Dear Parent/Guardian,

Welcome to Monash Aquatic and Recreation Centre School Swimming Program, to ensure minimal time is used assessing children on the first day of the program, please complete the following form and return to your child’s classroom teacher. This will assist us to place your child in the correct level and group prior to the commencement of the program. If you have any questions regarding the program please don’t hesitate to contact the Aquatic Program team on the details provided.

Does your child currently swim with Monash Aquatic and Recreation Centre Swim School?

- YES What level ____________________________ Thank you, you do not need to complete the survey below.
- NO Please continue to complete the below survey

What level best describes your child’s swimming ability

* If your child attends another swim school, please attach a copy of the latest progression report or certificate.

- No water experience. Won’t put face in the water and blow bubbles.
- Face under the water confidently. Float with Instructors help. Basic kicking with a kickboard.
- Can float and kick on front and back with no help. Freestyle arms using a board.
- 5 metres freestyle, 5 metres backstroke. Basic technique.
- 6 metres Freestyle, breathing to the side. 6 metres Backstroke. Treading water 45 seconds.
- 10 metres Freestyle and 10 metres Backstroke. Breaststroke kick with a kickboard. 8 metres Survival backstroke
- 16 metres Freestyle, Backstroke and Survival backstroke. 8 metres breaststroke. 5 metres Butterfly.
- 25 metres Freestyle, Backstroke, Survival backstroke. 16 metres Breaststroke. 8 metres Butterfly. Attempt Sidestroke kick.
- 50 metres Freestyle and Backstroke. 25 metres Breaststroke. 16 metres Butterfly. 15 metres Sidestroke. Tumble turns after each lap.
- Swim 200 metres continuously.

Student Details

Child’s Name

Grade/Class

Medical Conditions

Monash Aquatic and Recreation Centre
626 Waverley Road, Glen Waverley
T: (03) 9265 4888  F: (03) 9562 1322
E: marc@monash.vic.gov.au

developing safer, stronger swimmers