

# 2023/2024 ADULT MORNING SWIM

*The Adult Morning Swim program is offered to adults who reside in the towns of the Shepaug Valley Regional School District #12 (Bridgewater, Roxbury, and Washington) (Students are not able to participate; please contact the Athletic Director for times when the pool is available to students.) The Morning Swim program schedule will follow the Region 12 school calendar and delays. Cost for the program is \$25 per month. Checks payable to the "Town of Washington"*

Shepaug Valley Middle High School Monday,  
Wednesday & Friday 5:30 AM – 7:30 AM (No entry after  
7:00 AM)

**Morning Swimmers must EXIT the building by 7:30 AM**

Contact Persons: Jenn Pote @ (860) 868-0735

PLEASE COMPLETE AND SIGN:

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

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

\_\_\_\_\_

CELL: \_\_\_\_\_ WORK: \_\_\_\_\_

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.***

***I agree to strictly abide by the Covid and safety protocols set by the State of CT – DPH, Town of Washington and Region 12:***

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

*\*If in the event that pool crowding becomes an issue and we are unable to maintain social distancing – Washington Parks & Rec may consider implementing a reservation system or time limit for swimmers to accommodate our COVID protocol.*