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 □ No □ Continue below

Can your child...
Submerge face; blow bubbles; float alone; 3-5 metre 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 Bilateral 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/visual, 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.