

For any child over the age of 3, Please answer the following to the best of your knowledge to try and avoid movement if the level isn't right from the below information. *Please only answer the applicable questions to each child.* Once your form is fully completed **Please return it to the Centre or email to swimschool@manlyaquatic.com.au**

Childs Name/s: 1. _____ 2. _____ 3. _____

BASIC SKILLS

Happy to put face in the water and blow bubbles?	Face in: Yes No Bubbles: Yes No	Face in: Yes No Bubbles: Yes No	Face in: Yes No Bubbles: Yes No
Floating front and/or back assisted or un assisted	Front, Assisted: Y N Back, Assisted: Y N	Front, Assisted: Y N Back, Assisted: Y N	Front, Assisted: Y N Back, Assisted: Y N
Currently fully assisted in the water, paddling independently or working on freestyle arms "Big Arms"	Assisted: Yes No Paddling: Yes No Freestyle: Yes No	Assisted: Yes No Paddling: Yes No Freestyle: Yes No	Assisted: Yes No Paddling: Yes No Freestyle: Yes No

FREESTYLE

Breathing bilaterally (both sides) or to one side and is there any head lift and/or rolling or is the whole side of the face in the water?	Bilateral <input type="checkbox"/> One Side <input type="checkbox"/> Head lift: Yes No Rolling: Yes No	Bilateral <input type="checkbox"/> One Side <input type="checkbox"/> Head lift: Yes No Rolling: Yes No	Bilateral <input type="checkbox"/> One Side <input type="checkbox"/> Head lift: Yes No Rolling: Yes No
Swimming in a streamlined position during the whole stroke? (Whole body flat on top of the water or do the hips or legs drop when breathing)	Yes Sometimes No Unsure	Yes Sometimes No Unsure	Yes Sometimes No Unsure

BACKSTROKE

Swimming in a streamlined position on back with the arms <u>extended over head</u> or hands <u>by the side</u> ?	Streamlined: Yes No By Side <input type="checkbox"/> Extended <input type="checkbox"/>	Streamlined: Yes No By Side <input type="checkbox"/> Extended <input type="checkbox"/>	Streamlined: Yes No By Side <input type="checkbox"/> Extended <input type="checkbox"/>
Just starting arms, working on arms (Basic) or doing unassisted backstroke?	Starting Basic Unassisted NA	Starting Basic Unassisted NA	Starting Basic Unassisted NA
Are the legs or hips drop in the water during the stroke?	Yes Sometimes No Unsure	Yes Sometimes No Unsure	Yes Sometimes No Unsure

BREASTSTROKE

Currently working on just the kick or full stroke?	Just Kick <input type="checkbox"/> Full Stroke <input type="checkbox"/> Unsure <input type="checkbox"/>	Just Kick <input type="checkbox"/> Full Stroke <input type="checkbox"/> Unsure <input type="checkbox"/>	Just Kick <input type="checkbox"/> Full Stroke <input type="checkbox"/> Unsure <input type="checkbox"/>
Is the above symmetrical or do the hips slightly turn to resulting in a scissor type kick?	Scissor Kick <input type="checkbox"/> Symmetrical <input type="checkbox"/> Unsure <input type="checkbox"/>	Scissor Kick <input type="checkbox"/> Symmetrical <input type="checkbox"/> Unsure <input type="checkbox"/>	Scissor Kick <input type="checkbox"/> Symmetrical <input type="checkbox"/> Unsure <input type="checkbox"/>
If working on the full stroke, are the arms coming all the way around to the hips or side? Eg. A big pull through, like you would be swimming underwater	Yes Sometimes No Unsure	Yes Sometimes No Unsure	Yes Sometimes No Unsure

BUTTERFLY

Are they only learning or able to do just the kick?	Yes No Unsure	Yes No Unsure	Yes No Unsure
Can they do; basic, intermediate, advanced technique? Are they swimming with or without fins?	Basic <input type="checkbox"/> Int <input type="checkbox"/> Adv <input type="checkbox"/> Fins: Yes No	Basic <input type="checkbox"/> Int <input type="checkbox"/> Adv <input type="checkbox"/> Fins: Yes No	Basic <input type="checkbox"/> Int <input type="checkbox"/> Adv <input type="checkbox"/> Fins: Yes No
Distance swam with correct butterfly technique?	_____ m	_____ m	_____ m