



2026 Panthers Winter Swimming Lessons

February 10 – March 12

Tuesday and Thursday

5:30 - 6:15 p.m. (levels 1 and 2 only)

6:30 - 7:15 p.m. (levels 3 and 4 only)

\$50 per child

****Pre-registration required. No children under 4 years.****

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

\$50.00 per child.

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

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 _____