



AQUATICS PROGRAM GUIDE



THIBODAUX REGIONAL
FITNESS CENTER



WHAT'S INSIDE

WATERBABIES.....2

WATER TOTS.....2

GROUP SWIMMING LESSONS3

PRIVATE SWIM LESSONS.....3

SWIM CLINIC4

WATER WARRIORS TRAINING PROGRAM.....5

SWIM LESSON REGISTRATION6

GROUP SWIM LESSON REGISTRATION7

IMPORTANT

ALL program participants must complete one of the registration forms on page 6 or 7 or on our website.

Whether you're new to the pool and want to learn the basics of breath and body position, or a fine-tuned athlete looking for technique refinement, the Aquatics Center at Thibodaux Regional Fitness Center offers members and non-members a variety of programs and services. This beautiful center includes a 25-yard lap pool, group exercise pool, and a warm water therapy pool. Our aquatic area and well-trained instructors/swim coaches offer the perfect platform for many unique classes and programs.

To learn more about any of our aquatic programs and services, please call 985-493-4950 or visit the Member Service desk.



WATERBABIES

Parent-Tot Swim Class. Ages 6 months–1 yrs old.

Take the first steps in becoming comfortable with your child in the water. For this program, an instructor will teach you different techniques on how to help your little one be comfortable in the water and prepare them for the next step in our aquatics program. You will learn how to properly position your child for specific skills such as back and belly floats. This program will be one day a week for four consecutive weeks. Moms (or Dads) will bring themselves and their tots in proper swim gear ready to learn (tots will need little swimmer diapers).

- DATES:** March 10, 17, 24, and 31; April 7, 14, 21, 28; May 5, 12, 19, 26.
- DAYS:** Thursday
- TIME:** 5 pm-5:45 pm
- LOCATION:** Group Exercise Pool
- COST:** \$75 Members, \$90 Non-Members

*Maximum class size of 15 participants. Refunds will not be issued.



Water Tots

Ages 1–3 yrs old. 30 minute lessons.

First steps to teach your little one to be comfortable in the water and prepare for the next step in our aquatics program. This session consists of 3 toddler private swim lessons and concentrate on beginning basic stroke movements. We'll also introduce blowing bubbles (first step in breathing techniques), basic kicking and paddling.

- DATE:** Ongoing
- DAY:** Weekdays
- TIME:** 7 am-9 am or 2 pm-5 pm
- LOCATION:** Group Exercise Pool
- COST:** \$90 Members, \$110 Non-Members



Group Swimming Lessons

10 lessons | 45 minutes

Learn to swim in a fun, friendly environment! Lessons available for adults and kids ages 4 and up! Session times are set to a schedule. No rain delays or storm cancellations. Class sizes are kept small to help you learn – 4 swimmers to 1 instructor ratio.

Session 1: March 7-18

Session 2: March 21-April 1

Session 3: April 4-15

TIME: 4 pm-4:45 pm

COST: \$200 Members, \$220 Non-Members

*Choose from one session

Private Lessons

Children and adults can experience the benefits of private swim lessons which include:

- Certified instructors
- Water safety
- Build confidence
- Coordination
- Heated indoor pool
- Healthy living
- Mobility
- Survival skills

To purchase a package of swimming lessons for adults or children (4 years and older), visit the Member Services desk.

	Members	Non-Members
30-Minute Session	\$30	\$40
(5) 30-Minute Sessions	\$140	\$160
(10) 30-Minute Sessions	\$270	\$300



Improve Your Skills in Our Swim Clinic

Advance and develop the technique and efficiency of your stroke in the water. This one-hour stroke clinic will include practice of functional movements/drills that will focus on improving flexibility and core strength. This clinic is also designed for personal stroke improvement or swim team preparation. Instructors will assist you individually on your stroke improvement and efficiency while in a group atmosphere. The clinic will include reviewing educational videos and live instruction to practice and improve your stroke.

Session 1: March 7-11

Session 2: March 14-18

Session 3: March 21-25

Session 4: March 28-April 1

Session 5: April 4-8

Session 6: April 11-15

Session 7: April 25-29

Session 8: May 2-6

TIME: 5 pm-6 pm

COST: \$60 Members, \$75 Non-Members

*Capacity is 10 participants. Session times are set, there are no makeup options.



Water Warriors Training Program

Introducing a new aquatic training program for swimmers or triathletes looking for a challenging workout! Train using state-of-the-art timing equipment that will track your progress throughout the program. A land-based training option will be offered in order to improve your aquatic performance.

Swim training sessions will occur on Tuesdays and Thursdays and last 60 minutes. Land based training sessions will occur on Mondays and Wednesdays and last 60 minutes. Class cost includes 4 weeks of training for a total of 8 training sessions. Dates and holidays will be made up accordingly.

Swim Training Afternoon		Swim Training Morning	
Date(s):	March 8-31	Date(s):	March 8-31
Day(s):	Tuesdays and Thursdays	Day(s):	Tuesdays and Thursdays
Time:	5:30-6:30 pm	Time:	5:30-6:30 am
Location:	Pool Deck	Location:	Pool Deck
Cost:	Members \$45, Non-Members \$60	Cost:	Members \$45, Non-Members \$60

*No maximum number of participants. Refunds will not be issued. Must be a strong swimmer to participate.

Members can refer a friend and receive \$5 off.

Swim Lesson Registration



THIBODAUX REGIONAL
FITNESS CENTER

Swimmer Information

Name _____

Date of Birth _____ Age _____ Gender: Male Female

Address _____

City _____ State _____ Zip _____

Email _____ Phone _____

Emergency Contact

Name _____ Phone _____

Swimmer History, Ability Level and Goals

Has swimmer taken swim lessons before? Yes No If for a child, are they potty trained? Yes No

Is the swimmer a member here? Yes No Is their parent a member here? Yes No

Please describe ability level: _____

Preferred Instructor? N/A Yes, _____

Are you looking for improvement on a particular stroke or training for an event? Yes No

If yes, please describe: _____

Acknowledgment and Assumption of Risk, Waiver, Release, and Indemnification

I acknowledge that while exercise is encouraged to promote both physical and mental health, my attendance at or use of Thibodaux Regional Fitness Center ("Center"), including without limitation my participation in any of the Center's programs or activities and my use of the Center's equipment and facilities, and any transportation which may be provided by the Center, includes the risk of injury and could cause injury. I further acknowledge it is impossible to eliminate the risk of injury, which may result from or arise out of my attendance at or the use of the Center's facilities or its equipment, activities, or transportation. I also acknowledge that I may choose to participate in individual exercise activity that is not supervised by Center staff. I agree that prior to participating in any exercise activity at the Center I will affirmatively and personally seek training and/or instruction from Center staff to promote my safe participation in that activity and/or safe operation of any equipment at the Center which I choose to use. I acknowledge that I have the responsibility to help reduce the risk of injury to myself while in attendance at or using the Center. I agree, on behalf of myself and my heirs, executors, administrators, and assigns, to fully and forever waive, indemnify, hold harmless, release and discharge Thibodaux Regional Fitness Center, its affiliates, its operators, its agents and all of their respective officers, trustees, employees, agents, successors, and assigns, and each of them (collectively, the "Releases"), from any and all claims, damages, demands, rights of action or causes of action, present or future, known or unknown, anticipated or unanticipated, resulting from or arising out of my attendance at or use of the Center, or its equipment, activities or transportation. Further, I hereby agree or waive any and all such claims, damages, demands, rights of action or causes of action. In addition, I hereby agree to release and forever discharge the Releases from any and all liability for any loss or theft, or damage to personal property. Further, I hereby release and forever discharge and hold harmless the Releases from any and all liability, claims and demands of whatever kind of nature, either in law or in equity, which may arise or hereafter arise from the testing described herein.

I acknowledge that I have carefully read this waiver and release and fully understand that it is a waiver and release of any and all liability.

Signature _____ Date _____

We will provide necessary equipment to teach the lesson. For your own comfort, you may want to bring a swim cap, goggles or ear plugs.

Cancellations must be made 24 hours in advance of the appointment to avoid being charged for the session.

All sessions expire 1 year from the date of purchase.



Group Swim Lesson Registration



THIBODAUX REGIONAL
FITNESS CENTER

Swimmer Information

Name _____
Date of Birth _____ Age _____ Gender: Male Female
Address _____
City _____ State _____ Zip _____
Email _____ Phone _____

Emergency Contact

Name _____ Phone _____

Swimmer History, Ability Level and Goals

Has swimmer taken swim lessons before? Yes No If for a child, are they potty trained? Yes No
Is the swimmer a member here? Yes No Is their parent a member here? Yes No
Please describe ability level: _____
Preferred Instructor? N/A Yes, _____
Are you looking for improvement on a particular stroke or training for an event? Yes No
If yes, please describe: _____

Session Registration

Session you would like to register for: Session 1 Session 2 Session 3

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I acknowledge that while exercise is encouraged to promote both physical and mental health, my attendance at or use of Thibodaux Regional Fitness Center ("Center"), including without limitation my participation in any of the Center's programs or activities and my use of the Center's equipment and facilities, and any transportation which may be provided by the Center, includes the risk of injury and could cause injury. I further acknowledge it is impossible to eliminate the risk of injury, which may result from or arise out of my attendance at or the use of the Center's facilities or its equipment, activities, or transportation. I also acknowledge that I may choose to participate in individual exercise activity that is not supervised by Center staff. I agree that prior to participating in any exercise activity at the Center I will affirmatively and personally seek training and/or instruction from Center staff to promote my safe participation in that activity and/or safe operation of any equipment at the Center which I choose to use. I acknowledge that I have the responsibility to help reduce the risk of injury to myself while in attendance at or using the Center. I agree, on behalf of myself and my heirs, executors, administrators, and assigns, to fully and forever waive, indemnify, hold harmless, release and discharge Thibodaux Regional Fitness Center, its affiliates, its operators, its agents and all of their respective officers, trustees, employees, agents, successors, and assigns, and each of them (collectively, the "Releases"), from any and all claims, damages, demands, rights of action or causes of action, present or future, known or unknown, anticipated or unanticipated, resulting from or arising out of my attendance at or use of the Center, or its equipment, activities or transportation. Further, I hereby agree or waive any and all such claims, damages, demands, rights of action or causes of action. In addition, I hereby agree to release and forever discharge the Releases from any and all liability for any loss or theft, or damage to personal property. Further, I hereby release and forever discharge and hold harmless the Releases from any and all liability, claims and demands of whatever kind of nature, either in law or in equity, which may arise or hereafter arise from the testing described herein.

I acknowledge that I have carefully read this waiver and release and fully understand that it is a waiver and release of any and all liability.

Signature _____ Date _____

We will provide necessary equipment to teach the lesson. For your own comfort, you may want to bring a swim cap, goggles or ear plugs. Cancellations must be made 24 hours in advance of the appointment to avoid being charged for the session. All sessions expire 1 year from the date of purchase.

