



The 2024 Panthers Swimming Lessons

April 2 – May 2

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 \$100.00

(Please no children under 4 years old, pre-registration required)

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

\$100.00 for 10 sessions.

Please make check payable to: **Tompkins Cortland 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 TC3 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 **WIHTOUT** 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_____