MANCHESTER SUMMER SWIM PROGRAM FORM - 2025
PALMYRA-MACEDON SCHOOL POOL

CLASSES ARE WEEKDAYS FROM JULY 21,2025 THROUGH JULY 31,2025
10:50 AM TO 11:30 AM
BUS LEAVES FROM PARK AT 10:15 am and returns before lunch

NAME: _____ MALE or FEMALE: Select _____

AGE: _____ DATE OF BIRTH: _____

PARENT or GUARDIAN _____

ADDRESS: _____

HOME PHONE: _____ EMERGENCY PHONE _____

SWIM CLASSES LAST YEAR: ◯YES ◯NO If yes what level: _____

PARENT or GUARDIAN SIGNATURE _____

DESCRIPTIONS OF THE COURSES

LEVEL 1: TAD POLES
Designed for the beginning swimmer to feel comfortable in and enjoy the water safety. Fundamental water safety and skills focusing on fun is emphasized.

LEVEL 2: BEGINNERS
Designed for swimmers that are comfortable in the water but still need support from an instructor. Participants will learn basic swimming skills, back and front floats, coordination of arm and leg motion, rhythmic breathing as well as self-help and basic rescue skills.

LEVEL 3: ADVANCED BEGINNERS
Designed for swimmers to develop more swimming techniques. The primary focus is to coordinate the front crawl and back crawl, treading water, beginner diver and underwater swimming.

LEVEL 4: INTERMEDIATE
Designed for swimmers who enjoy being in the deep end while working on swimming skills. Level 4 focuses on perfecting previous strokes, learning side stroke, breaststroke, butterfly stroke and advancement in diving skills.

LEVEL 5: SWIMMER
Designed for swimmers to build both confidence and endurance. Strokes are refined to allow fluidity of water movement and to experience swimming for longer distances. This level will expand on the previous levels of stroke mechanics while also introducing proper flip turns, strokes, surface dives, springboard diving and a continuation on safety skills.

LEVEL 6: PRE-TEAM COMPETITIVE SWIMMER
Designed for swimmers that are looking for something different. There are four areas that can be addressed during this level: Fitness Swimmer, Fundamentals of Diving, Lifeguard Readiness and Personal Water Safety. Participants along with the instructor will decide what areas will be addressed during the class.