form (Club Code = AQFT)

FEE: \$40 payable to AQUAFIT via check, money order or cash

SUBMIT fully executed form with payment at pool before start of first swim session,
or MAIL TO: AQUAFIT, 734 Franklin Avenue, PMB #383, Garden City, NY 11530

This form is to be used from September 1, 2009 through August 31, 2010. USMS registration cards are printed and issued each year from November 1st on. Indicate below (check ONE) whether you are RENEWING your USMS/AquaFit Team registration from 2009 (write in your previous USMS registration number) or if you are a NEW USMS/AquaFit member (or have not been a member for more than one year).

____ 2009 Renewal #069- _____ 2010 NEW Member #060- _____ (for office use only)

Maintaining United States Masters Swimming ("USMS") registration is a mandatory insurance requirement. Benefits of USMS registration include a subscription to USMS SWIMMER magazine during membership period; eligibility to enroll/participate in a bona fide Masters swim program, clinics, fitness events and/or competition (wherein ALL participants are USMS-registered and supervised by a registered USMS member); secondary accident and liability coverage during participation in a USMS program and/or USMS-sanctioned event; additional benefits and discounts (see reverse side of your USMS registration card for details). Please print neatly and clearly filling in ALL areas of information. A legible e-mail address is extremely important since it is our primary form of communication.

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PRINT YOUR FIRST & LAST NAME _____

GENDER (circle one) Male Female BIRTHDATE ____/____/____ CURRENT AGE _____

HOME OR MAILING ADDRESS (include apartment or suite number, zip code, etc.):

Home Tel (____) _____ - _____ Work Tel (____) _____ - _____
Cell Phone (____) _____ - _____ Other Tel (____) _____ - _____

PRIMARY E-MAIL ADDRESS _____

SECONDARY E-MAIL _____

OCCUPATION (for internal statistical purposes only) _____

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WAIVER: "I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

Use of Image/Likeness: "I grant permission to U. S. Masters Swimming and its affiliates to use my likeness and/or images in photographs, video, motion pictures, recordings, or any other record for legitimate purpose."

SIGNATURE _____ DATE _____

(for office use only) Date Paid ____/____/____ Payment Method: Cash M.O. Check # _____

AQUAFIT MASTERS LTD. - A United States Masters Swimming Program Swim SCHEDULE - Winter Term (January 1 - April 30, 2010)

Seasonal pool swim schedule changes are observed each year, with the Fall and Spring representing a gradual transition between full Summer and full Winter schedules. Frequently visit our "Schedule & News" website section at www.aquafitmasters.com to remain aware of daily schedule details or changes, upcoming events and deadlines, team announcements and more. Each upcoming month's schedule is posted online approximately ten (10) days in advance.

Monday mornings: 6:00-7:30AM & 7:30-9:00AM (training & combo programs)
Wednesday mornings: 6:00-7:30AM & 7:30-9:00AM (training program)
Friday mornings: 6:00-7:30AM & 7:30-9:00AM (training program)
Tuesday evenings: 7:00-8:15PM (combo & training programs,
plus small-group swim instruction class)
Thursday evenings: 6:30-7:45PM (combo & training programs,
plus small-group swim instruction class)
Sunday mornings: 9:00-10:30AM mid-September through mid-May (training)
*Open water swimming & outdoor cross-training sessions
replace Sunday pool workouts during warm-weather months*

**Peripheral cross-training opportunities respective to seasonal shifts in scheduling and training needs are conducted at a variety of locations such as spin classes (Wednesday evenings and Saturday mornings) at Corporate Fitness Center in the Omni building; extra fee required), supervised outdoor group bike rides, runs/track workouts, combo/brick training and open water swim practices during warm-weather months. Outdoor group training sessions are restricted to current program members (we do NOT charge any additional participation fees to members).

**Aquatic Center facility membership is NOT required for AquaFit program enrollment. But consider obtaining a Nassau County Leisure Passport at the facility front desk should you wish to use the Aquatic Center during non-AquaFit hours, or to access any other County pool or park. A Leisure Passport qualifies you for resident discount entrance fees.

**Facility special events - along with federal and major religious holidays - occasionally affect our schedule. Any schedule change is posted online in advance in our "Schedule & News" website section.

Newbies unsure of their ability level or which program membership selection best meets their needs should schedule a swim evaluation appointment first. Visit our "Schedule&News" website section at www.aquafitmasters.com for daily schedules. Contact Program Director Lisa Baumann via email aquafitinc@aol.com to schedule one free swim session, with questions, or for additional information.
Mailing Address: AquaFit, 734 Franklin Avenue, PMB #383, Garden City, NY 11530