



## UAB University Recreation Fall 2025 Swim Lesson Form

*UAB University Recreation's Learn to Swim program provides a positive learning experience for students ages 6 months and up. Our program focuses on safety and proper techniques to develop skill proficiency. Our group lessons provide an optimum and supportive learning environment with competent and knowledgeable instructors who are passionate about swimming. Each term consists of 6 swim lesson sessions and eight participants per class.*

**Cost is \$100 member/ \$110 non-member per swimmer.**

### PARENT/GUARDIAN/SWIMMER INFORMATION

Name: \_\_\_\_\_

Home/Cell Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Home Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Work Phone: \_\_\_\_\_

{ } Member { } Non-member

### SWIMMER INFORMATION

#### *Swimmer 1:*

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Home Address: \_\_\_\_\_

#### *Swimmer 2:*

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Home Address:

\_\_\_\_\_

**Swimmer 3:**

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Home Address:

\_\_\_\_\_

**ADDITIONAL EMERGENCY CONTACT (Other than listed parent/guardian)**

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone: \_\_\_\_\_

**CLASSES: Fall 2025**

**Session 1 Dates: 9/8, 9/15, 9/22, 9/29, 10/6, 10/13**

**Class A: Parent/Child Level 1- 5:30pm-6:00pm**

**Swimmer 1**

**Swimmer 2**

**Swimmer 3**

**Class A1: Preschool Aquatics Level 1- 5:30pm-6:00pm**

**Swimmer 1**

**Swimmer 2**

**Swimmer 3**

**Class B: Preschool Aquatics Level 2- 6:15pm- 6:45pm**

**Swimmer 1**

**Swimmer 2**

**Swimmer 3**

**Class B1: Learn to Swim Level 1- 6:15pm - 6:45pm**

**Swimmer 1**

**Swimmer 2**

**Swimmer 3**

**Class C: Learn to Swim Level 2- 7:00pm-7:30pm**

**Swimmer 1**

**Swimmer 2**

**Swimmer 3**

**Class C1: Adult Level 1- 7:00pm-7:30pm**

**Swimmer 1**

**Swimmer 2**

**Swimmer 3**

**Class D: Adult Level 1- 7:30pm-8:00pm**

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**Swimmer 1**

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**Swimmer 2**

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**Swimmer 3**

## **CLASS DESCRIPTIONS**

### **Parent/Child Description: (6 months-3 years old)**

This class is designed to help young children become comfortable in the water so they will be ready when it is time for them to learn how to swim. This class will be fun for the parent and the child, as it is designed to teach the parents about water safety and how to handle their child in and around water. This class requires the same adult to accompany their child in the water for the entire class.

### **Preschool Aquatics: (4- & 5-year-olds)**

Level 1- Introduction to Water Skills: Swimmers learn basics of swimming: bobbing, going under water, supported front and back floating, supported rolling over from front to back and back to front, supported gliding, supported flutter kick, supported front crawl arms, and jumping in.

Level 2-Fundamental Aquatic Skills: Swimmers should already be able to float on front and back and put their head under water. swimmers will work on independent front and back floating, independent rolling over from front to back and back to front, independent front and back glides, front crawl arms\ and kicks, back crawl arms and kicks, retrieving underwater objects, and jumping into water over their head.

### **Learn to Swim: (6–12-year-olds)**

Level 1- Introduction to Water Skills: Swimmers learn basics of swimming: bobbing, going under water, supported front and back floating, supported rolling over from front to back and back to front, supported gliding, supported flutter kick, supported front crawl arms, and jumping in.

Level 2-Fundamental Aquatic Skills: Swimmers should already be able to float on front and back and put their head under water. swimmers will work on independent front and back floating, independent rolling over from front to back and back to front, independent front and back glides, front crawl arms\ and kicks, back crawl arms and kicks, retrieving underwater objects, and jumping into water over their head.

### **Adult & Teen: (13 & up)**

Level 1-Learning the Basics: This level is designed to introduce the inexperienced or fearful adult to the water so that they become more comfortable in the water and learn to enjoy the water safely. Adults will learn how to enter and exit the pool safely and control their breathing. As they build their confidence, students will learn proper body position on both their front and back with proper flutter kick. Basic paddle stroke, Front Crawl, Back Crawl, Elementary Backstroke, and basic water safety skills are covered.

Level 2-Improving Skills and Swimming Strokes: This level is designed to introduce swimming strokes to adults so that they develop confidence and endurance as novice swimmers. Adults master the swimming strokes in the Learning the Basics level, Freestyle, and Backstroke. Breaststroke, Sidestroke, Butterfly, and basic flip turns and turning at the wall are introduced. Treading water and recovery to a swimming position is mastered.

### **SPECIAL NEEDS**

Does your child have any other special needs or required assistance that the aquatics staff should be aware of?

Select one: \_\_\_\_\_ Yes \_\_\_\_\_ No

### **\*NEW\* SWIM PRACTICE ADD ON**

**Boost Your Progress — Take advantage of extra swim practice at the Campus Recreation Center to reinforce what you've learned. Non-members can purchase access to our aquatics area during their scheduled swim lesson session.**

- **One-time fee: \$20**
- **What is included: Aquatics area access during swim lesson dates. This includes the pool and locker room areas as well as towel service.**
- **Note: If the participant is under age 12, a parent/guardian is required to be in the pool during practice. Parent access is included in the fee.**

\_\_\_\_\_ Yes, selecting this will add \$20 to your total.

# WAIVER FORM

*Assumption of Risk, Waiver, and Release from Liability - In consideration of the use of the property, facilities and/or services of The University of Alabama at Birmingham (UAB) Office of University Recreation including any travel related thereto, the undersigned agrees as follows:*

1. **RISK FACTORS.** The undersigned understands and acknowledges that the use of equipment and facilities provided by The University of Alabama at Birmingham University Recreation and participation in University Recreation programs (Intramural, Informal, Instructional, Group Fitness, Club Sports, Weight and Cardiovascular Training, Swimming, Outdoor Adventure, and any other programs and services sponsored by the Office of University Recreation and/or non-sponsored activities occurring in the building) involves risk including, but not limited to the following: risk of property damage, bodily injury, including but not limited to permanent disability, paralysis and possibly death. These risks may result from the use of the equipment or facilities, from the activity itself, from the acts of others, or from the unavailability of emergency medical care.
2. **ASSUMPTION OF THE RISK.** The undersigned voluntarily assumes all the risks that may arise out of or result from the use of the equipment or facilities, and/or the services of UAB University Recreation, including those risks described in Section 1 above.
3. **ACKNOWLEDGEMENT OF POLICIES AND PROCEDURES.** The undersigned acknowledges reading and knowing all policies and procedures relating to the activities, facilities, and/or equipment and understands that the safe and proper use of facilities, equipment or participation in the activity is dependent upon carefully following such policies and procedures. The undersigned agrees to comply with and abide by all rules and regulations of UAB University Recreation. The undersigned acknowledges that the policies and procedures may be amended at any time in the future with or without notice, and that it is the undersigned's responsibility to periodically review the then-currently published policies and procedures and abide by them. The University Recreation staff reserves the right to revoke or terminate the undersigned's privileges for any violations of the rules and regulations of UAB University Recreation and The University of Alabama at Birmingham or for any violations of the policies and procedures relating to the activities, facilities, and/or equipment of UAB University Recreation.
4. **PREREQUISITE SKILLS.** The undersigned acknowledges that he or she has the requisite skills, qualifications, physical and mental ability necessary to properly and safely use the equipment, facilities, and to participate in any University Recreation activities. The undersigned agrees that if s/he has questions pertaining to the skills, qualifications, physical and mental abilities necessary to properly and safely use the equipment, facilities, and to participate in University Recreation activities, s/he will direct those questions to University Recreation staff.
5. **INDEMNIFY AND DEFEND.** The undersigned hereby releases, waives, indemnifies and holds The University of Alabama at Birmingham, the Office of University Recreation, CENTERS, L.L.C., and all of their officers, trustees, directors, employees, and agents (hereinafter jointly referred to as "indemnatee") harmless from any and all claims, causes of action, suits, liability, losses, or damages for any property damage, property loss or theft, personal injury, death or other loss arising from or relating to the undersigned's use of the property, facilities, and/or services of UAB University Recreation.
6. **REPRESENTATIVES.** The undersigned enters into this agreement for him/herself, his/her heirs, assigns and legal representatives.
7. **CONSENT FOR EMERGENCY TREATMENT.** The undersigned, as a participant in the subject activity, hereby consent to medical treatment in a medical emergency where the undersigned is unable to consent to such treatment.

**8. INSURANCE.** The undersigned understands that neither The University of Alabama at Birmingham, nor the Office of University Recreation, nor CENTERS, L.L.C. will be responsible for any medical, health or personal injury costs relating to undersigned's use of the property, facilities and/or services of UAB University Recreation. The undersigned is encouraged to have a medical physical examination and purchase health insurance prior to any and all participation.

**9. GOVERNING LAW.** This Assumption of Risk, Waiver, and Release from Liability Agreement shall be governed in all respects by the laws of the State of Alabama.

**10. SEVERABILITY.** If any term, clause, or provision of this Assumption of Risk, Waiver, and Release from Liability Agreement is held to be illegal, invalid or unenforceable, or the application thereof to any person or circumstance shall to any extent be illegal, invalid or unenforceable under present or future laws effective during the term hereof or of any provisions hereof which survive termination, then and in any such event, it is the express intention of the parties that the remainder of this Agreement, or the application of such term, clause or provision other than to those as to which it is held illegal, invalid or unenforceable, shall not be affected thereby, and each term, clause or provision of this Assumption of Risk, Waiver, and Release from Liability Agreement and the application thereof shall be legal, valid and enforceable to the fullest extent permitted by law.

**11. MEDIA.** The University of Alabama at Birmingham (hereinafter "UAB") produces informative materials in various media formats for use as educational materials for the general public in the areas of research, patient care, and other areas of interest (including the Rec Center). To accomplish this important goal of UAB, UAB requests persons to authorize it to utilize their name, likeness, voice, and/or performance, whether by motion picture, photograph, or quoted statements. In the interest of furthering the above purpose, the undersigned knowingly and willingly agrees to be bound by this authorization and release and agrees to the UAB Media Relations Policies.

**12. ACKNOWLEDGMENT.** The undersigned has read and fully understands this agreement and realizes it relates to surrendering and releasing valuable legal rights and does so freely and voluntarily.

**13. CONSENT AND RELEASE ON BEHALF OF MINOR(S)** I am the parent or legal guardian of the above-named minor(s). I have read and understand the agreement and realize it relates to surrendering valuable legal rights of the minor(s) and me. I agree to be bound by all the terms of the agreement. I also give my consent to the participation in the activity of the minor(s).

Participant's Signature/Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian's Signature: \_\_\_\_\_

Minor's Name: \_\_\_\_\_ D.O.B. \_\_\_\_\_  
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