



**MAILING ADDRESS:**  
12819 SE 38th ST, #183  
BELLEVUE, WA 98006

**PHYSICAL ADDRESS:**  
4445 SOMERSET BLVD SE  
BELLEVUE, WA 98006  
(425) 747-5575

HAVING FUN. BEING HEALTHY. BUILDING COMMUNITY.

## 2019 SRC Membership / Registration Form

Last Name:			
First Name(s): Adults			
Home Phone:		Cell Phone:	
Email Address(s):			
Address :			
City:		State / Zip:	
Child Name / Age		1)	
		2)	

- New Family Membership**  
Annual dues \$625 and NO maintenance fee. REFERRED BY: \_\_\_\_\_ \$ \_\_\_\_\_
- Renewing Membership**  
Annual dues \$755 (\$625 + \$130 refundable maintenance fee\*) \$ \_\_\_\_\_
- Adult Couple Membership** (18+ yr old)  
Annual dues: \$480 (\$350 + \$130 refundable maintenance fee\*) \$ \_\_\_\_\_
- Adult Single Membership** (18+ yr old)  
Annual dues \$360 (\$230 + \$130 refundable maintenance fee\*) \$ \_\_\_\_\_
- Junior Membership** *Note: Junior membership is for no additional family members purchasing a membership. You must be at least entering your freshman year and be a member of the swim team or tennis team.*  
Annual Dues: \$200 \$ \_\_\_\_\_
- Group Swim Lessons**
- Week 1&2: June 24th – July 5th (10 classes) \$150 members / \$200 non-members
- Week 3&4: July 8th – July 19th (10 classes) \$150 members / \$200 non-members
- Week 5&6: July 22nd – August 2nd (10 classes) \$150 members / \$200 non-members \$ \_\_\_\_\_

*Swim team, Sharkies, and Tennis Coming Soon*

- Credit Card: (Pay online or at SRC).
- Check: Payable to Somerset Recreation Club (SRC).  
Mail to: 12819 SE 38th St., #183  
Bellevue, WA 98006  
(or bring on opening day)

**TOTAL:** \$ \_\_\_\_\_

\*The maintenance fee will be refunded after you work a 4-hour shift

\*\*The Volunteer fee will be refunded after you work the appropriate swim team shifts



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## Swimmer Information Form

### For Swim Team, Sharkies, and Lesson Signups only

If you selected to join the Swim Team, Sharkies or Swim Lessons please provide us with this additional information so that we may better plan for the season.

#### Swimmer Info for Swim Team Sharkies or Group Lessons

Last Name:	
First Name:	
Age as of 6/15/2019	
Ability Level for Lessons	

Last Name:	
First Name:	
Age as of 6/15/2019	
Ability Level for Lessons	

Last Name:	
First Name:	
Age as of 6/15/2019	
Ability Level for Lessons	

Last Name:	
First Name:	
Age as of 6/15/2019	
Ability Level for Lessons	

#### SWIM LESSON LEVEL DESCRIPTIONS

##### BEGINNER 1:

This session teaches basic water skills including: entry into the water, bubble blowing, rhythmic breathing (bobs), front float, front glide, beginner stroke, back float safety skills. The goal of this class is to push off the wall to the instructor and do the following: front float (5 seconds), front glide with kick 5 feet, beginner stroke 5 feet and float on back unassisted for 5 seconds. Depending on students learning the following skills may be learned: hold breath and fully submerge head, retrieve objects from chest deep water, back float (5 seconds), leveling off from vertical position, flutter kick with board, turning over from front to back.

##### BEGINNER 2:

This session teaches beginner freestyle and beginner backstroke development skills. These skills include freestyle stroke with side breathing, back stroke, elementary backstroke kick, treading water, and standing dives. The goal of this class is to swim crawl stroke with side breathing (15 yds), elementary back stroke kick (10 yds), back stroke, 15 yds, tread water 30 seconds.

##### BEGINNER 3:

This session focuses on increasing endurance by swimming familiar strokes (elementary back, front crawl and back crawl) for greater distances. Students will also have an introduction: breaststroke sidestroke Standing front dive The goal is to complete the following skills: Deep water bobs, standing dives, elementary backstroke (10 yds), sculling on back (15 seconds), front crawl (25 yds), breaststroke kick (10 yards), scissor kick (10 yds), and treading water for 2 minutes.

##### INTERMEDIATE:

At this level, students perform the breaststroke, sidestroke and increase distances of front crawl and back crawl. Students begin to polish strokes with ease, efficiency, power and smoothness over greater distances. Students will be introduced to butterfly, open turns, and flip turns. The goal is to complete the following skills: breaststroke (10 yds), sidestroke (10 yds), swimming underwater (3 body lengths), elementary backstroke (25 yards), dolphin kick (10 yds), front crawl (50 yds), back crawl (50 yds), and perfect the standing front dive.



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## Liability and Media Release Form

### Liability Release:

*In consideration of the use of the pool, tennis courts and club facilities, the member(s) and their guests waive, release and discharge any and all rights and claims for damages against the Somerset Recreation Club (SRC), its Board, its employees, and its members for all claims arising or resulting from use of the pool and club facilities. All members, by use of the facilities, acknowledge that they have informed their guests of the Waiver and Release, and the guest(s) agree to the same by use of the club and pool. Parents allowing their children on club grounds (supervised or unsupervised) agree that this waiver and release binds them and their children. This waiver is on-going and applies at all times the pool and club facilities are being used. By signing below, I agree to these terms.*

### Media Release:

*I acknowledge that from time to time photos, recordings, or videos may be taken of members, guests and volunteers engaged in SRC-related activities and used in SRC promotional materials (such as newsletters and web pages) or submitted to local newspapers, publications, and TV stations to promote SRC, recognize member and/or volunteer achievement, and raise money. By signing below, I consent to the use of images or recordings of myself, guests or dependents to be used for public relations, news articles, telecasts, education, marketing, research, inclusion on the website, fund raising, or any other purpose by SRC. I release the SRC, their officers, directors, and employees, and each and all persons involved, from any liability in connection with the taking, recording, or publication of photographs, slides, computer images, videotapes, or sound recordings. Further, I waive all rights to any claims for payment or royalties in connection with any exhibition, televising, or other publication of these materials. I also waive any right to inspect or approve any photo, video, or film taken. All members, by use of the facilities and signing below, acknowledge that they have informed their guests of this policy.*

*Signature of applicant or if applicant is under 18 then signature of the parent guardian is required.*

Name: _____ (print)
Signature: _____
Date of Application: _____