

## PERMISSION SLIP – Falling Springs Swimming Instruction

Your son/daughter has the opportunity to go over to the Falling Springs Arts & Recreation Center to take swimming lessons. Students in the 6<sup>th</sup> grade Physical Education classes will be riding the bus over to Falling Springs during P.E. Students will be given 70 minutes each day to swim. The following dates are planned for swimming instruction:  
 4<sup>th</sup> period students: Sept 29, 30, Oct 1, 2  
 6<sup>th</sup> period students: Oct 6, 7, 8, 9

If students have a bathing suit and towel, they will need to remember to bring them on swimming days. Students will be divided according to skill level for swimming.

STUDENT NAME: \_\_\_\_\_ CLASS: 4<sup>th</sup> period (circle one)  
 6<sup>th</sup> period

Please answer the following (Circle yes or no):

- \* Does your child wear contact lenses?      NO      YES
- \* Does your child have any allergies?      NO      YES      If Yes, explain \_\_\_\_\_
- \* Is your child on any medications?      NO      YES      If Yes, explain \_\_\_\_\_
- \* Does your child own a bathing suit      NO      YES

Assess your child's skill level in swimming (check boxes you can do in each level)(please **circle one** level below)

<p><u>LEVEL 0</u></p> <input type="checkbox"/> No swimming experience	<p><u>LEVEL 1</u></p> <input type="checkbox"/> Fully submerge face and blow bubbles through mouth and nose <input type="checkbox"/> Open eyes underwater, pick up a submerged object held at arms length <input type="checkbox"/> Maintain a front and back float position <input type="checkbox"/> Recover from a front and back float to a standing position <input type="checkbox"/> Change direction of travel while walking or paddling <input type="checkbox"/> Roll over from back to front and front to back <input type="checkbox"/> Combined front and back stroke arm and leg actions (legs and arms together)	<p><u>LEVEL 2</u></p> <input type="checkbox"/> Enter water by stepping or jumping from the side of the pool <input type="checkbox"/> Exit water safely by using the ladder or side <input type="checkbox"/> Bobs in water <input type="checkbox"/> Pick up a submerged object at the bottom of the shallow end of the pool <input type="checkbox"/> Maintain front and back float position and recover from those positions to a standing position <input type="checkbox"/> Front and back glide <input type="checkbox"/> Combined front and back stroke arm and leg actions (while using finning and sculling actions with arms)	<p><u>LEVEL 3</u></p> <input type="checkbox"/> Jump into deep water from the side <input type="checkbox"/> Head first entry from sitting or kneeling position <input type="checkbox"/> Submerge and retrieve objects <input type="checkbox"/> Bobs in deeper water <input type="checkbox"/> Rotary breathing <input type="checkbox"/> Front and back glide <input type="checkbox"/> Survival and back float <input type="checkbox"/> Tread water <input type="checkbox"/> Front crawl <input type="checkbox"/> Back crawl <input type="checkbox"/> Butterfly (kick and body motion only)
	<p><u>LEVEL 4</u></p> <input type="checkbox"/> Dive from compact or stride position <input type="checkbox"/> Swim underwater <input type="checkbox"/> Feet first surface dive <input type="checkbox"/> Survival and Back float <input type="checkbox"/> Open turn on front and back, push off in a streamlined position <input type="checkbox"/> Tread water <input type="checkbox"/> Front crawl <input type="checkbox"/> Breaststroke <input type="checkbox"/> Butterfly <input type="checkbox"/> Back crawl <input type="checkbox"/> Elementary backstroke <input type="checkbox"/> Swim on side with scissor kick	<p><u>LEVEL 5</u></p> <input type="checkbox"/> Shallow dive from the side, glide 2 body lengths, begin any front stroke <input type="checkbox"/> Swim underwater <input type="checkbox"/> Survival and back float <input type="checkbox"/> Flip turn while swimming on front and back <input type="checkbox"/> Tread water <input type="checkbox"/> Front crawl <input type="checkbox"/> Butterfly <input type="checkbox"/> Breaststroke <input type="checkbox"/> Back Crawl <input type="checkbox"/> Elementary backstroke <input type="checkbox"/> Sidestroke	<p><u>LEVEL 6</u></p> <input type="checkbox"/> Check here if you can do all of Level 1-5

Please allow my son/daughter to go to Falling Springs pool on the above dates.

\_\_\_\_\_  
 Parent Signature

\_\_\_\_\_  
 Emergency Contact # and name