

Swim Lesson Level Assessment for SCHOOL AGE

This questionnaire is meant to help parents find out what level is best to start their child in for **ALL** swim lessons.

Read each question and answer them to the best of your ability, using “**yes**” or “**no**” answers. For the **first “no”** you write, that will be the correct level to place your child in.

Adjustments can be made after the first day by the instructor, depending on the child’s performance in class.

Beginner

Is your child comfortable in the water?

Can your child put his/her face in the water?

Can your child blow bubbles through his/her mouth and nose?

Can your child attempt to float on their tummy?

Can your child push off from the wall on their tummy?

Can your child attempt to float on their back?

Can your child push off from the wall on their back?

Will your child jump to an instructor in the water?

Intermediate

Does your child have a strong and steady kick when they swim?

Can your child jump into water by themselves?

Is your child able to transition from streamline to freestyle the width of the lessons pool?

Can your child swim freestyle with proper rhythmic breathing?

Is your child able to transition from streamline to backstroke the width of the lessons pool?

Is your child able to perform a kneeling dive?

Advanced

Can your child swim with proper freestyle technique?

Can your child swim with proper backstroke technique?

Can your child swim with proper breaststroke technique?

Can your child swim with proper butterfly technique?

If “**yes**” to all questions above or for questions, contact lessons@757swim.com for a tryout.