The 2016 Panthers Swimming Lessons
Sept. 20th - Oct. 27\textsuperscript{th}
Tuesday and Thursday
5:30 - 6:15 p.m. (levels 1 and 2)
6:30- 7:15 p.m. (levels 3 and 4)
10 classes $85
(Please no children under 4 years old
Pre-Registration is a must)

PLEASE PRINT

Swimmer’s Name__________________________________ {} Male {} Female
Age_____ Birth Date______ Grade Level_____ Swimmers’ Level_____
Address__________________________________________________________________________
City/State/Zip__________________________________________________________________________
Home Phone____________________ Day Phone__________________________
Emergency Contact/Phone__________________________________________________________
Email__________________________________________________________

FEE
$85.00 for 5 week session.
Please make check payable to: TC3 Aquatics.

By signing this form, I certify we have current medical insurance that will cover this swimmer.

Parent’s Signature____________________________________ Date_____

(Optional) – Photo Release- I (Signature)__________________________________________ give the College permission to use photographs of my child to promote swim classes on campus.

Please return application and payment to:
Alfred Okaru, Recreation Coordinator
 TC3 Aquatics
 170 North Street
 P.O. Box 139. Dryden, NY 13053

Learn to Swim Skills Assessment
IMPORTANT! Check off the skills you are CONFIDENT your child can ALREADY perform. If you are unfamiliar with any of the terms use below, refer to the illustrations on the back of the program announcement. If you or your child has any doubts about their ability to perform a particular skill, please leave it blank.

**Question #1:** Does your child have little or no experience in the water? If yes, begin with skill #1. If more advanced, move to question #2.

**Level 1**
1. Participate WITHOUT parent in water______
2. Submerge face for full three seconds_______
3. Open eyes under water_______
4. Float on front and back for 5 seconds WITH support______
5. “Dog paddle” WITH support 5 feet_____

**Level 2**
6. Submerge head for full 5 seconds____
7. Front and back float for 5 seconds WITHOUT support____
8. “Dog paddle” WITHOUT support 15 feet____
9. Swim on side 5 feet WITH support____

**Question #2:** Is your child comfortable in and under water but has not had formal swim instruction? If yes, begin with skill #10. If more advanced, move to question #3.

**Level 3**
10. Jump in deep water WITHOUT a life jacket_____
11. Retrieve an object off bottom of pool in chest deep water____
12. Front and back crawl 15 yards____
13. Tread water for 30 sec in deep water____

**Question #3:** Has your child had some basic formal stroke training but needs to improve? If yes, begin with skill #14. If more advanced, move to question #4.

**Level 4**
14. Front and back float for 1 min in deep water____
15. Dive from compact or stride position____
16. Front and back crawl one length of pool____
17. Breast stroke 15 yards____
18. Butterfly 15 yards____
19. Elementary back stroke 15 yards____
20. Swim on side 15 yards____
21. Tread water for 1 min____

**Question #4:** Has your child been taught the basic of all formal strokes, but now needs to refine them? If yes, begin with skill #22.

**Level 5**
22. Shallow dive from side of pool______
23. Survival and back float for 2 min____
24. Front and back crawl for 2 lengths of pool____
25. Butterfly 1 length of pool____
26. Elementary back stroke 1 length of pool____
27. Side stroke one length of pool____