



## Aquarius Swim School

### Swim Ability Assessment Questionnaire

#### The Alan Higgs Centre & Xcel Leisure Centre

Q1: Is your child over 4 years of age?

- If no, enrol your child into Ducklings
- If yes, go to Q2

Q2: Can your child confidently travel 5 metres in the water on their front and back with the support of swim aids?

- If no, enrol your child into Stage 1
- If yes, go to Q3

Q3: Can your child confidently travel 5 metres on their front and back without swim aids, are they comfortable with their face in the water?

- If no, enrol your child into Stage 2
- If yes, go to Q4

Q4: Can your child swim basic front crawl and back crawl – not front and back paddle - unaided for 10 metres?

- If no, enrol your child into Stage 3
- If yes, go to Q5

Q5: Can your child swim 20 metres using a combination of front crawl, back crawl, be able to perform breaststroke leg kick, is confident in deep water, swim out of their depth and tread water for 20 seconds?

- If no, enrol your child into Stage 4a
- If yes, go to Q6

Q6: Can your child swim 50 metres using a combination of front crawl and back crawl and swim 15 metres breaststroke?

- If no, enrol your child into Stage 4b
- If yes, go to Q7

Q7: Can your child swim 50 metres front crawl, 50 metres back crawl, 25 metres breaststroke, 10 metres butterfly and swim a total of 100 metres using a combination of strokes?

- If no, enrol your child into Stage 5 -
- If yes, go to Q8

Q8: Can your child swim 100 metres front crawl, 100 metres back crawl, 50m breaststroke, 15m butterfly and swim a total of 200 metres using a combination of strokes?

- If no, enrol your child into Stage 6 / 7
- If yes, enrol your child into Multi Aquatics



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#### Centre AT7

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Q3: Can your child confidently travel 5 metres on their front and back without swim aids, are they comfortable with their face in the water? - If no, enrol your child into Stage 2 - If yes, go to Q4

Q4: Can your child swim basic front crawl and back crawl – not front and back paddle - unaided for 15 metres, is confident in deep water and can tread water for 20 seconds? - If no, enrol your child into Stage 3

- If yes, go to Q5

Q5: Can your child swim 20 metres using a combination of front crawl, back crawl, and swim 15m breaststroke?

- If no, enrol your child into Stage 4
- If yes, go to Q6

Q6: Can your child swim 50 metres front crawl, 50 metres back crawl, 25 metres breaststroke, 10 metres butterfly and swim a total of 100 metres using a combination of strokes?

- If no, enrol your child into Stage 5
- If yes, go to Q7

Q7: Can your child swim 100 metres front crawl, 50 metres back crawl, 25m breaststroke, 15m butterfly and swim a total of 200 metres using a combination of strokes?

- If no, enrol your child into Stage 6 / 7
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