

TCNJ Swimming and Diving

2017 Fall Swim School Registration

Registration will be held 8/26/17 from 12:30-3:30pm at the Aquatic Center
<http://aquaticcenter.tcnj.edu/programs/swim-school/>

Parent Name: _____ Phone: _____

Participant Name: _____ Participant Age: _____ E-mail: _____

Address: _____ City: _____ State: _____ Zip: _____

Emergency Contact Name: _____ Emergency Contact Phone: _____

Progressive Classes: *Check Class Desired*

Classes held September 9, 17, 23, 30, October 7 (All days are Saturday except Sunday, September 17th)

___ **Parent Toddler** - This class is designed for the 1-3 year olds first water experience. This program gives parents information and techniques to help prepare their children for water activities and to supervise water activities in a safe manner. **Parental participation is required.**

___ **Level 1 (Pre-School)** - This course is designed for the 3-5 year olds first water experience. Students learn elementary aquatic skills such as water adjustment, breathing, floating, kicking, and basic personal safety.

___ **Level 2** - Children learn the basic skills and knowledge that help ensure reasonable safety in and around the water. (Skills include floating without support and basic locomotion techniques.)

___ **Level 3** - Skills include front and back crawl strokes, elementary backstroke, deep water swimming, and safety skills.

___ **Level 4** - This class helps improve stamina and coordination. Students learn front and back crawl stroke, elementary backstroke, and sidestroke. Butterfly and Breaststroke will be introduced

___ **Level 5** - Students will coordinate and refine key strokes. Competitive turns, pull outs, and elementary diving will be introduced.

___ **Level 6** - Students will practice and improve strokes in order to swim more easily, efficiently and powerfully over greater distances. Competitive diving and open turns will be introduced.

The instructor to student ratio for all classes is 1:2

Check Time Desired: 10:30am _____ 11:15am _____

Adult Classes: *Check Class Desired*

Classes held Tuesdays: 9/12, 9/19, 9/26, 10/3, 10/10

The adult lesson offers instruction for people at all skill levels. From the very beginner to those interested in technique improvement.

___ **Beginner (7:00pm – 7:40pm)**

___ **Advanced (7:40-8:20pm)**

Fee Structure:

	Members	Non-Members
Parent Toddler:	\$70	\$80
Pre-School:	\$70	\$80
Level 2-6:	\$70	\$80
Adult:	\$70	\$80

Registration is accepted in person on 8/26 only.

Payment will be accepted by check or money order only!

Make checks payable to: **TCNJ**

NO REFUNDS & NO CASH

Office Use Only
Amount Received: _____ Check Number: _____ Date Received: _____ Staff Initials: _____