

SwimAmerica™

Express SwimAmerica, LLC is a progressive 10 station “learn-to-swim” program for children ages 3 and over. As each station's skills are mastered, the child is rewarded then moved to the next station within the progression. This effective step by step method allows even the youngest swimmers to learn to swim SAFELY, while offering stronger swimmers the opportunity to develop all of the competitive strokes.

Key Program Features:

- Coach to student ratios of 1 to 5 or better
- Coaches are gentle, caring and understanding of children
- Teaching the latest in USA Swimming competitive stroke technique
- All coaches trained and certified by *Eastern Express Senior Coach and SwimAmerica Program Director Brent Matheson (bmatheson17@gmail.com)*

To Register:

1. Fill out the registration form on the other side.
2. Check the highest ability level for your swimmer on the progression system form. Your swimmer should have mastered the skills listed. If in doubt, start with the lower level.
3. Check the preferred sessions and class times. **Class sizes are limited and filled on a first come, first serve basis. *You will be notified if we are unable to accommodate your request.***
4. Calculate the amount due based upon the fees below. Fees are per swimmer.
5. Sign the release on the bottom of the registration form.
6. **Mail this form with payment to:**

**Express SwimAmerica, LLC
426 Route 518
Skillman, NJ 08558**

Please make checks payable to: Express SwimAmerica, LLC

Directions to the College of New Jersey Aquatic Center

From I-95 South take Federal City Rd. exit going south. At Ewingville Rd. "y" turn left and proceed to the light at Green Lane. Turn right at Green Lane and go 1/2 mile to college side entrance. Turn right into side entrance and bear left at yield sign. Proceed left and follow the road around to park in Lots 4 or 5. The pool is in Packer Hall, which is the red brick building northeast of the stadium adjacent to Lot 17. From Lot 4 use the sidewalk on the north side of the stadium to walk across to Packer. Enter the front doors and walk straight back through the next set of double doors. Locker rooms will be on your right.

From Route 31 South turn left into the main entrance of TCNJ (at Carlton Avenue). At the fork turn right and proceed 1/3 mile to Lots 4 or 5 on your left. Follow remainder of directions above to pool.

Note: Parking is occasionally available in Lot 17 adjacent to the pool; however, the gates to that lot are not open on a predictable basis. If you'd like to try to use Lot 17 we would recommend allowing sufficient time to park in the other lots if the gates are down.

For more information go to: www.ExpressSwimming.com

Fall 2016 Express SwimAmerica Registration Form

Name of Child #1 _____ Age _____

Name of Child #2 _____ Age _____

Name of Child #3 _____ Age _____

Street Address _____ City _____ State _____ Zip _____

Parent's Names _____ Phone _____ E-mail _____

PROGRESSION SYSTEM

Please check the highest level of ability (list multiple swimmers by #):

___ Level 1. Non-swimmer

___ Level 5. Freestyle stroke no breathing*

___ Level 2. Comfortable bobbing/blowing underwater

___ Level 6. Freestyle stroke with breathing*

___ Level 3. Front float/back float (5 seconds each)

___ Level 7. Freestyle and backstroke swimming

___ Level 4. Strong flutter kick, back & front (5 yards)

___ Level 8-10 Advanced swimmer (breaststroke & butterfly)

*Swimmer should be breathing easily with head **to the side only** -- if not, classify as no breathing.

Enter desired class time (below).

Session 1: Sept. 10, 11, 17, 18, 24, 25 (Six 40 minute classes)

Fee: \$100

(Choose) _____ Sat. 4:00pm & Sun. 9:40 am **OR** _____ Sat. 4:50pm & Sun. 10:30 am

Session 2: Oct. 1, 2, 8, 9, 15, 16 or 22, 23 (Six 40 minute classes; **3 weekends only – TBA**)

Fee: \$100

(Choose) _____ Sat. 4:00pm & Sun. 9:40 am **OR** _____ Sat. 4:50pm & Sun. 10:30 am

Session 3: Nov. 5, 6, 12, 13, 19, 20 (Six 40 minute classes)

Fee: \$100

(Choose) _____ Sat. 4:00pm & Sun. 9:40 am **OR** _____ Sat. 4:50pm & Sun. 10:30 am

Note: all classes will be held at The College of New Jersey Aquatic Center in Ewing (directions included). Please plan to arrive 5-10 minutes prior to the start of class. **Schedule subject to change based on TCNJ Aquatic Center events.**

Express SwimAmerica, LLC Release (Must Sign to Participate)

As a participant or as the legal guardian of a participant in the SwimAmerica, LLC, program represented by this registration form, I agree to hold Express SwimAmerica, LLC., and its officers and agents free and harmless from any claim or expense that may arise due to participation in this program.

Signature _____ Date _____