

CAC - Pine Lake 2022 Summer Swim Team

Summer Session is Monday – Thursday, June 27 – July 28

Registration opens June 1st. Tryouts can be scheduled June 20 – 22 between 4 & 6pm by contacting annag@columbiaathletic.com.

The CAC Swim Team is led by our experienced coaches. Since our program is non competitive and designed to focus on building endurance and improving technique we do not participate in Inter-Club swim meets. Instead we run our own time trials and reward individual performance and improvement.

Those who are currently on swim team or have been enrolled in our CAC swim team in the past do not need to try out and will have priority registration. All others will need to schedule a 15 minute tryout which can be reserved by calling the Club or emailing annag@columbiaathletic.com.

Swimmers can come to as many days of the week as their schedule allows. Pricing is for the entire 5 week session. **No practice Monday, July 4.**

Group	Ages	Days	Times	Cost (for session)
Group I	8 & up	Mon. – Thurs.	7:15 – 8am	\$120 + tax Member/\$150 + tax Non-Member
Group II	9 – 10	Mon. – Thurs.	7:15 – 8am	\$120 + tax Member/\$150 + tax Non-Member
Group III	11 – 12	Mon. – Thurs.	8 – 9am	\$120 + tax Member/\$150 + tax Non-Member
Group IV/Teen	13 +	Mon. – Thurs.	8 – 9am	\$120 + tax Member/\$150 + tax Non-Member

Swim Team Registration Form

(Must be filled out **completely**)

Swimmers Name: _____ D.O.B: _____ Age: _____

Group: _____ Days: _____

Swimmers Name: _____ D.O.B: _____ Age: _____

Group: _____ Days: _____

Parent Name: _____ Phone: _____ Alt Phone: _____

Mailing Address: _____

Email Address: _____ **Team communication is primarily done through email**

Previous Swim Team Experience?: _____ # of years: _____ Name/Location: _____

Emergency Contact: _____ Phone: _____

Credit Card _____ Cash _____ Check _____ Member Charge _____

Admin use only

Form Submitted: _____ Approved Group: _____ Coaches Approval: _____

Compete Account Created: _____ TRYOUT date/time: _____

Please read, review and sign the CAC policies section on the back of this sheet

By filling out this form you are agreeing that the use of the Columbia Athletic Club - Pine Lake is at your own risk and the club shall not be liable in any fashion for injury, damages or loss of articles.



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Swim Team Minimum Requirements

Whether a child makes the swim team or not will be the coach's sole decision. Placement in the proper division will be based on completion of the requirements listed below, ability of the swimmer to understand swimming etiquette, and ability to complete the workouts of a certain group. If your child does not make the swim team then swim lesson recommendations will be suggested.

At the most basic level, each swimmer must complete:

- 50 yards of Freestyle
- 50 yards of Breaststroke
- Flip turns and dives
- 50 yards of Backstroke
- 25 yards of Butterfly

This is critical to your family's success on the swim team. E-mails will be our primary form of communication so please list an e-mail address on this registration form that you check often.

Columbia Athletic Clubs – Pine Lake Aquatics Policies

Missed Class Policy

Once swimmer is enrolled to the regular swim team roster we bill monthly until otherwise notified. Summer swim team will be billed for the entire session. There are no make-up sessions or refunds.

The Aquatics department reserves the right to give makeup classes or class credits for classes only when the Columbia Athletic Club at Pine Lake is at fault for canceling class. No refunds will be issued once class has started.

Non-member Policy

It is an established policy at Columbia Athletic Clubs to reserve the aquatic center and locker rooms before and after lessons for Members only.

Non-members using the club are asked to use the Aquatic Family area if needing to change or shower. This policy will be enforced to protect our membership.

Cancellation Policy

Cancellations and refunds will be accepted up to the start of the session.

Liability Waiver

I accept full responsibility for my use of any and all apparatus, appliances or facility privilege or service whatsoever, owned and operated by this Club at my own risk and shall hold the Club, its shareholders, directors, officers, employees, representatives, and agents harmless from any and all loss, claim, injury damage or liability sustained or incurred by me resulting therefrom.

Initial _____

RETURN COMPLETED ENROLLMENT FORMS TO:

annag@columbiaathletic.com

<i>Admin Use Only</i>			
Date of Tryout:			
Free:	Back:	Breast:	Fly:
Notes:			
Recommended Placement:		Coach:	