YMCA SOMERVILLE
HEALTH & AQUATIC CENTRE

School Swimming & Water Safety Program.
Indicative class placement assessment

TERM……YEAR……SCHOOL……

CHILD'S NAME……CLASS/TEACHER……

To assist us in ensuring that your child goes into their correct level of ability, please discuss with them and answer the following questions:

Has your child…

Recently had or currently has weekly after-school swim lessons at YMCA or Kings?

Yes☐ Current level is……**STOP!** No☐ **Continue below**

Can your child….

Submerge face; blow bubbles; float alone; 3-5metre face-down torpedo? Yes☐ No☐

Do basic backstroke & freestyle/breathing approx. 5 metres? Yes☐ No☐

Do correct backstroke & freestyle/side breathing 12m each; Basic back or front frog (whip) kick, & tread deep water for 30 sec-1 minute? Yes☐ No☐

Do competent freestyle & backstroke 25m each; survival backstroke & whip kick/breathe sequence on front (breaststroke legs) 12m each; tread 1-2 minutes? Yes☐ No☐

Do competent freestyle & backstroke 50m each; survival backstroke & breaststroke 25m each; dolphin kick 12m; clothed tread 2-3 minutes? Yes☐ No☐

Do Bi-lateral freestyle & backstroke 100m each; survival backstroke & breaststroke 50m each; sidestroke & butterfly; clothed (with shoes 'n socks!) 3-plus minute tread water? Yes☐ No☐

Swim at squad level Yes☐ No☐

Does your child have any medical/personal issues that may impact on their swimming/learning abilities? (i.e. asthma, hearing/vision, ASD, fear of water)? Yes☐ No☐

Short description……

Things to remember before & during your YMCA swim program

☐NO FOOD ON POOL DECK!!

☐ Go to the toilet before the lessons.

☐Goggles and a towel….

☐Named swim caps (your teachers should have these).

☐Extra clothes (old PJ's will do!) to fit over bathers on the second-last (rescue/survival swim) day of your program. Our Swim Teachers will advise your kids on specifics e.g. long sleeves, shoes 'n socks.

☐The last day of the program provides the students with the opportunity to experience "Open Water" conditions and activities (e.g. boating, currents, boogie boarding) in a safe environment through a number of fun and challenging simulations.

☐Dolphin, Shark & Squad kids are encouraged to bring a water bottle to sip from, as their distance/endurance skills will be put to the test…

☐Some illnesses, injuries, infections or wounds may require doctor permission before swimming.

☐ All swim teachers at YMCA Somerville are AustSwim, CPR & Working with Children accredited.

☐YMCA Report Cards will be issued once the program has been finalised.