

2025 MOUNTAIN CLUB for Swimming Practice and Individual Lessons

Contact information:

Coach: Anna Zhang

Phone: (505) 662-1900

Email: mountainswimming@gmail.com

Programs and Due

Groups	Group A	Group B	Group C	Master
Practice Times	3:30 - 5:00pm (E)* 4:00 - 5:30pm (M/H)*	5:00 - 6:00pm	6:00 - 6:30pm	6:15 - 7:15 am (pending)
Practice Dates	Monday - Thursday	Monday - Thursday	Monday - Thursday	Tue & Thurs
Monthly Dues	\$125 monthly	\$95 monthly	\$70 monthly	Free
Annual fees (required)	Club fee: \$65 US reg fee: \$30 (flex) or \$83 for competitive	Club fee: \$65 US reg fee: \$30 (flex) or \$83 for competitive	Club fee: \$65 US reg fee: \$30 (flex)	Club fee: \$65

* (E) for elementary schoolers

* (M/H) for middle schoolers and high schoolers

- **The pool admission is separate.**
- USA Swimming registration is required annually to cover swimmers' insurance.
- Mountain Club fee is required annually to cover club administrative and lane costs.

Individual /Private Lessons for Mountain Club swimmers:

Lesson Dates	Fridays
Lesson Times	3:30 - 7:00pm
Lessons fees	\$105/session or \$40/lesson
Annual fees (required)	Club reg fee \$65 and US reg fee \$30 (flex)

1. **The pool admission is separate.**
2. USA Swimming registration is required annually to cover swimmers' insurance.
3. Mountain Club fee is required annually to cover club administrative and lane costs.
4. There are three lessons per session, and 30 minutes per lesson.
5. No lessons will be scheduled without the payment and registrations.
6. Email to mountainclub.lessons@gmail.com with your phone number for questions.

Procedure to Register with Mountain Club

For swimmers in Age Groups (A & B & C) RENEWAL with the USA Swimming

- USA Swimming Annual Registration online and fee
- Mountain Club Annual Registration Form and fee
- Emergency Medical Authorization Form
- Monthly due

For swimmers in Age Groups (A & B & C) NEW to the USA Swimming

- USA Swimming Annual Registration online and fee
- Mountain Club Annual Registration Form and fee
- Emergency Medical Authorization Form
- Monthly due
- **Uploading of birth certificate or passport** is required for US Swimming registration

For swimmers in Age Groups (A & B & C) TRANSFER from other USA Swimming clubs

- USA Swimming Transfer online (\$10) with a copy of a US Swimming Athlete Card
- Mountain Club Annual Registration Form and fee
- Emergency Medical Authorization Form
- Monthly due

For swimmers in Master Group

- Mountain Club Registration Form and fee
- Emergency Medical Authorization Form
- Monthly due

Payment

- The monthly payment is due on **the first day** of the month for all Groups (A & B & C, Master).
- There is a \$10 late fee by the 10th of the month if the payment is not **fully received**.
- There is NO discount or refund even if a swimmer attended only one practice that month.
- There is a 50% discount of the lowest due for the third child in the family.
- **There is a \$30 reactivation fee for each time for non-consecutive monthly due.**
- The payment (check or cash) can be dropped at the box located behind the club bin at the pool.
- If you send the payment through the bank, please make all payments with ONE CHECK to:
Mountain Club (c/o Anna Zhang)
4149 Arizona Avenue
Los Alamos, NM 87544

Swim Meets

Attending swim meets is voluntary, and it is parents' responsibility to pay all the cost related to any swimming meet (including meet/relay fee, travel /hotel cost, etc).

Mountain Club Registration Form for all age group swimmers

Swimmers' info	Name(s):	
Parents	Mother:	Father:
Email		
Phone#		
Home Address		
Emergency Contact	Name:	Phone #

By signing below, I allow my child(ren) to participate in the program of Mountain Club, and hereby I release Mountain Club and Coach Anna Zhang from liability of any injury that might occur to my child(ren).

Signature of Parent/Guardian _____ Date _____

Parent, please print out this page, and return the signed page to Coach Anna.

WRITTEN ACKNOWLEDGEMENT OF UPDATED MAAPP (Effective January 1, 2025)

for parents of swimmers (17 or below)

I acknowledge that I have received, read and understood the updated **Minor Athlete Abuse Prevention Policy** (effective January 1, 2025). I further acknowledge and understand that agreeing to comply with the contents of this Policy is a condition of my child(ren)'s membership with USA Swimming.

Name(s) of swimmer(s): _____

Parent Name:

Parent Signature:

Date: _____

Emergency Medical Authorization Form

Swimmer Name _____ Date of Birth _____ Male/Female (circle one)

Purpose: To enable parents/guardians to authorize emergency treatment for children who become ill or injured while under Mountain Club authority, when parents cannot be reached. Upon completion, return this form to Anna Zhang of Mountain Club. The original form may be used to identify the medical options of the undersigned parent.

If my child is injured or becomes seriously ill during training, and I cannot be reached, the Mountain Club c/o Anna Zhang is authorized to arrange for transportation to and treatment at a medical facility. I will be financially responsible for the transportation and medical care. Anna Zhang of Mountain Club who acts in good faith to comply with this form cannot be held liable for her actions.

Signature of Parent (of swimmer 17 or below) _____ Date _____

Swimmer (if 18 or above) _____ Date _____

Health Information – Important for Emergency Care Providers

Please indicate if swimmer has had, or is currently under treatment for, the following conditions:

allergy to foods _____

allergy to medication _____

others (explain) _____

Date of last tetanus immunization _____

Reaction to medication or injections _____

Hospitalized for serious illness, surgery, or injury _____

What medications are being taken? _____

Any medical condition (physical and mental)? _____

Please list any additional information that may be needed by an emergency health care provider:

Dear Parents,

For better results, I often correct our swimmers' skills (like strokes, kick, diving, etc.) by moving our swimmers' arms/feet or putting a hand on the swimmers' back when needed during our practice and meets. Many parents have probably seen me doing these on the deck of the pool.

To protect swimmers, our club, and myself, I ask for your written permission instead of the previous verbal one for these instructional actions.

If you agree with me for me to do so, please sign the names and date below so that we have written records.

Of course, if you don't feel comfortable for me to do so during the practice and swim meets, I will do my best to teach your child(ren) verbally.

Thank you for your understanding!

Anna

I agree with coach Anna Zhang (of Mountain Club) to correct swim techniques during the practice and meets by moving my child(ren)'s arms/feet or putting one hand on my child(ren)'s back when needed.

Swimmers' Name(s): _____

Parent Name: _____

Parent Signature: _____

Date: _____