



*2025 Panthers Fall Swimming Lessons*

*October 14 – November 13*

*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 **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 \_\_\_\_\_