INFORMED CONSENT AND DISCLAIMER for Adult Swimming Lessons/Aerobics

I understand that I have enrolled in a program that has physical activity, including swimming lessons and/or water aerobic exercises. I hereby affirm that I am in good physical condition and do not suffer from any disability which would prevent or limit my participation in this exercise program. In consideration of my participation in Swimming Instruction exercise program, for myself, my heirs and assigns, hereby release James Archibald, any assistants, instructors and/or lifeguards, from any claims, demands, and causes of action, now or in the future, arising from my participation in the swimming instructional exercise program. I fully understand that I may injure myself as a result of my participation in said exercise programs including, but not limited to miscarriage, heart attack, muscle strains, pulls, or tears, broken bones, shin splints, heat prostration, knee-lower back/foot injuries and any other illness soreness, or injury however caused occurring during or after my participation in the exercise program.

I also hereby affirm that I am exercising with my physician’s approval regarding this program and fully understand the above agreement.