



AQUARUNNING

OCTOBER 26TH - DECEMBER 7TH

Tuesdays, 7:30 - 8:15 a.m.

Why?

Cross training for running, Triathlons, injury recovery, weight management, core strength...just a few of the reasons to head to the pool feet first! No swimming skills required, participants utilize a flotation belt while being guided through a vigorous array of drills designed to improve cardio vascular fitness, improve core strength and body composition.

A quote from trifuel.com (triathlon training website)

“This type of low-impact requirement involves creating, non-traditional methods to maintain peak aerobic fitness without causing damage to an inflamed tendon. Research has shown that non-impact water exercise offers this benefit, and this activity is utilized by quite a few pro triathletes and marathoners.”

\$60/Members - \$75/NonMembers

Sign up at The Front Desk



Registration Form

Boat Float 2010

Primary Contact Name: _____

Category: *Circle One* **Family Team** **Business Team** **Youth Team**

\$10 Collected _____ **by** _____

Address: _____

Phone: _____

Other Team Mates: _____

Primary Email: _____

RELEASE OF LIABILITY & ASSUMPTION OF RISK

I wish to use the facilities and equipment and engage in activities at the Swimming Hole. I also wish to allow guests and my child or children and other minors to use the facilities and equipment and engage in activities. Use of the word "I" in this document means and includes me individually and as parent, guardian, or supervisor on behalf of such child or children, minor, or guest.

I am aware that using the facilities and equipment and engaging in activities at the Swimming Hole involve risks of injury, disability, and death by drowning and other causes. I hereby assume all risks and accept full responsibility for any such injury, disability, or death.

I attest that I am physically fit without any medical or health problems. I have arranged for medical insurance coverage and such life insurance as I deem necessary or advisable.

I hereby release and absolve the Swimming Hole and all employees, agents, officers, directors, and other persons involved in any way with the Swimming Hole from any and all liability for injury, disability, death, or other loss incurred by me or any such children, minors, or guests using the facilities and equipment and engaging in activities at the Swimming Hole, except that this release shall not apply to wilful malfeasance or intentional wrongdoing by the Swimming Hole. I covenant not to commence any lawsuit or take any other proceeding or action against the Swimming Hole or any employees, agents, officers, directors, and other persons for any such liability, each and all of whom I agree to indemnify and hold harmless from all costs and expenses, including reasonable attorney's fees, they may incur in the event any such lawsuit, proceeding, or action is taken.

I understand that by signing the Release of Liability, I am waiving substantial rights, and I do so voluntarily with full knowledge of the significance of this document.

Signature (Adult) _____ Date _____ Name _____

Signature (Adult) _____ Date _____ Name _____

Signature (Adult) _____ Date _____ Name _____

Signature (Adult) _____ Date _____ Name _____

Signature (Adult) _____ Date _____ Name _____

Signature (Minor) _____ Date _____ Name _____

Signature (Minor) _____ Date _____ Name _____

Signature (Minor) _____ Date _____ Name _____

Signature (Minor) _____ Date _____ Name _____