



1-on-1 Swim Lessons

Thank you for making Logan Fitness your choice for swim lessons. Our swim instructors will provide education, technique, and encouragement in order to reach you or your child's goals.

Swim Lesson Format:

- Private lessons for ages 3-5 shall last 30 minutes. For ages 6 and up, each lesson shall last 40 minutes.
- All semi-private lessons shall last 40 minutes.
- Payment is encouraged at time of packet submission, but if there is an active waitlist, payment may be delayed until an instructor has been assigned. Payment must be made before first lesson. No exceptions.
- A swim instructor will contact you to determine dates/times that work based on their availability, your availability, and the aquatic center's availability. Please allow up to 72 hours from booking for this contact to be made.
- During high demand periods, our private swim requests may require a waitlist. In the case of a waitlist, our Aquatic Coordinator will notify you that all instructors are fully booked at the present time, but that we will put you in the queue to be matched up with an instructor as soon as one is available. Waitlists are especially common during the spring and early summer periods. We will do our best to match you with an instructor as quickly as possible, but please understand that we cannot guarantee any timeframe, as our current swim lesson students receive first priority.

Pricing:

- **Private lessons (1-on-1)**
 - 1 session - \$45
 - 4 sessions - \$140
 - 8 sessions - \$240
- **Semi-private lessons (group of 2).** **Recommended only if age gap is less than 3 years.*
 - 1 session - \$50
 - 4 sessions - \$180
 - 8 sessions - \$320

For additional questions, please contact our Aquatic Coordinator at loganfitness@jalc.edu.

Swim Lesson Request Form

Logan Fitness

***STUDENT MUST BE 3 YEARS OF AGE OR OLDER

Please print your information:

Parent/Guardian Name _____ Date _____

Address _____ City/St/Zip _____

Email address _____ Phone Number _____

Membership Status ☐ Student ☐ Faculty/Staff ☐ Community Member ☐ Non-Member

Swim Lesson Participant(s) Name _____ Age _____

Name _____ Age _____

1. Please state your availability/best time for swim lessons. (Please include times/AM/PM)

Monday _____ Wednesday _____ Friday _____

Tuesday _____ Thursday _____ Saturday _____

2. Specific Trainer Requested (please list name): _____

(Please note that we will attempt to match you with your requested instructor, however we cannot guarantee due to schedules and demands.)

3. Preferred method of contact from swim instructor: ☐ Phone call ☐ Text message ☐ E-mail

4. What are your swimming goals? Please list all:

5. Any medications we should be aware of? _____

6. Any special needs/accommodations we should be aware of? _____

7. Which package of sessions are you paying for today? (circle one)

Private:

1 session - \$45

4 sessions - \$140

8 sessions - \$240

Semi-Private:

1 session - \$50

4 sessions - \$180

8 sessions - \$320

I understand that...

- The first session may include time for consultation.
- **Cancellation Policy:** to cancel an appointment, contact the swim instructor directly, at least 4 hours in advance. Failure to do so will result in forfeiture of session.
- **Late Policy:** Sessions that begin late due to a late trainee arrival will end at the originally scheduled time.
- **Expiration Policy:** All packages expire one year from date of purchase.
- **Refund Policy:** Completed sessions/packages are non-refundable.

Signature of trainee (or guardian of minor): _____ Date: _____

For JALC Staff:

Proposed Instructor: _____

Date Contacted: _____

Instructor Accepted: _____

Date Confirmed: _____

Total # of hours taught: _____

Pay rate: _____

What Level of Swim?

Answer each question to the best of your ability using “YES” or “NO”. For the first question that you answer “NO”, that will be the appropriate swim level. This will help the instructor prepare for the lesson. It will also help the swimmer/guardian to determine which group class would be most appropriate should they pursue further swimming instruction.

Level 1 Beginner or Adult Beginner Swimming:

- | | | |
|---|---|---|
| 1. Comfortable in the water? | Y | N |
| 2. Can put his/her face in the water? | Y | N |
| 3. Can blow bubbles through mouth and nose? | Y | N |

Level 2 Beginner or Adult Beginner Swimming:

- | | | |
|---|---|---|
| 1. Can put his/her entire body (including head) in the water? | Y | N |
| 2. Can attempt to float on belly? | Y | N |
| 3. Can open their eyes under water? | Y | N |
| 4. Can jump into water by themselves? | Y | N |
| 5. Can use the ladder/side to exit by themselves? | Y | N |

Level 3 Intermediate:

- | | | |
|--|---|---|
| 1. Can use both arms and legs simultaneously while swimming? | Y | N |
| 2. Can perform freestyle swim motion with arms? | Y | N |
| 3. Can perform backstroke? | Y | N |
| 4. Can tread water for at least 30 seconds? | Y | N |
| 5. Can swim the length of the pool down and back without stopping? | Y | N |

Competitive Youth or Advanced Swimming

- | | | |
|---|---|---|
| 1. Can swim freestyle with proper rhythmic breathing? | Y | N |
| 2. Can streamline under the water? | Y | N |
| 3. Can perform surface, kneeling, and deep angle dives? | Y | N |
| 4. Can complete a flip turn in the water? | Y | N |

Frequently Asked Questions (FAQ)

- **Arrival time:** For the first session, allow plenty of time to get dressed, use the restroom, and find your way around the facility. Children can get anxious if hurried. Be on the deck ready to go 5 minutes before your class time. For safety, do not allow children to sit poolside unless the instructor is present at the wall.
- **Swimming attire:** Bathing suits and swim trunks are preferred. Nylon/spandex/Under Armor type material is also allowed. No cotton, T-shirts, or athletic shorts. No flotation devices. Children who are not potty-trained should wear tightly-fitted swim diapers.
- **Accessories:** Swim caps and goggles are acceptable but not required. Don't forget your towel!
- **How to get to the pool:** Park on the west side of the facility and enter near the elevator. Take the 4 steps downstairs and follow the long hallway straight ahead. You will be asked to check-in by the desk worker. Immediately before entering the aquatic center doors, the locker rooms will be on your right. Use the locker rooms to change, shower, and store any items. We also have a family changing room with three changing stalls on the south side of the primary locker rooms. Please use a lock when storing personal items.
- **Is a guardian required to stay during swim lessons?:** If the swimmer is under the age of 12, an adult (18+) must be present on deck at all times.

Logan Fitness
Waiver of Liability, Assumption of Risk, and Indemnity Agreement

I, the enrolled participant and/or parent/guardian of the participant understand that there are risks inherent to swimming or exercising at a fitness facility.

Waiver: In consideration of being permitted to enroll in a Logan Fitness membership/course/service, I, for myself, my ward or dependent child, my heirs, personal representative or assigns, do hereby release, waive, discharge, and covenant not to sue, either personally or on behalf of my ward or dependent child, the Board of Trustees of John A. Logan College, its officers, employees, instructors and agents from liability from any and all claims including the negligence of The Board of Trustees of John A. Logan College, its officers, employees, instructors, and agents, resulting in personal injury, accidents or illnesses (including death), and property loss arising from, but not limited to, any use of the Logan Fitness facility.

Assumption of Risks: Participating in a Logan Fitness membership/course/service carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. In consideration of being allowed to participate, I hereby personally assume all risks of a Logan Fitness membership/course/service, whether foreseen or unforeseen, that may befall me while I am a participant. I understand that swimming and exercising are physically strenuous activities and that I will be exerting myself during this time, and that if I am injured as a result of a heart attack, panic, hyperventilation, drowning or any other cause, that I expressly assume the risk of the said injuries and that I will not hold the Board of Trustees of John A. Logan College, its officers, instructors, employees, and agents responsible for the same. I understand that the fitness center may not have a supervisor or employee present at all times and that I therefore am exercising at my own risk. I understand and appreciate these risks; and hereby assert that my participation is voluntary and that I knowingly assume all such risks. I agree to follow all facility policies/regulations and understand that any breach of these policies/regulations may endanger my safety or result in revocation of membership or a ban from the facility.

Indemnification and Hold Harmless: I also agree to indemnify and hold harmless John A. Logan College, its Board of Trustees, officers, employees, instructors, and agents from any claims, actions or suits, by me, my family, estate, heirs or assigns, arising out of my participation in the aquatic or fitness centers, and to reimburse them for any such expenses incurred.

Severability: The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the State of Illinois and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgement and Understanding: I have read this waiver of liability, assumption of risk, and indemnity agreement, fully understand its terms, and understand that I am giving up substantial rights, including the right to sue either personally or on behalf of my ward or dependent child. I acknowledge that I am signing the agreement freely and voluntarily, and intend by my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law. I further understand that the terms herein are contractual in nature and not merely recital.

Photo release: I hereby grant and authorize Logan Fitness the right to take, edit, publish, distribute, and make use of any and all pictures or video taken of me, my wards, dependent children, personal assigns, or guests, to be used for any lawful promotional materials including, but not limited to, newsletters, flyers, posters, brochures, advertisements, social media posts, and other print or digital communications, without payment or considerations.

Addendum for Minors

I understand that I am responsible for any minors under the age of 18 who enter the facility as my guest. I agree that all of the above conditions on this waiver shall also apply in full to each of my guests. I hereby release John A. Logan College from responsibility for any damages or injuries incurred during or arising out of participation at Logan for myself or my guests, including any minors.

Signature of Participant (or guardian of minor)

Date