

Naperville District 203 Stroke & Conditioning @ Naperville Central High School

WHAT: Naperville District 203 Stroke & Conditioning program
 WHEN: May 13, 2024 – May 24, 2024
 WHERE: All practices are held at Naperville Central High School
 WHO: All swimmers* capable of meeting the minimum requirements
 *Swimmers need not be residents of Naperville District 203

Three sessions are available:

Session 1	Appropriate for 10 & Under swimmers	6:30pm – 7:15pm	\$75 (10 practices)
Session 2	Appropriate for 9 & Older swimmers	7:15pm – 8:00pm	\$75 (10 practices)
Advanced	Appropriate for 12 & Older swimmers	8:00pm – 9:00pm	\$100 (10 practices)

*Note: There is overlap in age ranges to accommodate differences
in swimmers' experience/ability levels*

Requirements:

Session 1: Capable of swimming 25 yards of the pool without stopping in freestyle and backstroke. Most appropriate for swimmers who are still working toward solidifying technique in all four strokes (free, back, breast, fly).

Session 2: Capable of swimming all four strokes without stopping for 100 yards. Most appropriate for swimmers who need refinement of technique in all four strokes.

Advanced: Capable of swimming all four strokes legally for 200 yards. Most appropriate for those swimmers who are looking for technique refinement as well as additional time in the water to improve endurance levels.

***REGISTRATION ON WEDNESDAY FEBRUARY 28 AT
6:30 – 7:30 PM IN THE NCHS POOL LOBBY***

******Please complete the attached form for each swimmer you plan to register******

If you can't make registration time, please mail or drop off at main entrance check in desk
 -NCHS, 440 W. Aurora Ave., Naperville, IL 60540, Attn: Bill Salentine.



(One form per swimmer)

Check # _____

Naperville District 203 Stroke & Conditioning Registration Form

Make Checks Payable to: **Naperville Central Aquatics. NO REFUNDS AFTER MARCH 22nd.**

Session 1
\$75

Session 2
\$75

Advanced
\$100

Swimmer Last Name

Swimmer First Name

Age as of
5/13/24

Address

City

State

Zip

Parent's Email Address _____

Emergency Contact Phone # _____ Name _____

School District 203 Aquatic Program Waiver and Release of All Claim

Please read this form carefully and be aware in registering yourself and/or your minor child/ward for participation in School District 203 Aquatic Program(s), you will be waiving and releasing all claims for injuries you or your minor child/ward sustain out of the program(s).

I recognize and acknowledge that there are certain risks of physical injury to participants in the program(s). I agree to assume the full risk of any injuries, including death, damages or loss, regardless of severity, which I or my minor child/ward may sustain as a result of participating in any and all activities connected with or associated with such program(s).

I agree to waive and relinquish all claims I or my minor/child ward may have against School District 203 and its officers, agents, servants, and employees as a result of participating in the program(s).

I do hereby fully release and discharge School District 203 and its officers, agents, servants, and employees from any and all injuries, including death, damages or loss, which I or my minor child/ward may have, or which may accrue to me or my minor child/ward and arising out of connected with, or in any way associated with the activities of the program(s).

I further agree to indemnify and hold harmless and defend School District 203 and its officers, agents, servants, and employees from any and all claims resulting from injuries, including death, damages and losses, sustained by me or my minor/ward, arising out of, connected with, or in any way associated with the activities of the program(s).

I have read and fully understand the waiver and release of claims.

Signature of Parent or Legal Guardian