



Swim Across America Beginner Program Enrollment Form

Please fill in the information below to “officially” register and sign the release on the back. Please return the completed form to *Meadowbrook Reception, attn Annie Lawler*.

Participant’s Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Cell #: _____ Email: _____

Your Instructor Will Be: Annie Lawler

The MPSS 16 week beginner’s program includes:

- The “welcome packet” featuring philosophies, general terms and definitions of swimming, sample work-outs, and may include other general information for use by participant. [This packet is available for download @ www.mbrook.com]
- Access to 16 1x-weekly organized group workout detail. This may also include access to other recommended workouts, created by MPSS. [All workouts will be made available on www.mbrook.com or by hand-outs]
- MPSS Work Out log

*Note: The above items are available to any participant of the Swim Across America Baltimore.

“Officially Registered Participants” who register via this form will receive [in addition to the above]:

- The ability to attend the 1X-weekly organized group workout @ Meadowbrook [These work-outs are limited to the first 40 official participants of the MPSS beginner program. To be an “officially registered” program participant, this registration form must be completed. The 40-person cap is due to safety precautions.]
- Unlimited access to Coach Annie Lawler for questions and concerns, related to training and preparation for the 1-mile swims. [In person; email; and phone]
- Special rates for access to Meadowbrook, beyond the 1x weekly group workout. [Once registered, please contact John Cadigan , GM of Meadowbrook @ 410-433-8300 for information]

*Notes:

- The 16-week program is designed for the 1 Mile swim; for open water & pool swim. This is NOT designed for the 3-mile open water swim.
- This program does not include free use of Meadowbrook facilities, with the exception of the 1x-weekly organized workouts for up to 25 “officially registered” participants.

Michael Phelps Swim School • www.mpswimschool.com
410-433-8300 • 5700 Cottonworth Ave.
Baltimore, MD 21209



RELEASE OF CLAIMS

I, _____, desire to participate in the activities and programs provided by Aquatic Ventures, LLC d/b/a Meadowbrook Aquatic Center and MMPP, LLC d/b/a Michael Phelps Swim School (referred to collectively as the “Swim School”), which include swim lessons, general swim instruction classes, swimming competition, birthday parties and club rentals, and to use Swim School facilities and equipment such as the swimming pools, locker rooms and showers. I understand and acknowledge that participation in these activities and programs and the use of these facilities and equipment involve inherent hazards and risks that may result in personal injury, illness and even death. I voluntarily agree to participate in the Swim School programs and activities and to use Swim School facilities and equipment, and I assume all responsibility and risk for any loss, damage, illness and injury that I in any way may sustain in connection with such participation or use.

I understand that participation in Swim School activities and the use of Swim School facilities requires a minimum level of fitness in order to participate safely. I also understand that the Swim School recommends that participants in its programs have a physical examination to determine the participants’ fitness for the program. I warrant and represent that I have no physical, health related or other problems that would preclude or restrict my participation in the Swim School or otherwise render my participation dangerous or harmful to me or others.

Knowing the inherent dangers, hazards and risks associated with participation in the Swim School, I voluntarily assume all responsibility and risk for any loss, damage, illness and injury to person or property that I may, in any way, sustain in connection with my participation in the Swim School.

I agree that I will abide by all rules and regulations applicable to participation in the Swim School and use of the Swim School facilities and equipment.

In consideration of the opportunity for me to participate in Swim School programs and activities and to use its facilities and equipment, to the fullest extent permitted by law, I hereby release and forever discharge, and agree not to sue and to indemnify and hold harmless, Aquatic Ventures, LLC and MMPP, LLC, their successors and assigns, members, officers, instructors, coaches, employees, volunteers and agents from and against any and all liabilities, claims, demands and causes of action of any kind on account of any loss, damage, illness, injury or death to person or property, in any way arising out of or relating to my participation in the Swim School or use of the Swim School’s equipment or facilities, whether due to the negligence or other action or inaction of any person or entity.

I CERTIFY THAT I AM 18 YEARS OF AGE OR OLDER AND THAT I HAVE READ AND FULLY UNDERSTAND THIS RELEASE, AND SIGN IT VOLUNTARILY WITH FULL KNOWLEDGE OF ITS SIGNIFICANCE.

Signature:

Date

Printed Name

Address: _____

