

Swim Lessons
Pre-Placement Skill

Winter 2008

In an effort to best determine the skills of your swimmer please complete the following questionnaire and return it to Island Rec. at the time of your registration.

Name of Swimmer _____ Age (at time of lessons) _____ Date of Birth _____

Today's Date _____

X	Mark an X next to one or more skills that is easily and consistently accomplished by your child.
	No Prior experience necessary, ages 3-5 yrs.
	Can move and float with assistance, and put face in water, enters shallow water safely ages, 3-5 yrs.
	Will jump into chest deep water, front/back floats, flutter kick, exhales thru mouth and nose , swim 5 meters
	Rhythmic breathing, glides front and back w/ kick, deep water activities, swim 10 meters continuously
	Swims front crawl, arms recover above water, swim 15 meters continuously, swim on back with kick
	Surface support 30 sec., swim back crawl, swim 30 meters continuously, demonstrate whip kick on back
	Swim back crawl 15 meters, demonstrate elementary backstroke, swim 50 meters continuously
	Swim coordinated elementary backstroke, whip kick on front, swim 75 meters continuously
	Please list other swim skills: