

## Swim Lesson Assessment Form

Student's Name: \_\_\_\_\_

Age: \_\_\_\_\_

Date: \_\_\_\_\_

Skills: *The following is a list of skills the student must complete to move to the next level. If the student is not able to demonstrate all of the skills for the level, they should enroll in that level. (NOTE: Bobbers, Floaters 1 and Youth 1 are beginner classes.) If the student is not comfortable in the water without a parent, the student should be signed up for a Parent/Child swim class such as Bobbers 1 or Bobbers 2.*

Check the skills below:

Floaters 1 (4-6) / Youth 1 (age 7+)	Floaters 2 (4-6) / Youth 2 (7+)	Strokers 1 (4-6) / Youth 3 (7+)	Strokers 2 (4-6) / Youth 4 (7+)	Strokers 3 (4-7)	Youth 5 (7+)	Youth 6 (7+)	Youth 7 (7+)
<input type="checkbox"/> Water entry / exit unassisted <input type="checkbox"/> Fully submerge face (5 – 10 sec) <input type="checkbox"/> Float/back float 5 sec <input type="checkbox"/> Kick/glide on front <input type="checkbox"/> Kick/glide on back <input type="checkbox"/> Underwater exploration (5 sec) <input type="checkbox"/> Bobbing w/ rhythmic breathing <input type="checkbox"/> Swim 5 yards on front <input type="checkbox"/> Swim 5 yards on back <input type="checkbox"/> Comfortable without parent	<input type="checkbox"/> Everything to the left, plus <input type="checkbox"/> Fully submerge face (15 sec) <input type="checkbox"/> Rhythmic breathing on equipment & wall <input type="checkbox"/> Float on front/back w/o assistance 5 secs <input type="checkbox"/> Glide w/ kick on front & back <input type="checkbox"/> Swim 8 yds on front w/ side breathing <input type="checkbox"/> Swim 8 yds on back using arms and kick <input type="checkbox"/> Explore deep water with comfort	<input type="checkbox"/> Everything to the left, plus... <input type="checkbox"/> Swim front crawl for 15 yards w/ side breathing <input type="checkbox"/> Swim back crawl for 15 yards <input type="checkbox"/> Rotary breathing <input type="checkbox"/> Elementary back 15 yards <input type="checkbox"/> Tread water 20 sec <input type="checkbox"/> Jump into deep water and return to pool edge <input type="checkbox"/> Comfortable in deep water	<input type="checkbox"/> Everything to the left, plus... <input type="checkbox"/> Jump into deep water and return to pool edge <input type="checkbox"/> Dive from side of pool (kneeling or compact) <input type="checkbox"/> Front crawl 25 yds <input type="checkbox"/> Back crawl 25 yds <input type="checkbox"/> Elem. Backstroke for 25 yards <input type="checkbox"/> Breaststroke kick 15 yds. <input type="checkbox"/> Butterfly kick 25 yds. <input type="checkbox"/> Tread water 1 min	<input type="checkbox"/> Everything to the left, plus... <input type="checkbox"/> Deep water bobbing <input type="checkbox"/> Standing front dive <input type="checkbox"/> Front crawl with bilateral breathing 50 yds <input type="checkbox"/> Back crawl 50 yds <input type="checkbox"/> Breaststroke for 15 yards <input type="checkbox"/> Butterfly arms 25 yds <input type="checkbox"/> Butterfly kick 25 yds <input type="checkbox"/> Tread water 1 min. <input type="checkbox"/> Open turns at wall	<input type="checkbox"/> Everything to the left, plus... <input type="checkbox"/> Deep water bobbing <input type="checkbox"/> Standing front dive <input type="checkbox"/> Elementary backstroke 50 yds <input type="checkbox"/> Front crawl 50 yds <input type="checkbox"/> Back crawl 50 yds <input type="checkbox"/> Breaststroke for 15 yards <input type="checkbox"/> Scissor kick 25 yards <input type="checkbox"/> Tread water 2 min. <input type="checkbox"/> Open turns at wall	<input type="checkbox"/> Everything to the left, plus... <input type="checkbox"/> Front crawl 100 yds <input type="checkbox"/> Back crawl 100 yds <input type="checkbox"/> Standing dive from side of pool <input type="checkbox"/> Long shallow dive <input type="checkbox"/> Breaststroke 25 yards <input type="checkbox"/> Sidestroke 25 yards <input type="checkbox"/> Elem. Backstroke for 100 yards <input type="checkbox"/> Butterfly kick 25 yds <input type="checkbox"/> Butterfly arms 25 yds <input type="checkbox"/> Flip Turn	<input type="checkbox"/> Everything to the left, plus... <input type="checkbox"/> Front crawl 100 yds using turns <input type="checkbox"/> Back crawl 100 yds using turns <input type="checkbox"/> Standing dive from block <input type="checkbox"/> Long shallow dive <input type="checkbox"/> Breaststroke 25 yards <input type="checkbox"/> Sidestroke 25 yards <input type="checkbox"/> Elem. Backstroke for 100 yards <input type="checkbox"/> Butterfly 25 yds <input type="checkbox"/> Continuous swim for 7 minutes using all strokes and turns. <input type="checkbox"/> Flip Turns

Based on the skills checked above, you should register for: \_\_\_\_\_

NOTE: Please print and keep this form for future reference. This assessment is only good for the current registration period since skills can be lost if not used.

