



IS YOUR SWIMMER LESSONS-READY?

Swim Lesson Level Assessment

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.

Swimmers must be **absolutely potty trained (no swim diapers)**

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 put his/her whole body (including head) under the water?

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?

Intermediate

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

Can your child jump into water by themselves?

Does your child use proper freestyle arms when swimming?

Does your child use their arms and legs simultaneously while swimming?



Does your child use proper backstroke arms when swimming?

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?

Can your child swim freestyle with proper rhythmic breathing?

Can your child streamline under the water?

Can your child perform surface, kneeling, and deep, angle dives?

Can your child do flip turns while swimming?

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