

# ***TOLLEFSON SWIMMING***

## **NEW SWIMMER INFORMATION**

Swimmer #1 Name \_\_\_\_\_ DOB \_\_\_\_\_  
Swimmer #2 Name \_\_\_\_\_ DOB \_\_\_\_\_  
Swimmer #3 Name \_\_\_\_\_ DOB \_\_\_\_\_  
Swimmer #4 Name \_\_\_\_\_ DOB \_\_\_\_\_

**Brief Description of current swim level & instruction experience for each swimmer:**

**Parent/Guardian Name** \_\_\_\_\_

**Primary Phone:** \_\_\_\_\_

**Primary Email:** \_\_\_\_\_

**Referred By:** \_\_\_\_\_

I understand that participation in Tollefson Swimming activities is entirely voluntary. I understand that Tollefson Swimming activities may involve swimming and related pool activities. I know and understand the risks and dangers involved and I know and understand that unanticipated dangers might arise. I hereby release Tollefson Swimming from any responsibility for injury, which might occur as a result of participation in Tollefson Swimming activities.

I understand that Tollefson Swimming does not guarantee refunds for withdrawal from classes during a session. If the class level is not the right fit, Tollefson Swimming will accommodate my swimmer in a different class. If my swimmer decides to withdraw from the session after registration, Tollefson Swimming may offer credit for a future session.

I give permission for \_\_\_\_\_ to participate in all Tollefson Swimming activities, except as noted. I also give permission to authorized personnel to carry out such emergency diagnostic and therapeutic procedures as may be necessary for me or my child, and also permit such treatment procedures to be carried out at, and by the local hospital(s) for me or my child in the event of an emergency. I understand that any medical expenses will be billed directly to me or my insurance company.

\_\_\_\_\_

\_\_\_\_\_

Parent/guardian signature or adult participant signature

Date

# COVID-19 CONSENT FORM

## Assumption of Risk and Waiver, Relating to COVID-19

The coronavirus, COVID-19, is an extremely contagious virus which easily spreads from person to person. Federal, state, and local governments and health agencies strongly recommend or require social distancing and in some cases, limiting the total number of people that can be present within certain areas.

The Governor of Maryland, Larry Hogan, has begun relaxing the restrictions previously imposed to allow for certain activities to resume. Tollefson Swimming, LLC, has reviewed the phased relaxing of restrictions announced by Governor Hogan and has developed reopening procedures accordingly. It should be noted; however, that participation in swimming practices and activities could increase the risk of exposure to and contracting COVID-19.

Prior to participation in swimming practice and activities you will be requested to complete a Screening Questionnaire. It is vitally important that for your health, and the health of other swimmers, staff, and coaches, as well as the health of the family and friends with whom they come into contact with, that the Questionnaire be completed accurately and honestly.

I acknowledge that by participating in Tollefson Swimming practices and activities I, or my children, may be exposed to or infected by COVID-19 through no fault of Tollefson Swimming, LLC, and such exposure could result in illness, disability, or even death. I understand the risk imposed by the disease and potential infection and voluntarily agree to assume all risks, to waive any claims against Tollefson Swimming, LLC, and to assume personal responsibility for any illness, injury, disability or death to myself, or my children, and release and hold harmless Tollefson Swimming, LLC, its owners, managers, officers, employees, agents, and representatives, excepting any acts of gross negligence.

\_\_\_\_\_  
Swimmer Name(s)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Name

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date

# TOLLEFSON SWIMMING

Dear Tollefson Swimming Families:

We welcome you to our 2023 spring session. Please see below for locations, session dates, and program descriptions. We configure all classes by skill level. Please contact us directly to inquire about proper class placements and to request day/time preferences for your swimmer. Please note fees are consistent across all days of the week and location even as the number of classes may differ.

## Locations & Session Dates

**Georgetown Prep (North Bethesda, MD): February 28 – June 18.**

*Blackout dates: March 27 – April 2; April 7-10, 22; May 19, 20, 27-29.*

*Please note that there will likely be dates added to Prep's blackout list as this is a fluid list. As we are notified of new blackouts, we will notify families and schedule classes at an alternate pool when possible. We do not offer makeups for dates that are scheduled blackouts above. For blackouts that are added later, we do our best to offer makeup classes however this is not a guarantee.*

Prep deck classes, endurance classes, or in-water classes: Please email Giuliana Gigliotti at [giuliana@tolleffsonswimming.com](mailto:giuliana@tolleffsonswimming.com) to register.

**St. Albans (NW DC): March 4 – June 4.**

*Blackout Dates: March 25-26; April 1-2, 9; May 27-28.*

St. Albans deck classes, endurance classes, or in-water classes: Please email Giuliana Gigliotti at [giuliana@tolleffsonswimming.com](mailto:giuliana@tolleffsonswimming.com) to register.

## Programs

### *In-Water Instructed Classes*

- Description: In-water classes are appropriate for any swimmer who cannot swim a full length independently. These classes are conducted in small groups with a maximum of 3 swimmers per class.
- Fee: \$560 for a weekly, 30-minute class
- Available class days/times:
  - Georgetown Prep: Friday 6-8 pm, Saturday 1:30-3:30 pm, Sunday 12:30-3:30 pm
  - St. Albans: Saturday 2-4 pm, Sunday 1-3 pm

### *Deck-Instructed Stroke Classes*

- Description: Stroke classes are appropriate for any swimmer who can swim a full length independently. These classes are conducted in groups with a maximum of 8 swimmers per class.
- Fee: \$520 for a weekly, 30-minute class

- Available class days/times:
  - Georgetown Prep: Monday 7:30-8:30 pm, Tuesday 7:30-8 pm, Wednesday 7:30-8:30 pm, Thursday 7:30-8 pm, Friday 6-8 pm, Saturday 1:30-3:30 pm, Sunday 12:30-3:30 pm
  - St. Albans: Saturday 2-4 pm, Sunday 1-3 pm

*Training/Endurance Classes – Must also be registered for a stroke class.*

- Description: Training/endurance classes are 60-minute practice sessions for swimmers who are competent in freestyle and backstroke and may still be learning breaststroke and butterfly. During these training sessions, swimmers work on all 4 strokes, endurance, racing, kicking, and practicing skills they have been learning in stroke class. Swimmers must be registered for a stroke class to register for endurance classes. Swimmers may request to do stroke & endurance on the same day or on different days. Endurance scheduling is flexible, and swimmers may take advantage of endurance classes at either location.
- Fees:
  - Stroke class + 1 weekly endurance class: \$980
  - Stroke class + unlimited (up to 4 weekly) endurance classes: \$1,310
- Available class days/times:
  - Georgetown Prep: Tuesday 8-9 pm, Thursday 8-9 pm, Saturday 3:30-4:30 pm, Sunday 3:30-4:30 pm
  - St. Albans: Saturday 4-5 pm, Sunday 3-4 pm

*Adult Stroke Class*

- Description: Instructional, deck-coached stroke class for adults who are not yet able to complete a swim workout but can complete a full length independently. The focus is freestyle technique including kicking, body position, breathing technique, and balance. Non-free stroke technique may be explored as well.
- Fee: \$520 for a weekly, 30-minute class
- Available class days/times:
  - Georgetown Prep: Monday 8:30-9 pm

*Masters Swimming for Adults*

- Description: Our masters program practices weekday morning on T/W/F outdoors. Swimmers should be comfortable with at least freestyle and backstroke. We welcome adult swimmers with different speeds and swim backgrounds.
- Fee: \$650 for T/W/F.
- Practice Times & Location: Tuesday, Wednesday, & Friday, 5:30 – 7 am, Inverness Recreation Club (outdoor, heated)
- Start Date: Tuesday 2/28

*Private Lessons*

- Description: 1 on 1 in-water or deck lessons. To check availability please reach out to [giuliana@tollefsonswimming.com](mailto:giuliana@tollefsonswimming.com)
- Georgetown Prep & St. Albans private lessons available
- Fee: Package of 4 x 30-minute lessons for \$320