










School 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 enter and exit the water safely and confidently (may be assisted).</p> <p><i>Entry and exit skills mean that children can safely and confidently get in-and-out of the water. This helps our Swim School Co-ordinator assess your child's confidence around water.</i></p>
2.		<p>I've observed my child blow bubbles in the water with their face fully submerged (underneath surface).</p> <p><i>This helps our Swim School Co-ordinator assess your child's ability to breathe under water.</i></p>
3.		<p>I've observed my child front glide and kick for 5 metres - with a kick-board</p> <p><i>This helps our Swim School Co-ordinator assess your child's movement and swim stroke skill level.</i></p>
4.		<p>I've observed my child back glide and kick for 5 metres - with a kick-board</p> <p><i>This helps our Swim School Co-ordinator assess your child's ability to breathe under water.</i></p>

5.		<p>I've observed my child submerged in water with open eyes and blowing bubbles</p> <p><i>Blowing bubbles (with both face and body beneath the water's surface), develops breath-control and relaxation. This helps us understand your child's underwater skills.</i></p>
6.		<p>I've observed my child float for 30 seconds on their back - without a board</p> <p><i>This helps our Swim School Co-ordinator assess your child's swim stroke and movement skills.</i></p>
7.		<p>I've observed my child torpedo* (head down, straight arms in front and kicking), for 5 metres unassisted. *Torpedo means head down, straight arms in front and straight kicking legs on surface of the water.</p> <p><i>This helps our Swim School Co-ordinator assess your child's swim stroke and movement skills.</i></p>
8.		<p>I've observed my child freestyle for 5 metres</p> <p><i>This helps our Swim School Co-ordinator assess your child's swim stroke and movement skills.</i></p>
9.		<p>I've observed my child backstroke for 5 metres</p> <p><i>This helps our Swim School Co-ordinator assess your child's movement and swim stroke abilities.</i></p>



I've observed my child jump into deep water and swim back to the wall - unassisted

This helps our Swim School Co-ordinator assess your child's movement and swim stroke abilities.