

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 Head 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 only 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 reverse side of this 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

Summer 2015 Express SwimAmerica Registration Form

Name of Child #1 _____ Age _____

Name of Child #2 _____ Age _____

Street Address _____ City _____ State _____ Zip _____

Parent's Names _____ Phone _____ E-mail _____ Confirmation? _____

PROGRESSION SYSTEM

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

___ Level 1. Non-Swimmer

___ Level 2. Comfortable bobbing/blowing underwater

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

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

___ Level 5. Crawl arm stroke no breathing*

___ Level 6. Crawl arm stroke with breathing*

___ Level 7. Crawl swim and backstroke

___ Level 8-10 Advanced Swimmer

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

Summer Session (All Levels – See Above Box)

Dates: July 11, 12, 18, 19, August 1, 2 (Six 45 minute classes)

Times: Saturdays and Sundays 10:00 to 10:45 (at the College of New Jersey)

Cost: (please fill out form and check one of the options below)

- Option 1 - \$100 non-refundable for all 6 classes (pre-registration required).
- Option 2 - \$20 per class (cash or check); email registration prior to coming to class.

_____ Option 1 _____ Option 2

Summer Skills Clinic

Dates: July 11, 12, 18, 19, August 1, 2 (Six 45 minute classes)

Times: Saturdays and Sundays 11:00 to 12:00 (at the College of New Jersey)

Cost: \$40 per swimmer

Registration: Email Brent Matheson at bmatheson17@gmail.com

The skills clinic is open to SwimAmerica swimmers in **levels 7-10 only**, summer league swimmers (i.e. PASDA or other summer leagues) and club age-group swimmers (12 & under) who want to practice and improve stroke technique as well as starts, turns and finishes. Competitive starts, turns and race finishes will be emphasized and taught utilizing video review.

The clinic will be coached by Express SwimAmerica Director Brent Matheson. Brent is also Head Senior Coach with Eastern Express, a local USA Swimming Club Team, and a Voluntary Assistant Coach with the Princeton University Women's Swim Team. He has coached swimmers at the 2008 and 2012 Olympic Trials and has been named as a "Coach of Excellence" by the American Swim Coaches Association.

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 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 _____