

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

