Registration Form (please use one per family)

Returning student: Yes □ No □

Class __________________________________________
Day ___________________________ Time ___________________________
2nd choice __________________________________________

Student Name(s) __________________________________________
Age(s) ___________________________ ___________________________
Street Address __________________________________________
City ___________________________ State ___________________________ Zip ___________
Phone (day) ___________________________ Phone (eve) ___________________________

Note: Waiver must be signed and returned.

Fees (unless otherwise noted):

<table>
<thead>
<tr>
<th>Class</th>
<th>Winter: Tues-Sun $190; Mon $170</th>
<th>Spring: Tues-Sun $255; Mon $210</th>
<th>Diving: Winter: $200/Spring: $265</th>
</tr>
</thead>
<tbody>
<tr>
<td>Private Lesson (30 min):</td>
<td>$35</td>
<td>Semi-Private Lesson (30 min):</td>
<td>$30</td>
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Discounts (choose one):

- Early Bird: Take off 10% if registration is received at least 3 weeks before session begins.
- Pace Faculty & Staff: $130 Winter/ $170 Spring
- Sibling: 10% off lowest price for each additional sibling (excludes privates). May be combined with early bird special.
- Goldstein Fitness Center Members: 10% off
- Additional same class for same participant: 50% off

Total Class Fee: __________________
Less Discount: __________________
Total Amount: __________________

Payment Information: (please print clearly)
Payment must accompany registration form.
Check #: ______ made payable to: Pace University Aquatics
Return to: Pace University Aquatics
861 Bedford Road
Pleasantville, NY 10570

Credit Card #: ________________________ Type: ________________________
Expiration: ________________________ Signature: ________________________

Refund Policy: Program fees are refundable less a $20 service charge if requests are made in writing at least one week prior to the first class. Program fees will not be refunded after that time, without a documented medical reason.

Note: Waiver must be signed and returned.

Related Information:
Children's Swimming Lessons

Level I: Mommy, Daddy, or Nanny & Me
(6 mos.-4 yrs.) 30 min.
This program helps children become comfortable in and around the water. Basic swimming movements are taught as well as safety.

Level IA: Water Exploration (3 yrs. and up) 30 min.
Same as Level I, except adult participation is optional.

Level II: Primary Skills (limit 7) (4yrs. and up) 45 min.
This class is for students who need to learn floating on their front and back unsupported. They will be taught the foundation necessary for all strokes as well as safety skills.

Level III: Stroke Readiness (limit 8) 45 min.
Students who can float unsupported will be taught to coordinate the front and back crawl, elementary backstroke, diving, treading water, and safety skills.

Level IV: Stroke Development (limit 8) 45 min.
The objective of this level is for students to gain confidence in their strokes and to learn rhythmic breathing of the front crawl. Students will be taught to increase their endurance. The breast stroke and sidestroke will also be introduced.

Level V: Stroke Refinement (limit 8) 45 min.
Students will learn the breaststroke, sidestroke, dolphin kick, and proficiency in both the front and back crawl.

Level VI & VII: Skills and Drills (limit 8) 45 min.
Participants will learn highest level of technique for competitive and non competitive strokes and turns.

Winter and Spring Session Times:
Additional classes available during Spring only: Level II, III, IV, & V Mon and Fri 3:40 & 4:30 pm.

<table>
<thead>
<tr>
<th>Level</th>
<th>Mon through Fri 10 am</th>
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</thead>
<tbody>
<tr>
<td>Level I</td>
<td>Sun 11 am, Wed 10 am, Sat 10 am</td>
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<tr>
<td>Level IA</td>
<td>Mon through Fri 10 am</td>
</tr>
<tr>
<td>Level II</td>
<td>Sun 10 am, 11 am, 12 pm, Mon through Fri 10:30 am, 11:15 am, 1:30 pm Tues, Wed, Thurs 3:40 pm, 4:30 pm Sat 9 am, 10 am, 11 am, 12 pm</td>
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<tr>
<td>Level III</td>
<td>Sun 10 am, 11 am, 12 pm Mon through Fri 2:15 pm Tues, Wed, Thurs 3:40 pm, 4:30 pm Sat 9 am, 10 am, 11 am, 12 pm</td>
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<tr>
<td>Level IV</td>
<td>Sun 10 am, 11 am, 12 pm Tues, Wed, Thurs 3:40 pm, 4:30 pm Sat 9 am, 10 am, 11 am, 12 pm</td>
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<tr>
<td>Level V</td>
<td>Sun 10 am, 12 pm, Wed, Thurs 3:40 pm, 4:30 pm  Thurs 3:40 pm, 4:30 pm, Sat 9 am, 11 am</td>
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<tr>
<td>Level VI</td>
<td>Wed 4:30 pm; Sat 12 pm</td>
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Not sure of swimming level? Please make an appointment for free evaluation.

Lifeguard Training/CPR/ LGT & CPR Review
(LGT $400, CPR $125, LGT Review $175, CPR Review $75)
Must be at least 15 years old. Sundays 10:30 am–3:30 pm, new session begins every other month. Call for additional information.

WSI ($600)
Fri 3:30-6:30 (16 weeks)
American Red Cross Water Safety Instructor Certification. Students must be at least 17 years old and a Level VI swimmer or higher.

Synchronized Swimming
Sat 12 pm
Synchronized Swimming requires strength and endurance. It improves flexibility, balance, coordination, and posture, while developing grace, energy, and relaxation. Students must be Level IV swimmers or higher.

Stroke Clinic
Mon & Fri 4 pm - 5 pm
Sun 9 am- 10 am Winter Session
Coaching will focus on skill development for competitive swimming and includes stroke improvement, starts, turns, and techniques to increase efficiency, endurance and speed. Participant must be at Level V proficiency.

Winter Session Only:
$150 one day/wk, $275 two days/wk
$400 three days/wk.

Adapted Aquatics
Customizing in a wide range of disabilities including but not limited to sensory, mental and motor impairment and water phobia. Times available during quiet hours in pool. Please call for further information.

Adult Swim Lessons
Thurs 6:00 pm
For adults who want to stay fit and extend their quality of life. The focus of this class is stroke improvement and endurance.

Aquacise (Free for Members)
Mon & Fri 12 pm
Uses water resistance to tone, strengthen, stretch, and relax the body in a non-impact environment.

For Your Safety: All Swimming is overseen by certified instructors in their field. Swimming lessons are based on the American Red Cross Curriculum. Swim caps are required for every participant except divers and children under 18 months.

Intro to Diving Fundamentals (limit 8) 45 min.
Sun 11 am, Tues 3:40 pm, Wed 4:30 pm
This class is designed for the beginner with no background in the sport of diving. Includes basic drills, forward approach, back press and basic jumps, and forward entry off the three meter board.

Bronze/ Diving I (limit 8) 45 min.
Sun 10 am, Wed 3:40 pm, Sat 12:45 pm
Taken after successful completion of Intro to Diving Fundamentals. This class is designed for those who are interested in improving their diving to the next level. Each week the focus will be on a specific skill.

Silver/Diving II 45 min.
Sun 12 pm
This class will enhance and fine tune skills by teaching new dives on the basis of each diver's capabilities.

Gold/Intro to Competitive Diving
Mon 4:30 pm Pilates (see description below) Tues 4:15-5:45 pm & Sat 1:15-3:00 pm Diving
Designed for athletes who want to start developing competitive skills. Divers must be able to perform front dive, back dive, inward dive, front or back somersault and have no fear learning dives off the three meter board.

$560 for 16 winter classes/$770 for 22 spring classes

Pilates (dry land training) 55 min.
Mon 2 pm Adult Class (Free for Members)
Mon. 3:40 pm Children's Class ages 8 & older
Strongly recommended for all young athletes including participants enrolled in diving or synchronized swimming. Pilates will improve core strength, flexibility, coordination and concentration. 30% discount for aquatic participants.

$150 winter/$205 spring

Water Tai Chi
Tues 12 pm
This course is for those looking for alternative ways to relax, de-stress and bring balance back into their lives. The Arthritis Foundation recommends this exercise for arthritis sufferers.