



2026 Panthers Spring Swimming Lessons

March 31 - April 30

Tuesday and Thursday

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

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

\$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 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 _____