

STATEMENT OF PARTICIPATION AGREEMENT/WAIVER OF LIABILITY

Applicant understands that The Pennsylvania State University, through its Capital Union Building Aquatics facility, offers exercise that can be potentially dangerous.

Therefore, it being the intent of the Applicant to hold Pennsylvania State University, its trustees, officers, agents and employees harmless, Applicant hereby releases, waives and forever discharges the same from any and all liability for injury suffered by Applicant related to the use of the Capital Union Building Aquatics facility and the locker rooms at his/her own risk.

It is recommended that Applicant become knowledgeable of all pool rules prior to using the facility.

Pool rules are posted in the facility.

Applicant also understands that due to emergencies in the pool area that the pool may need to close for the lifeguards on duty to attend to the victim(s).

Additionally, applicant authorizes Penn State personnel to photograph, videotape, and/or audiotape in promotion of The Pennsylvania State University's Aquatic Programs.



REFUNDS AND PARKING

Refunds will only be issued if class is cancelled due to insufficient enrollment.

A fee of \$1/day or \$40/year is charged for parking on campus. Yearly permits may be purchased at the Parking Permit Office. For information, call 717-948-6006.

IMPORTANT INFORMATION

1. Sessions based on dates listed.
2. Low student/instructor ratios will be maintained, thus enrollment is limited.
3. Registrations will only be accepted with FULL PAYMENT in advance (cash or check).
4. To register, complete and detach the registration form, and return it with full payment to the Aquatics Center.
5. If you wish to confirm your registration, please call the Aquatics Center.
6. Classes will only be rescheduled due to inclement weather or facility schedule changes.

Information:

Craig Merkey
Associate Director of Recreation & Aquatics
717-948-6664 • cam86@psu.edu
or
Amy Hickoff
Aquatics Administrative Support Assistant
717-948-6740 • aih2@psu.edu
harrisburg.psu.edu/aquatics

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PENN STATE HARRISBURG AQUATICS CENTER

Stroke Development Clinic

Pre-competitive ages 7-13

Stroke Refinement Clinic

Competitive ages 10+

Swim Conditioning Clinic

Ages 7-18



Fall 2017 - Spring 2018



PennState
Harrisburg

Capital Union Building
717-948-6740 • 717-948-6664
harrisburg.psu.edu/aquatics

STROKE DEVELOPMENT

Stroke Development Clinic \$82/swimmer

Sundays, 4:00-5:00 p.m.

This is a program designed to introduce beginning swimmers to the four competitive swimming strokes used in a swim team program. Swimmers will spend two sessions on each of the four strokes, working on proper stroke mechanics and techniques.

Prerequisites

- Participants must be the appropriate age by the first day of class. (7 years or older)
- Participants must have completed Level 3 or be able to comfortably swim two lengths of the pool (50 yards) - one on their front with their face in the water, blowing bubbles; the other on their back with assistance.



STROKE REFINEMENT

Stroke Refinement Clinic \$82/swimmer

Sundays, 5:00-6:00 p.m.

This is a program designed to refine strokes previously developed within a competitive swim team. Swimmers will work on starts and turns, breathing technique, body position, body alignment, and overall conditioning. This class will fine-tune strokes for the next swim season.

Prerequisites

- Participants must be the appropriate age by the first day of class. (10 years or older)
- Participants must have been part of a competitive swim team for at least one season (summer or winter).
- Participants must be able to comfortably swim four lengths of the pool (100 yards) – freestyle, continuous, non-stop.

SWIM CONDITIONING

Swim Conditioning Clinic \$125/swimmer

Tuesdays, Thursdays, and Fridays

Ages 7-10 6:30-7:15 p.m.

Ages 9-18 7:15-8:30 p.m.

This clinic is for swimmers that look to swim during the winter without the commitment of a full swim team. Practices will focus on distance and endurance for recreational swimming. The instructors will work to enhance the participant's four strokes using the American Red Cross skill assessment and local league regulations (MPSL/CPAL). We want swimmers to improve their form under those regulations and to improve endurance and techniques through conditioning.

Techniques will be reviewed and there will be stroke drills and conditioning sessions. Strength and endurance will build over the eight-week program.

Prerequisite

- Participants ages 7-10 must be able to swim 25 Free with rotary breathing & 25 Back.
- Participants ages 9-18 must be able to swim 100 IM, 100 Free with rotary breathing & flip-turns.

Swim Conditioning Clinic \$94/swimmer

Tuesdays, Thursdays, and Fridays (6 weeks)

High School age 7:15-8:30 p.m.

STROKE DEVELOPMENT & REFINEMENT

Fall 2017 • *Registration begins Aug. 9, 2017*

Sundays Sept. 10-Oct. 29

Winter 2018 • *Registration begins Oct. 11, 2017*

Sundays Jan. 7-Feb. 25

Spring 2018 • *Registration begins Jan. 31, 2018*

Sundays March 11-May 6
(no class 4/1)

SWIM CONDITIONING

Fall 2017 • *Registration begins Aug. 9, 2017*

Tues./Thurs./Fri Sept. 12-Nov. 3

CLINIC REGISTRATION FORM

Participant Name _____ Male _____ Female

Age _____ Date of Birth _____

Parent Name _____

Home Address _____

City _____ State _____ Zip Code _____

Home Phone _____

Alternate Phone _____

E-mail Address _____

CHOOSE ONE:

- Sundays Stroke Development
4:00-5:00 p.m.
- Sundays Stroke Refinement
5:00-6:00 p.m.
- T/T/F Swim Conditioning
6:30-7:15 p.m.
- T/T/F Swim Conditioning (*If HS____)
7:15-8:30 p.m.
- Fall Winter Spring

IMPORTANT INFORMATION (Medical or other)

Make check payable to **Pennsylvania State University**,
777 West Harrisburg Pike, Middletown, PA 17057

Please copy this form for additional registrations.

EMERGENCY MEDICAL TREATMENT FORM will be e-mailed to you and must be completed and returned prior to class.