



# GRADING FORM

## SCHOOL:

Please fill in this form to the best of your knowledge, this information will greatly assist the Macquarie University Swim Program to grade your child swimming abilities before the start of their School Swimming Program. This will help to ensure that the first day of lessons, classes will run smoothly with every student getting the optimum practice time and instruction possible.

NAME:

AGE:

SCHOOL CLASS/YEAR:

### SWIMMING ABILITY

Please answer the following questions by circling either yes or no. If you have any further comments, please use the space provided.

Has your child been in a swimming pool before? YES/NO

Does your child need a floatation device to swim independently, (noodle, arm bands etc.)? YES/NO

Does your child require an instructor to hold for support to swim in the pool? YES/NO

Has your child participated in swimming lesson in past? YES/NO

Is your child currently enrolled in regular swimming lesson, (once per week)? YES/NO

If yes please state where and what level your child swims at

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### SWIMMING EXPERIENCE

Can your child swim independently with a kickboard for 10m + face in the water? YES/NO

Can your child perform back kicking with a kickboard? YES/NO

Can your child perform back kicking without any assistance? YES/NO

Please indicate below what stroke and distances your child is confidently able to swim independently, by circling?

Freestyle	unsure	10m	25m	50m	100m
Backstroke	unsure	10m	25m	50m	100m
Breaststroke	unsure	10m	25m	50m	100m
Butterfly	unsure	10m	25m	50m	100m

Is there any additional information you think might be helpfully to assistant us in grading your child's swimming abilities?

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**Clothing** | Children are encouraged to wear only swimwear and **FITTED** rash shirt if required. Board shorts and T-shirts are not permitted, girls no bikinis/two piece swim wear. All clothing, shoes and towels should be clearly labelled.

**Hair** | children with long hair are requested to wear long hair securely tied back

**Goggles** | Please provide correctly fitted goggles for your child each day and have them clearly labelled.

## MACQUARIE UNIVERSITY SPORT & AQUATIC CENTRE

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