

Mount Lookout Master Swimming

Mount Lookout Masters will start its second season this year. We are pleased to announce several exciting changes to the program! We will offer four training sessions per week, including an early morning weekday practice. Two will be coached by Coach Aaron Dorfman and two will be led by experienced members.

The program will run June 7th- August 6th. The cost is \$30.00 per member. Please mail checks payable to Mount Lookout Swim Club and complete the registration form and release.

Training Sessions

Tuesday	7:00 - 8:00 PM	Coached by Aaron Dorfman
Wednesday	7:00 - 8:00 PM	Led by Mount Lookout Masters Member
Friday	6:00 - 7:00 AM	Coached by Aaron Dorfman
		Please note no practice on Friday 7/8, 7/15 and 7/22. These are rescheduled to Monday 7/4, 7/11 & 7/18.
Saturday	8:00 - 9:00 AM	Led by Mount Lookout Masters Member

Coached Training Sessions

Aaron Dorfman will tailor practices to meet all skill levels. Swimmers will be divided into beginner, intermediate and advanced groups for training. We will do some fast/pace work at every practice. Aaron will give instruction on technique and do drill work for the all strokes. Typically practices will be about 75% freestyle. A warm-up and cool down time will be included in each workout.

Member Led Training Sessions

Kathleen Howe, Ed Meier and Mike Roberts have volunteered to lead the non-coached practices. Please refer to the Masters Swimming Calendar. Leaders will swim with the group during these sessions and either bring their own workouts for the group or follow sample workouts provided by Aaron. Again, swimmers will be divided into beginner, intermediate and advanced groups for training.

Aaron C. Dorfman MS, RD, LD

Aaron swam at the University of Cincinnati, where he earned a degree in Dietetics. He earned a Masters degree in Nutrition with emphasis on sports performance at Marshall University. Currently, Aaron is Head Swim Coach and a Registered Dietitian at Mercy Healthplex. He was named Age Group Coach of the Year for Ohio Swimming in 2009.

Aaron will be available for private adult swim training at a rate of \$20.00 per half hour. Please call directly at 513-518-5872 to arrange a session.

If you have any suggestions or questions about the program, please contact Mary Beth Hines at mbsh05@gmail.com.

Mount Lookout Masters Swimming

Name:

Email:

Phone:

Cell Phone:

Please describe your swimming experience:

Please describe your training goals for this summer.

RELEASE

The undersigned _____ (the "MTLSC Masters Swimmer"), on behalf of himself/herself, his/her heirs, executors, administrators and assigns, in consideration of participation in the Mt. Lookout Swim Club Masters Swimming exercise program (the "Masters Swimming Program"), and for other good and valuable consideration, the receipt and sufficiency of which are hereby acknowledged, hereby voluntarily and knowingly releases Aaron Dorfman, Mary Beth Hines, SwimSafe Pool Management, Inc., an Ohio corporation, Mt. Lookout Swim Club Inc., an Ohio not-for-profit corporation, and their respective officers, directors, trustees, board members, shareholders, lifeguards, coaches, employees, consultants, agents, invitees, successors, and assigns (collectively referred to as the "Released Parties") from any and all liability, claims, demands, actions and causes of action, in any way related to or arising out of the MTLSC Masters Swimmer's participation in the Masters Swimming Program. This Release is freely, knowingly, and voluntarily executed by the undersigned. The undersigned is over 18 years of age and under no legal disability.

No other representation or promises have been made to the undersigned other than as set forth in this Release.

SIGNATURE

DATE

Printed Name