

Non-Profit  
Organization  
U.S. POSTAGE  
**PAID**  
Permit No. 101  
Panama City, Florida



# SUMMER Swim Lessons



**2018**  
Registration Begins  
April 11, 2018

Gulf Coast State College  
Wellness and Athletics  
5230 West Highway 98  
Panama City FL 32401

ADDRESS SERVICE REQUESTED

**REGISTRATION BEGINS APRIL 11, 2018  
AT THE FOLLOWING LOCATIONS**

**CHILD'S SOCIAL SECURITY NUMBER MANDATORY  
AT TIME OF REGISTRATION**

**GCSC Main Campus of Admissions**

M-TH 7:30a-6p and F 7:30a-4p  
850/769-1551 ext. 3892

**Gulf/Franklin Campus Office Hours: EST time**

M-F 8:30a-330p  
850/227-9670 ext.5502

**North Bay Campus Office Hours**

M-F 8a-4p  
850/747-3233 ext. 5611

**SWIM REGISTRATION** (Class Size is Limited)

**Pre-registration** is required prior to the swim lesson start date at the locations listed above.

**GCSC REFUND POLICY**

Per college policy for non-credit classes: Requests made before the first day of the sport camp/swim lesson is 100% refunded. **NO REFUND** will be given on any request received on or after the first day of the sport camp or swim lesson.

**INSURANCE INFORMATION**

The college does not provide accident or medical insurance for students. If a student is not covered under a personal or family policy, the college recommends that such a policy be purchased from the agent of your choice.

Safety is our utmost concern. Please notify the instructor of any medical condition or if he/she is taking any prescription medication which may affect their personal safety.

COURSE	CRN	DATE	TIME	COURSE NAME
<b>This session has 8 class meetings cost is \$65.00</b>				
ATR0061R	95116	18 June – 28 June	1:00 – 1:50	Swim Level 1
ATR0062R	95117	18 June – 28 June	1:00 – 1:50	Swim Level 2
ATR0063R	95118	18 June – 28 June	1:00 – 1:50	Swim Level 3
ATR0064R	95119	18 June – 28 June	1:00 – 1:50	Swim Level 4
ATR0085R	95120	18 June – 28 June	1:00 - 1:50	Pre-school
ATR0061R	95121	18 June – 28 June	2:00 – 2:50	Swim Level 1
ATR0062R	95122	18 June – 28 June	2:00 – 2:50	Swim Level 2
ATR0063R	95123	18 June – 28 June	2:00 – 2:50	Swim Level 3
ATR0064R	95124	18 June – 28 June	2:00 – 2:50	Swim Level 4
ATR0085R	95125	18 June – 28 June	2:00 - 2:50	Pre-school
ATR0062R	95126	18 June – 28 June	3:00 – 3:50	Swim Level 2
ATR0063R	95127	18 June – 28 June	3:00 – 3:50	Swim Level 3
ATR0064R	95128	18 June – 28 June	3:00 – 3:50	Swim Level 4
ATR0065R	95129	18 June – 28 June	3:00 – 3:50	Swim Level 5
ATR0085R	95130	18 June – 28 June	3:00 - 3:50	Pre-school
<b>College is CLOSED Wednesday July 4. This session has 7 lessons, cost is \$57.00</b>				
ATR0061R	95131	2 July – 12 July	1:00 – 1:50	Swim Level 1
ATR0061R	95132	2 July – 12 July	1:00 – 1:50	Swim Level 1
ATR0062R	95133	2 July – 12 July	1:00 – 1:50	Swim Level 2
ATR0063R	95134	2 July – 12 July	1:00 – 1:50	Swim Level 3
ATR0085R	95135	2 July – 12 July	1:00 - 1:50	<b>CLOSED CLASS</b>
ATR0061R	95136	2 July – 12 July	2:00 – 2:50	Swim Level 1
ATR0062R	95137	2 July – 12 July	2:00 – 2:50	Swim Level 2
ATR0062R	95138	2 July – 12 July	2:00 – 2:50	Swim Level 2
ATR0063R	95139	2 July – 12 July	2:00 – 2:50	Swim Level 3
ATR0085R	95140	2 July – 12 July	2:00 - 2:50	Pre-school
ATR0061R	95141	2 July – 12 July	3:00 – 3:50	Swim Level 1
ATR0062R	95142	2 July – 12 July	3:00 – 3:50	Swim Level 2
ATR0063R	95143	2 July – 12 July	3:00 – 3:50	Swim Level 3
ATR0063R	95144	2 July – 12 July	3:00 – 3:50	Swim Level 3
ATR0085R	95145	2 July – 12 July	3:00 - 3:50	Pre-school
<b>This session has 8 class meetings cost is \$65.00</b>				
ATR0061R	95146	16 July – 26 July	1:00 – 1:50	<b>CLOSED CLASS</b>
ATR0062R	95147	16 July – 26 July	1:00 – 1:50	Swim Level 2
ATR0063R	95148	16 July – 26 July	1:00 – 1:50	Swim Level 3
ATR0085R	95149	16 July – 26 July	1:00 - 1:50	Pre-school
ATR0064R	95150	16 July – 26 July	2:00 – 2:50	Swim Level 4
ATR0065R	95151	16 July – 26 July	2:00 – 2:50	Swim Level 5
ATR0066R	95152	16 July – 26 July	2:00 – 2:50	Swim Level 6
ATR0085R	95153	16 July – 26 July	2:00 - 2:50	Pre-school
ATR0074R	95154	16 July – 26 July	3:00 - 3:50	Adult Beginner
ATR0085R	95155	16 July – 26 July	3:00 - 3:50	Pre-school

## American Red Cross Learn to Swim

For information call 872-3832

Place: Natatorium (Pool)

Cost: \$65.00 unless highlighted

### PARENT AND CHILD AQUATICS

Program builds swimming readiness by emphasizing fun in the water. Basic skills include water entry, bubble blowing, front kicking, back floating, underwater exploration, and more.

**Parent/Child Level 1** is for children who are **6 months to 18 months**

**Parent/Child Level 2** is for children who are **18 months to 3 years**

**NOTE:** Once the children can perform basic skills without parental assistance, they may begin "Learn to Swim" levels. Recommend Ages 3-5 continue in pre-school classes until minimum distance requirements are within reach.

### PRE-SCHOOL AQUATICS

These classes are recommended for **children ages 3, 4, and 5.**

The pre-school classes consist of 3 levels, similar to Levels 1,2,3 in Learn to Swim. The instructor will evaluate and work with each child based on child's current ability.

Lessons take place in the hydrotherapy pool in the Wellness building next to the indoor pool. Water temperature is 90-92.

### Learn to Swim Levels

**Level 1 Introduction to Water Skills Beginner level, recommended minimum age 3 (see note above)**

#### Exit Skills Assessment

Enter independently, using either the ladder, steps or side, "walk", move along the gutter or "swim", travel at least 5 yards, bob 5 times then safely exit the water.

Glide on front at least 2 body lengths, roll to a back float for 5 seconds and recover to a vertical position, can be performed with support.

**Level 2 Fundamental Aquatic Skills**

#### Exit Skills Assessment

Step from side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water. Move into a back float for 15 seconds, roll to front, then recover to a vertical position. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front, then continue swimming for 5 body lengths.

**Level 3 Stroke Development**

#### Exit Skills Assessment

Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water. Push off in a streamlined position then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water .

**Level 4 Stroke Improvement**

#### Exit Skills Assessment

Perform a feet-first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.

Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.

Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.

**Level 5 Stroke Refinement**

#### Exit Skills Assessment

Perform a shallow-angle dive into water at least 9 ft. deep, swim front crawl for 50 yards, then swim elementary backstroke for 50 yards.

swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards using appropriate and efficient turns throughout.

**Level 6 Swimming and Skill Proficiency**

#### Exit Skills Assessment

Refine the strokes so students swim them with ease efficiency and power. Level 6 will also prepare the students to participate in more advanced courses such as water safety instructor and lifeguard training.

Skills will be taught in the areas of personal water safety, lifeguard readiness and fitness swimmer.

#### Adult Beginning Swim

This class is for non-swimming and marginal swim skill adults and teenagers.

**The college will be closed on the following dates:**

**Monday May 28**

**Wednesday July 4**

COURSE	CRN	DATE	TIME	COURSE NAME
<b>This session has 8 class meetings cost is \$65.00</b>				
ATR0082R	95082	7 May – 17 May	1:00 – 1:50	Parent/Child Level 1
ATR0083R	95083	7 May – 17 May	1:00 – 1:50	Parent/Child Level 2
ATR0085R	95084	7 May – 17 May	1:00 – 1:50	Pre-school
ATR0082R	95085	7 May – 17 May	2:00 – 2:50	Parent/Child Level 1
ATR0083R	95086	7 May – 17 May	2:00 – 2:50	Parent/Child Level 2
ATR0085R	95087	7 May – 17 May	2:00 – 2:50	Pre-school
ATR0061R	95088	7 May – 17 May	3:00 – 3:50	Swim Level 1
ATR0062R	95089	7 May – 17 May	3:00 – 3:50	Swim Level 2
ATR0085R	95090	7 May – 17 May	3:00 - 3:50	Pre-school
<b>College CLOSED Monday, May 28. This session has 7 lessons. Cost is \$57.00</b>				
ATR0082R	95091	21 May – 31 May	1:00 – 1:50	Parent/Child Level 1
ATR0083R	95092	21 May – 31 May	1:00 – 1:50	Parent/Child Level 2
ATR0085R	95093	21 May – 31 May	1:00 – 1:50	Pre-school
ATR0082R	95094	21 May – 31 May	2:00 – 2:50	Parent/Child Level 1
ATR0083R	95095	21 May – 31 May	2:00 – 2:50	Parent/Child Level 2
ATR0085R	95096	21 May – 31 May	2:00 – 2:50	Pre-school
ATR0061R	95097	21 May – 31 May	3:00 – 3:50	Swim Level 1
ATR0062R	95098	21 May – 31 May	3:00 – 3:50	Swim Level 2
ATR0085R	95099	21 May – 31 May	3:00 - 3:50	Pre-school
<b>This session has 8 class meetings cost is \$65.00</b>				
ATR0061R	95100	4 June – 14 June	1:00 – 1:50	Swim Level 1
ATR0062R	95101	4 June – 14 June	1:00 – 1:50	Swim Level 2
ATR0063R	95102	4 June – 14 June	1:00 – 1:50	Swim Level 3
ATR0064R	95103	4 June – 14 June	1:00 – 1:50	Swim Level 4
ATR0085R	95104	4 June – 14 June	1:00 - 1:50	Pre-school
ATR0061R	95105	4 June – 14 June	2:00 – 2:50	Swim Level 1
ATR0062R	95106	4 June – 14 June	2:00 – 2:50	Swim Level 2
ATR0063R	95107	4 June – 14 June	2:00 – 2:50	Swim Level 3
ATR0064R	95108	4 June – 14 June	2:00 – 2:50	Swim Level 4
ATR0085R	95109	4 June – 14 June	2:00 - 2:50	Pre-school
ATR0061R	95110	4 June – 14 June	3:00 – 3:50	Swim Level 1
ATR0062R	95112	4 June – 14 June	3:00 – 3:50	Swim Level 2
ATR0063R	95113	4 June – 14 June	3:00 – 3:50	Swim Level 3
ATR0064R	95114	4 June – 14 June	3:00 – 3:50	Swim Level 4
ATR0085R	95115	4 June – 14 June	3:00 - 3:50	Pre-school
<b>Friday's only "Parent and Child" Aquatics (6 Classes cost is \$49.00)</b>				
ATR0082R	95156	8 June-13 July	2:00-2:45	Parent/Child Level 1
ATR0083R	95157	8 June-13 July	2:00-2:45	Parent/Child Level 2
ATR0082R	95158	8 June-13 July	3:00-3:45	Parent/Child Level 1
ATR0083R	95159	8 June-13 July	3:00-3:45	Parent/Child Level 2