

School Swimming Program 2019

<p>Current Swimming Level:</p> <p><i>Years 0-3 (approx. 5 to 7 years old)</i></p> <ul style="list-style-type: none"> • Beginner <ul style="list-style-type: none"> ➔ Lacking confidence and independence in the water, with the ability to swim on their front (freestyle) and back (backstroke) between 0M and 5M • Advanced Beginner <ul style="list-style-type: none"> ➔ Has confidence and independence in the water, with the ability to swim on their front (freestyle) and back (backstroke) between 5M and 12.5M. • Breather <ul style="list-style-type: none"> ➔ Has the ability to swim on their front (freestyle) and back (backstroke) confidently between 12.5M and 25M (1 lap). • Advanced Breather <ul style="list-style-type: none"> ➔ Has the ability to swim on their front (freestyle) and back (backstroke) confidently for 25M (1 lap) and over. 	<p><i>Years 4+ (approx. 8 years up)</i></p> <ul style="list-style-type: none"> • Beginner <ul style="list-style-type: none"> ➔ Lacking confidence and independence in the water, with the ability to swim on their front (freestyle) and back (backstroke) between 0M and 25M (1 lap) • Breather <ul style="list-style-type: none"> ➔ Has confidence and independence in the water, with the ability to swim on their front (freestyle) and back (backstroke) between 25M (1 lap) and 50M (2 laps). • Intermediate <ul style="list-style-type: none"> ➔ Has the ability to swim on their front (freestyle) and back (backstroke) confidently between 50M (2 laps) and 100M (4 laps). • Advanced <ul style="list-style-type: none"> ➔ Has the ability to swim on their front (freestyle) and back (backstroke) confidently for 100M (4 laps) and over. Has an understanding of breaststroke for 25M (1 lap) and over.
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Childs Name:..... Class:.....

Swimming Level:.....

Does your child currently swim at Northern Arena? Y / N

If yes – what level/group are they swimming at (e.g Tarakihi, Eels etc.):.....