

***After School Connections, Inc.***  
**Swimming Permission Slip**

Child's Name : \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Dear Parent,

We will be swimming at the Tualatin High School Pool each Tuesday afternoon, and possibly taking a trip to the Wilson Pool and Thrillville Waterslides. Children must meet the minimum criteria for beginning swimmers in order to be allowed to attend the swimming trips. Please carefully read the description below of a beginning swimmer and sign for permission if you feel confident that your child meets these criteria and can swim independently.

Beginning swimmers:

- a) Can hold his/her breath with their head submerged
- b) Can perform a front and back float
- c) Can perform a flutter kick on his/her front or back
- d) Is able to level off from a vertical entry into a floating position
- e) Can do a combined stroke (front or back) for at least 20 ft without stopping
- f) Must be able to swim without life jackets or other flotation devices.

I am the legal parent/guardian of the above named child. I hereby certify that my child can perform the criteria listed above for a beginning swimmer. My child has my permission to swim unassisted on swim field trips.

Signed \_\_\_\_\_ Date \_\_\_\_\_