

TOLLEFSON SWIMMING

NEW SWIMMER INFORMATION

Swimmer #1 Name: _____ **DOB:** _____
Swimmer #2 Name: _____ **DOB:** _____
Swimmer #3 Name: _____ **DOB:** _____
Swimmer #4 Name: _____ **DOB:** _____

Brief Description of current swim level & instruction experience for each swimmer:

Parent/Guardian Name: _____

Primary Phone: _____

Primary Email: _____

Referred By: _____

I understand that participation in Tollefson Swimming activities is entirely voluntary. I understand that Tollefson Swimming activities may involve swimming and related pool activities. I know and understand the risks and dangers involved and I know and understand that unanticipated dangers might arise. I hereby release Tollefson Swimming from any responsibility for injury, which might result from participation in Tollefson Swimming activities.

I understand that Tollefson Swimming does not guarantee refunds for withdrawal from classes during a session. If the class level is not the right fit, Tollefson Swimming will accommodate my swimmer in a different class. If my swimmer decides to withdraw from the session after registration, Tollefson Swimming may offer credit for a future session.

I give permission for _____ to participate in all Tollefson Swimming activities, except as noted. I also permit authorized personnel to carry out such emergency diagnostic and therapeutic procedures as may be necessary for me or my child and permit such treatment procedures to be carried out at, and by the local hospital(s) for me or my child in the event of an emergency. I understand that any medical expenses will be billed directly to me or my insurance company.

Parent/guardian signature or adult participant signature

Date

TOLLEFSON SWIMMING

Dear Tollefson Swimming Families:

We welcome you to our 2025 Winter Session. Please see below for locations, session dates, and program descriptions. We configure all classes by a combination of skill level and age. Please contact us directly to inquire about proper class placements and request your swimmer's day/time preferences. Please note fees are consistent across all days of the week and locations even as the number of classes may differ.

Please email Giuliana Gigliotti at giuliana@tolleffsonswimming.com to register.

Locations & Session Dates

Georgetown Prep (North Bethesda, MD): December 2nd – March 9th (subject to change)

Blackout dates: Dec 20, 21(TBD), 24 - Jan 1, Jan 11 (TBD), 18 (TBD), 20, 24 (TBD), Feb 1, 4, 14 & 17.

Please note that dates will likely be added to Prep's blackout list as this is fluid. As we are notified of new blackouts, we will notify families and schedule classes at an alternate pool when possible. We do not offer makeup for dates that are scheduled as blackouts above. For blackouts that are added later, we do our best to offer makeup classes, however, this is not a guarantee.

St. Albans (NW DC): December 14th – March 2nd

Blackout Dates: Dec 23rd to Jan 3rd.

Programs

In-Water Instructed Classes

- Description: In-water classes are appropriate for any swimmer who cannot swim full length independently. These classes are conducted in small groups with a maximum of 3 swimmers per class.
- Fee for the entire session: \$560 for a 30-minute class once a week
- Available class days/times:
 - Georgetown Prep: Friday 6 - 8 pm, Saturday 2 - 4:30 pm, Sunday 2 - 4:30 pm
 - St. Albans: Saturday 2 - 5 pm, Sunday 1 - 4 pm

TOLLEFSON SWIMMING

Deck-Instructed Stroke Classes

- Description: Stroke classes are appropriate for any swimmer who can independently swim a full length of freestyle and backstroke. These classes are conducted in groups with a maximum of 8 swimmers per class.
- Fee for the entire session: \$520 for a 30-minute class once a week
- Available class days/times:
 - Georgetown Prep: Monday 7:30 – 8:30 pm, Tuesday 7:30 - 8 pm, Wednesday 7:30 - 8 pm, Thursday 7:30 - 8 pm, Friday 6 - 8 pm, Saturday 2 - 3:30 pm, Sunday 2 - 3:30 pm
 - St. Albans: Saturday 2 - 4 pm, Sunday 1 - 3 pm

Training/Endurance Classes – You must also be registered for a stroke class

- Description: Training/endurance classes are 60-minute practice sessions for swimmers competent in freestyle and backstroke and may still be learning breaststroke and butterfly. During these training sessions, swimmers work on all 4 strokes, endurance, racing, kicking, and practicing skills they have been learning in stroke class. Swimmers must be registered for a stroke class to register for endurance classes. Swimmers may request to do stroke & endurance on the same day or on different days. Endurance scheduling is flexible, and swimmers may take advantage of endurance classes at either location.
- Fees:
 - Stroke class + 1 weekly endurance class: \$980
 - Stroke class + unlimited (up to 4 weekly) endurance classes: \$1,310
- Available class days/times:
 - Georgetown Prep: Tuesday & Thursday 8 - 9 pm, and Saturday & Sunday 3:30 - 4:30 pm
 - St. Albans: Saturday 4 - 5 pm, and Sunday 3 - 4 pm

Adult Stroke Class

- Description: Instructional, deck-coached stroke class for adults who cannot complete a swim workout but can complete a full-length independently. The focus is the freestyle techniques including kicking, body position, breathing technique, and balance. Non-free stroke techniques may be explored as well.
- Fee for the entire session: \$520 for a 30-minute class once a week
- Available class days/times:
 - Georgetown Prep on Monday 8:30 – 9 pm