

Express SwimAmerica

Express SwimAmerica, LLC is a “Learn-to-Swim” Program for children ages 3 and above. The SwimAmerica model follows a progressive 10-level structure, within which swimmers are taught everything from blowing bubbles to butterfly breathing patterns. This trademarked step-by-step method enables even the youngest and most novice swimmers to BE SAFE and HAVE FUN in the water. Swimmers receive special stickers upon successful completion of each level, and add them to their very own Express SwimAmerica Certificate to help them track their progress and celebrate achievements. At the highest levels, Express SwimAmerica offers the stronger swimmers the opportunity to develop their stroke technique, racing skills, and team-practice readiness.

Express SwimAmerica Instructors Are:

- Responsible for no more than 5 students per class.
- Understanding of children and their needs.
- Current with the latest USA Swimming competitive stroke techniques and teaching methods
- Enthusiastic individuals possessing a passion for the sport of swimming
- Trained and certified by SwimAmerica Program Director and Head Coach of Eastern Express Swim Team, **Mike Randazzo**

To Register:

1. Please fill out the attached registration form for your child/children.
2. Please check the highest ability level for your child based upon the progression system provided. Skills listed indicate level mastered prior to registration. Instructors will adjust if needed.
3. Please review and check off your 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. Please sign the required SwimAmerica and TCNJ releases.
5. Express SwimAmerica does not provide refunds for missed classes. Every effort will be made to allow for class make-ups.
6. **Please mail this form along with your calculated payment to our **NEW ADDRESS:****

Express SwimAmerica, LLC
48 Bayberry Road
Ewing, NJ 08618

Please make checks payable to: Express SwimAmerica, LLC

Note: Lot 12 is for registered TCNJ approved cars only. Parking in this lot without the required documentation will subject you to a potential TCNJ parking ticket.

Winter 2018 Express SwimAmerica Registration Form

Name of Child #1 _____ Age _____

Name of Child #2 _____ Age _____

Street Address _____ City _____ State _____ Zip _____

Mother's Name _____ Phone _____ Father's Name _____ Phone _____

Mother's E-mail _____ Father's E-Mail _____

Express SwimAmerica Progression System

Please check the highest level of ability (list multiple swimmers by number above)

- | | |
|---|--|
| <input type="checkbox"/> Level 1. Non-Swimmer | <input type="checkbox"/> Level 6. Freestyle w/ side breath (1 lap) Begin Back |
| <input type="checkbox"/> Level 2. Comfortable bobbing/blowing underwater | <input type="checkbox"/> Level 7. Back & Free (1 lap) but No Breaststroke Kick |
| <input type="checkbox"/> Level 3. Front float/Back float (5 seconds each) | <input type="checkbox"/> Level 8. Learn Breast Swim, Begin Fly & Flip Turns |
| <input type="checkbox"/> Level 4. Strong flutter kick, back & front (5 yards) | <input type="checkbox"/> Level 9. Can Swim All Strokes ; Learn Advanced Free |
| <input type="checkbox"/> Level 5. Freestyle very basic ; no side breathing | <input type="checkbox"/> Level 10. EEX Pre-Team Ready * |

* For those interested in Level 10 EEX Pre-Team, please see the separate information and registration form for Pre-Team

WINTER SESSION: SUNDAYS ONLY 7 CLASSES OFFERED COST: \$150

DATES: January 7TH January 14TH January 21ST January 28TH
February 4TH February 11TH February 18TH

SELECT ONE TIME SLOT ONLY --- LIMIT OF 5 PER CLASS --- NO SWITCHING TIMES

Levels 1-4 CHOOSE FROM: 10:30 TO 11:00 11:00 TO 11:30 11:30 TO 12:00

Levels 5-9 CHOOSE FROM: 10:30 TO 11:10 11:20 TO 12:00

*Note: all classes will be held at The College of New Jersey Aquatic Center in Ewing. Please plan to arrive 5-10 minutes prior to the start of class. ***Schedule subject to change due to 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 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 _____