

## Policies and Fees

### Ages: 6—13

Gym & Swim camp is recommended for students who have completed 1st grade-7th grade.

**Camp Sessions:** Gym and Swim Summer Camps offers seven 1 week sessions to fit around family vacation schedules. Each daily session runs from 8:45 a.m. until 1:00 p.m. on Monday through Friday. To ensure the highest quality camp experience, we will limit each weekly session to 45 campers.

**Payments:** Payment is due in full at the time of registration. If your child is attending multiple sessions, payment is due in full for the first session at registration. Additional sessions must be paid in full on the first day of the session.

**Cancellations:** Cancellations must be made no later than two weeks prior to the beginning of the scheduled session. Cancellations are subject to a \$50 cancellation fee.

**No Refunds/ No Makeups:** Gym and Swim Summer Camps do not offer refunds or makeup sessions for illness or other absences. Our staff is here for you every day. Please make every effort to attend.

**Lunch/Snacks:** Campers should bring a sack lunch and water each day. Water will be also available at all times. NO SODAS, PLEASE!

**What to Bring:** Campers must wear tennis shoes; Crocs or flip-flops are not allowed. They should also bring two swimsuits and two towels (one for the lake and one for the pool—please do not use the same swimsuit for the lake and the pool!), and goggles for the swimming portion of the day. Please make sure that everything is labeled!

**DO NOT BRING CAMP DISTRACTIONS,** such as GameBoys, iPods, toys, etc. Campers will have plenty to keep them entertained. Also, we cannot be responsible for valuables, so leave them at home.

**CALL US TODAY at (615) 456-8202**

**Or visit us online at**

**[www.swimatseastar.com](http://www.swimatseastar.com)**

Educational goals include:

- \* Basic swimming
- \* Canoeing skills and excursions on Old Hickory Lake
- \* Structured pool games designed to intentionally develop a foundation of overall fitness
- \* Introduction to Water Polo basics

Gym & Swim is dedicated to providing summer fun that will create memories that last a lifetime through intentionally created shared experiences. We work hard to coach, educate, and motivate every camper and to make sure they have a good time while learning!

## Activities

**Campers will rotate Gym, Swim, and Canoe activities each day. Here's a preview of what they will encounter:**

### SWIM:

- \*Swim fundamentals
- \*Water polo games
- \*Structured water games

### GYM:

- \*Strength training fundamentals and safety
- \*Circuit training with cardiovascular activities, dumbbell, & body weight exercises
- \*Fitness games

### CANOE:

- \*Basic skills needed to propel a boat.
- \*Canoe safety will be taught and practiced the entire time your child is in the canoe. Your child will learn how to get into and back out of a canoe- and stay dry in the process!
- \*Nautical language, such as the end is the front (bow) and the rear (stern).
- \*Learning the strokes that form the foundation of canoeing

Campers will canoe 45 minutes a day, weather permitting.

After learning the basics, campers will compete in canoe races, paddle through obstacle courses and take short distance trips.

Our canoe access will be directly behind Sea Star where the water is shallow. All events will be strictly supervised.



## Gym and Swim Summer Camps at Sea Star Swim School

"I'm bored!"

"There's nothing to do!"

That's what a lot of parents hear all summer. Gym and Swim Summer Camp is here to help. It's a fun-filled, active alternative to kids sitting in front of the television or playing video games.

What's Gym and Swim Summer Camp all about? It's about getting your kids off the couch and keeping them active and trying new water sports. It's about building new skills and improving fitness levels. It's about learning good sportsmanship, camaraderie, and team spirit and making new friends. Most of all, it's about having lots of fun in a structured, energetic and safe environment.

In an action packed environment, Gym & Swim Summer Camp will emphasize activities that happen in and around the water. Campers will develop aquatic skills that will enable them to have a lifetime of safety, health, and enjoyment in any aquatic environment.

Our Camp Directors, **Amy Caldwell and Susan Lanus** understand how to inspire children to achieve new levels of excellence. Both of our directors are credentialed elementary school teachers and with their motivated staff of counselors, the children will have outrageous fun while engaging in purposeful play and learning. The children, their safety, and their individual needs are a priority; they will experience success through individual and team challenges.

With a concentration on the educational and recreational aspects of the aquatic environment, our goal is to help campers float to new levels of confidence in the water by improving skills in order to develop an appreciation of all water sports.

**"Working out" the future...  
One Child at a Time!"**

**Gym and Swim Summer Camp 2009 Registration Form**

1st Camper's Name: \_\_\_\_\_ Sex  M  F Age \_\_\_\_\_ 2nd Camper's Name: \_\_\_\_\_ Sex  M  F Age: \_\_\_\_\_

3rd Camper's Name: \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_

Parents' Name: \_\_\_\_\_ Street Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

Email address: \_\_\_\_\_

Phone: \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ How did you hear about us? \_\_\_\_\_

I would like the following session(s):

- Session 1: June 1—5     Session 2: June 8 —13     Session 3: June 15-19     Session 4: June 22—27  
 Session 5: June 29-July 3     Session 6: July 6—11     Session 7: July 13—17

**Session Prices:**    First Camper    Second Camper    Additional Campers  
                                  \$125/session    \$110/session    \$95/session

I have enclosed \$ \_\_\_\_\_ for session(s) \_\_\_\_\_ for \_\_\_\_\_ # children.

Camper's T Shirt Size:    Youth S (6-8)    Youth M (10-12)    Youth L (14-16)    Youth XL (18-20)

\_\_\_\_\_ Adult Small    \_\_\_\_\_ Adult Medium    \_\_\_\_\_ Adult Large    \_\_\_\_\_ Adult XL

Extra Camp T Shirts may be purchased for \$10 each. Please indicate the size and number of extra shirts desired \_\_\_\_\_

Method of Payment:     Credit Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_ Visa \_\_\_\_\_ Mastercard \_\_\_\_\_

Check \_\_\_\_\_ Make checks payable to **Sea Star Swim School**.

**Payment is due in full at the time of registration for the first session attended. Please mail registration to:  
Sea Star Swim School, 127 Sanders Ferry Road, Hendersonville, TN 37075 or you may register in person at the Pro Shop at Sea Star.**

**Medical History Form/Waiver and Release**

The camper's custodial parent or guardian must complete the following information. The Parent provide complete information so that the camp can be aware of any camper's special needs or to assist medical responders in the event of a medical emergency. Any changes to this form should be provided to camp staff upon participant's arrival at camp. The information on this form is not a part of the camper or staff acceptance process, but is gathered to assist us in identifying appropriate care. Keep a copy of this completed form for your records.

**Insurance Information:** Is the participant covered by family medical/hospital insurance?  Yes  No

If so, indicate carrier or plan name: Group #: \_\_\_\_\_ Policy holder insurance ID number: \_\_\_\_\_

Carrier address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Name of insured: \_\_\_\_\_ Relationship to participant: \_\_\_\_\_

Physician's Name: \_\_\_\_\_ Physician's Phone: \_\_\_\_\_ Hospital of Choice: \_\_\_\_\_

Does your child have any MEDICAL CONDITIONS, allergies, physical limitations, health limitations that should be considered?  Yes  No If yes, please explain \_\_\_\_\_

**Parent/Guardian Authorization**

In case of an accident or illness, Sea Star Swim School/Gym and Swim Summer Camp is authorized to secure emergency medical treatment. Prudent attempts will be made to contact the camper's parents immediately. I understand the related expenses for any medical attention will be my responsibility. This health history is correct and complete as far as I know, and the person herein described has my permission to engage in all camp activities except as noted. I hereby give permission to the medical personnel selected by Sea Star Swim School/Gym and Swim Summer Camp to order X-rays, routine tests, treatment; to release any records necessary for insurance purposes; and to provide or arrange necessary related transportation for my child. In the event I cannot be reached in an emergency, I hereby give permission to the physician selected by Sea Star Swim School/Gym and Swim Summer Camp to secure and administer treatment, including hospitalization, of the person named on this form. This completed form may be photocopied.

**Waiver (MUST be Signed by Parent or Guardian)**

The undersigned is aware that participating in camp activities (swimming, biking, running, canoeing) or physical exercise may result in accident or injury, and the undersigned assumes the risk connected with the participation in these activities, whether supervised or unsupervised. By signing, the individual represents that the attendee is in good health and suffers from no physical impairment that would limit his/her activity or participation. The undersigned acknowledges Sea Star Swim School, LLC has not and will not render any medical services, including medical diagnosis of the undersigned's physical condition. Participant specifically agrees that Sea Star Swim School, LLC, its owners, employees, and agents, Susan Flowers Lanius or Amy Caldwell shall not be liable for any claim, demand, cause of action of any kind whatsoever for, on account of, death, personal injury, property damage or loss of any kind resulting from or related to his/her use of the facilities or participation in any camp, triathlon, swim lesson or physical exercise or activity, within or without the facility premises, and the undersigned agrees to hold Sea Star Swim School, LLC, Amy Caldwell and Susan Flowers Lanius harmless from same.

**I hereby affirm that I have read and fully understand the above.**

Signature of Parent/Guardian: \_\_\_\_\_ Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_