

To assist in enrolling your child in the correct level of swimming lessons, please follow the questions below. Your child will get the most out of the program when these questions are answered honestly.

## School Age

Is your child comfortable in water at a depth of:

- Knees Yes/No if no – Jellyfish L 1
- Waist Yes/No if Yes - Next Question
- Chin Yes/No if Yes - Next Question

Yes / No                      →                      Jellyfish L 1 (Tuesday 4.00pm)

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Is your child comfortable going completely under water?

Can your child walk and run through waist deep water?

In waist deep water can your child swim to the shallow end and stand up without the use of swim or floatation aids?

Yes / No                      →                      Jellyfish L 1 (Tuesday 4.00pm)

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Can your child do basic freestyle arms, take a breath and keep going and do basic backstroke?

Yes / No                      →                      Platypus L 2 (Tuesday 4.30pm)

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Can your child enter very deep water and swim in any style for a short distance and exit the water via the edge?

Without assistance can your child float on their back, easily swim freestyle with breathing action, and backstroke?

Yes / No                      →                      Seal L 3 (Tuesday 5.00pm)

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Think about a 25mt swimming pool: Can your child comfortably swim half way down the pool, all the way down the pool or all the way up and all the way down the pool?

When my child swims in a 25mt pool they can comfortably use these swimming styles:

Freestyle including breathing action, backstroke, breaststroke with breathing action?

Yes / No                      →                      Marlin L 4 (Tuesday 5.30pm)