

# ADULT MORNING SWIM

The Adult Morning Swim program is offered to adults who reside in the towns of Shepaug Valley Regional School District #12 (Bridgewater, Roxbury, and Washington). Students are not able to participate; contact the Athletic Director for times when the pool is available to students.

Shepaug Valley Middle High School Monday  
through Friday 5:00 AM – 7:30 AM  
(No entry after 7:15 AM)

**Morning Swimmers must *EXIT* the building by 7:45 AM**

Contact Persons: Sheila Anson @ 868-2786 or Jeff Hammond @ 868-1519

PLEASE COMPLETE AND SIGN:

NAME : \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_

PHONE: \_\_\_\_\_ WORK PHONE: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

LIST MEDICAL PROBLEMS: \_\_\_\_\_

PHYSICIAN/PHONE: \_\_\_\_\_

EMERGENCY CONTACT/PHONE: \_\_\_\_\_

I will hold harmless the Town of Washington, the Parks & Recreation Commission, Region # 12, and any of its agents, directors, employees and supervisors for any responsibility or liability for any injuries or property damage which may arise from my participation in this program. **I also understand that in the event of an injury my own medical insurance will be used.**

SIGNATURE \_\_\_\_\_ DATE: \_\_\_\_\_