

County Commissioners of Kent County, MD * Department of Parks & Recreation

Youth Swim Lesson Skills Assessment

This form must be completed and submitted at time of registration in order to determine class time.

After review of this assessment by the Program Coordinator, a Parks and Recreation staff will contact the parent/guardian to advise of the class time the child will be assigned for the two-week program.

Child's First and Last Name:

Age: Date of Birth:

Please check (1) box below that most accurately describes your child's abilities. Only (1) box may be selected.

No formal introduction to swimming on any of the levels below	_____ Beginner Unskilled Non-Swimmer
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Knows basic water safety rules Knows how to use a life jacket Can submerge mouth, nose and eyes Can open eyes underwater and pick up a submerged object Can swim on front and back using arm and leg actions Can recognize a swimmer in distress and get help Can exhale underwater Can float on front and back	_____ Intermediate Introductory Shallow Water Non-Swimmer
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Can move in the water while wearing a life jacket Can submerge entire head Can glide on the front and back Can tread water using arm and leg motions Can recognize a swimmer in distress and get help Can bob in water Can do a jellyfish float (in a ball) Can swim using combined stroke on front and back	_____ Intermediate Fundamental Shallow Water Comfortable
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Can perform a reaching assist Can submerge and retrieve an object Can glide on front and back Can do the back and front crawl Can perform the kneeling or standing dive Can breathe side to side in horizontal position Can perform the survival float, back float Can do the butterfly kick and body motion	_____ Intermediate Stroke Development Shallow Water Comfortable
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Knows the rules of safe diving Can dive from the stride position or shallow dive Do survival float and back float Knows elementary backstroke Can perform breaststroke Can perform butterfly Can perform a throwing assist Can perform a feet-first surface dive Can do front and back crawl	_____ Advanced Stroke Development Chest-Deep Water Comfortable
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Survival Swimming Perform a standing dive Can do open turns on front and back Front and back crawl Can do Perform rescue breathing Can perform tuck surface dive and pike surface dive Can perform front flip turn Can perform backstroke flip turn Can perform elementary backstroke Can perform butterfly Can perform breaststroke	_____ Advanced Stroke Development Deep Water Comfortable
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