

**Missouri Athletic Center**  
**Turns Clinic Hosted by Anne Sievers**  
**Focusing on Freestyle & Backstroke turns**



**Saturday April 19<sup>th</sup>**

- 1. 9:30am–10:30am-Competitive swim team level swimmers**  
 Swimmers will concentrate on refining techniques and learning how to use these turns to their advantage.
- 2. 11:00am–12:00am-Beginning to intermediate level swimmers (Instructors in water)**  
 This is a great way to get ready for the summer swim team season. The swimmers will learn how to do these turns correctly and how to make turns more effective.

	<b>Child's Name</b>	<b>Birthdate</b>	<b>Circle class attending</b>	
1. _____	_____	_____	session 1	session 2
2. _____	_____	_____	session 1	session 2
3. _____	_____	_____	session 1	session 2
4. _____	_____	_____	session 1	session 2

Parent's names: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone: (\_\_\_\_) \_\_\_\_\_ Work or Cell: (\_\_\_\_) \_\_\_\_\_  
 Email Address: \_\_\_\_\_  
 Emergency contact person: \_\_\_\_\_ Phone #: \_\_\_\_\_

**Clinic cost \$20.00**

By the use of the facilities of Wilson's and the Missouri Athletic Center (MAC) and the execution of this registration the Member/guest of Wilson's or MAC expressly agrees that Wilson's, MAC and its officers, agents, employees and instructors, shall not be liable for any damages arising from personal injuries sustained by the Member or guest in, on or about the premises of said facilities or as a result of their using the facilities and the equipment therein. Member/guest assumes full responsibility for any such injuries or damages which may occur to Member/guest in, on or about the facilities and further agrees that Wilson's, MAC and its officers, agents, employees and instructors, shall not be liable for any loss or theft of personal property. Member/guest also specifically agrees that Wilson's, MAC and its officers, agents, employees and instructors, shall not be responsible for such injuries, damages, loss or theft even in the event of negligence by Wilson's, MAC and/or its officers, agents, employees and instructors, whether such negligence is present at the signing of this registration or takes place in the future. This waiver does not, however, apply to gross negligence or intentional torts by Wilson's, MAC, and its officers, agents, employees and instructors.

Parent/guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_