

# **Merritt Swim Academy**

## **Summer Session II**

**Merritt Athletic Clubs Canton  
3401 Boston St. Baltimore, MD 21224  
410-563-0225  
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2008

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bsimpson@merrittclubs.com.  
Summer Sessions 2008

## Group Lessons

For Ages 3 and up, including adults

### Level 1: Water Ready

Participants work on becoming comfortable in the water. Skills that are taught include floating, kicking, and alternating arm action.

### Level 2: Stroke Ready

Participants learn to kick on their back, retrieve a submerged object, float, glide, and do the front crawl movement with support.

### Level 3: Stroke Development

Participants demonstrate the full front crawl stroke with rotary breathing, back crawl, and floating. Students are introduced to the breaststroke kick, elementary backstroke, and treading water. This class would also be good for older children who are just starting out.

### Level 4: Stroke Enhancement

Participants continue to build endurance in the front crawl and backstroke. They improve on the breaststroke and are taught the butterfly kick as well as flip turns.

## Canton Merritt Swim Academy Summer Session II Begins week of July 28

### Level 5: Stroke Perfection

Swimmers build endurance in front and back crawl. Butterfly and breaststroke are perfected and open water survival skills are discussed.

### Adult Swim Class

This class is designed for Adults who are getting back into the water or those who have always wanted to swim but never got around to it. Participants work on becoming comfortable in the water first then move on to learning and maintaining strokes.

**\*\*\*ALL CHILDREN ENTERING THE POOL MUST BE POTTY TRAINED. THERE WILL BE NO REFUNDS NOR MAKE UP DAYS FOR MISSED CLASSES.**

“if you want to learn how to swim, jump into the water. On dry land no frame of mind is ever going to help you.” ~Bruce Lee

“The water is your friend. You don’t have to fight with water, just share the same spirit as the water, and it will help you move.” ~Aleksandr Popov



# Full Summer Session II

## Session Begins week of July 28, 2008

### Classes meet one day a week for 6 Weeks

However we are offering classes Monday through Thursday, so your child can take up to 4 classes per week for each 6 week session. We will also be offering morning classes beginning at 9am and evening classes beginning at 5 pm

**Monday classes begin July 28 and will meet each Monday until until September 1**

**Tuesday classes begin July 29 and will meet each Tuesday until September 2**

**Wednesday classes begin July 30 and will meet each Wednesday until September 3**

**Thursday classes begin July 31 and will meet each Thursday until September 4**

Level 1 will meet at 9am, 5pm or 6pm

Level 2 will meet at 9:30am and 5:30pm

Level 3 will meet at 10am and 6pm

Levels 4 and 5 will meet at 10:30am and 6:30pm

Adults will meet at 11am and 7pm

1 day per week	\$55 for members	\$75 for non-members
2 days per week	\$100 for members	\$140 for non-members
3 days per week	\$150 for members	\$225 for non-members
4 days per week	\$175 for members	\$ 250 for non-members

# Merritt Swim Academy

## Summer Session II Begins the week of July 28

### Registration Form 2008

Participants Name \_\_\_\_\_

Date of Birth \_\_\_\_\_ Membership# \_\_\_\_\_

Parent's Name \_\_\_\_\_ Membership # \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Work/Cell \_\_\_\_\_

Session \_\_\_\_\_ Classes per session 6 12 18 24

Amount paid: \_\_\_\_\_

Level \_\_\_\_\_ Day(s): \_\_\_\_\_ Time \_\_\_\_\_

**\*There will be no refunds nor make-up days for missed classes**

### Waiver

I acknowledge and accept the risks inherent in the use of the Merritt Athletic Club's services and facilities, including participation in any birthday party or club rental. The undersigned assumes the sole risk if injury, accident, death, loss, cost or damage to his or her person or property which might arise from the use of Merritt Athletic Club's services and facilities. The undersigned further agrees that Merritt Athletic Clubs, its instructors, employees, servants, and agents, shall not be liable to the undersigned for any claims, demands, injuries, damages, actions, or causes of action whatsoever to the undersigned's person or property arising out of or in connection with the use of the services and facilities of the Merritt Athletic Club, and further including any pre-existing physical condition or impairment.

The undersigned, his or her heirs, personal representatives, executors, representatives, and assigns do hereby release and discharge Merritt Athletic Club, its instructors, employees, servants, and agents from all claims, demands, injuries, damages, actions or causes of action and from all acts of active or passive negligence on the part of the club, its servants, instructors, agents, or employees. The undersigned further agrees to abide by all policies and procedures of Merritt Athletic Club and, which policies and procedures may be posted at the facility, issued orally and/or published, and which may be amended from time to time at management's sole discretion.

Signature \_\_\_\_\_

/Print Name \_\_\_\_\_

Date \_\_\_\_\_