

Informed Consent/Waiver of Liability

Pearland Swim Academy

"I, _____, have enrolled in a program of strenuous physical activity including, but not limited to, aerobic training, resistance training, shallow water exercise, interval training, circuit training, and the use of various aerobic and conditioning equipment offered by Pearland Swim Academy and/or exercise equipment owned by Pearland Swim Academy.

I hereby affirm that I am in good physical condition and do not suffer from any disability that would prevent or limit my participation in this exercise program."

"In consideration of my participation in the Pearland Swim Academy program, I, _____, for myself, my heirs and assigns, hereby release Pearland Swim Academy, its employees and owners, from any claims, demands and causes of action arising from my participation in the exercise program."

"I fully understand that I may injure myself as a result of my participation in the Pearland Swim Academy exercise program and I, _____, hereby release Pearland Swim Academy, its employees and owners, from any liability now or in the future including, but not limited to, heart attacks, 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 this exercise program."

I hereby affirm that I have read and fully understand the above.

Signature: _____ Date _____
Printed Name: _____

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