











Preschool Aged - Swimmer skills assessment

To help us get an idea of your child's swimming level we will ask you to answer YES/NO to the below questions.

1.		<p>I've observed my child get in the water confidently, get their face wet and blow bubbles.</p> <p><i>This helps determine your child's ability to breathe under water.</i></p>
2.		<p>I've observed my child put their head under water confidently.</p> <p><i>Readiness to participate and initiate the skill of going underwater is a gradual process for each child. This helps our Swim School Co-ordinator further understand your child's skill base to build from.</i></p>
3.		<p>I've observed my child float on their back with the assistance of a teacher (or a floating device).</p> <p><i>Learning to float is a vital survival skill for every child (and helps them progress to the next step of gliding). This helps our Swim School Co-ordinator assess your child's floating ability.</i></p>
4.		<p>I've observed my child pushing off the wall using a noodle.</p> <p><i>Learning to push-off from the wall is an important skill needed for gliding. This helps our Swim School Co-ordinator assess your child's movement capabilities.</i></p>
5.		<p>I've observed my child hold their face under the water with their arms extended in front of them for a minimum of 3 seconds (eyes must be looking down at the floor of the pool).</p> <p><i>Breathing and underwater breath control develops when putting the face and body under the water. This helps our Swim School Co-ordinator assess your child's underwater abilities.</i></p>

6.		<p>I've observed my child floating on their back using two kick-boards.</p> <p><i>Floating is an important skill necessary for gliding and is an essential survival skill for every child. This helps our Swim School Co-ordinator assess your child's ability to float.</i></p>
7.		<p>I've observed my child glide forward for 5 meters. To glide: means head down, straight arms in front, straight legs together on the surface of the water, no kicking.</p> <p><i>This helps our Swim School Co-ordinator understand your child's movement and swim-stroke skill level to build on.</i></p>
8.		<p>I've observed my child retrieve toys from the bottom of the pool in shallow water - with assistance</p> <p><i>This helps our swim school co-ordinator assess your child's confidence to swim fully submerged underwater as well as their directional movement abilities.</i></p>
9.		<p>I've observed my child confidently float on their back - without equipment or assistance.</p> <p><i>Learning to float independently is an essential survival skill for every child. Here, we get to understand your child's abilities to float on their own, without help or aids.</i></p>
10		<p>I've observed my child torpedo kick - with a kick-board.</p> <p><i>*Torpedo means head down, straight arms in front and straight kicking legs on surface of the water.</i></p> <p><i>This helps our Swim School Co-ordinator assess your child's swim-stroke and movement abilities.</i></p>