

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



SUMMER Swim Lessons



2025
Registration Begins
March 31, 2025

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

ADDRESS SERVICE REQUESTED

**REGISTRATION BEGINS March 31, 2025
AT THE FOLLOWING LOCATIONS**

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

GCSC Main Campus of Admissions

M-TH 8:00-4p and F 8:00-4p
850/769-1551 ext. 3892

Gulf/Franklin Campus Office Hours: EST time

M-F 8:00a-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
College is CLOSED Friday July 4.				
ATR0061R	95140	30 June-10 July	1:00 – 1:50	Swim Level 1
ATR0062R	95141	30 June-10 July	1:00 – 1:50	Swim Level 2
ATR0063 R	95142	30 June-10 July	1:00 – 1:50	Swim Level 3
ATR0062R	95143	30 June-10 July	2:00 – 2:50	Swim Level 2
ATR0062R	95144	30 June-10 July	2:00 – 2:50	Swim Level 2
ATR0063R	95145	30 June-10 July	2:00 – 2:50	Swim Level 2
ATR0063R	95146	30 June-10 July	3:00 – 3:50	Swim Level 3
ATR0064R	95147	30 June-10 July	3:00 – 3:50	Swim Level 4
ATR0065R	95148	30 June-10 July	3:00 – 3:50	Swim Level 5
This session has 8 class meetings cost is \$75.00				
ATR0061R	95149	14 July-24 July	1:00 – 1:50	Swim Level 1
ATR0062R	95150	14 July-24 July	1:00 – 1:50	Swim Level 2
ATR0063R	95151	14 July-24 July	1:00 – 1:50	Swim Level 3
ATR0064R	95152	14 July-24 July	2:00 – 2:50	Swim Level 4
ATR0065R	95153	14 July-24 July	2:00 – 2:50	Swim Level 5
ATR0066R	95154	14 July-24 July	2:00 – 2:50	Swim Level 6
ATR0074R	95155	14 July-24 July	3:00 - 3:50	Adult Beginner
Friday's only "Parent and Child" Aquatics (5 Classes, cost is \$50.00) No Class Friday July 4				
ATR0082R	95156	30 May-27 June	2:00 - 2:45	Parent/Child Level 1
ATR0083R	95157	30 May-27 June	2:00 - 2:45	Parent/Child Level 2
Friday's only "Pre-School" Aquatics (5 Classes, cost is \$50.00) No Class Friday July 5 (Classes in the Therapy Pool)				
ATR0085R	95158	30 May-27 June	1:00 - 1:45	Pre-school
ATR0085R	95159	30 May-27 June	2:00 - 2:45	Pre-school
ATR0085R	95160	30 May-27 June	3:00 - 3:45	Pre-school

American Red Cross Learn to Swim

For information call 872-3885

Place: Natatorium (Pool)

Cost: \$75.00 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 5 (see note to the left)

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 26
Friday July 4**

COURSE	CRN	DATE	TIME	COURSE NAME
This session has 8 class meetings cost is \$75.00				
ATR0061R	95122	2 June-12 June	1:00 – 1:50	Swim Level 1
ATR0062R	95123	2 June-12 June	1:00 – 1:50	Swim Level 2
ATR0062R	95124	2 June—12 June	1:00 – 1:50	Swim Level 2
ATR0061R	95125	2 June – 12 June	2:00 – 2:50	Swim Level 1
ATR0063R	95126	2 June – 12 June	2:00 – 2:50	Swim Level 3
ATR0063R	95127	2 June – 12 June	2:00 – 2:50	Swim Level 3
ATR0064R	95128	2 June – 12 June	3:00 – 3:50	Swim Level 4
ATR0062R	95129	2 June – 12 June	3:00 – 3:50	Swim Level 2
ATR0063R	95130	2 June – 12 June	3:00 – 3:50	Swim Level 3
This session has 8 class meetings cost is \$75.00				
ATR0061R	95131	16 June – 26 June	1:00 – 1:50	Swim Level 1
ATR0064R	95132	16 June – 26 June	1:00 – 1:50	Swim Level 4
ATR0065R	95133	16 June – 26 June	1:00 – 1:50	Swim Level 5
ATR0061R	95134	16 June – 26 June	2:00 – 2:50	Swim Level 1
ATR0062R	95135	16 June – 26 June	2:00 – 2:50	Swim Level 2
ATR0063R	95136	16 June – 26 June	2:00 – 2:50	Swim Level 3
ATR0062R	95137	16 June – 26 June	3:00 – 3:50	Swim Level 2
ATR0064R	95138	16 June – 26 June	3:00 – 3:50	Swim Level 4
ATR0064R	95139	16 June – 26 June	3:00 – 3:50	Swim Level 4