

SWIMMING ABILITY MATRIX

Child's name

Class

To ensure that swimmers are learning alongside other swimmers of similar ability, our group lessons are delivered in three ability groups.

Please indicate below your child's swimming ability, this will help staff to identify the correct group for your child.

Is your child able to ...	√
<ul style="list-style-type: none"> • Enter/exit the water safely • Float on their front • Float on their back • Blow bubbles with their face in the water • Kick effectively with a float on their front and back for 5 metres? • Independently paddle (without floats) consistently and confidently on front & back for 5 metres? 	
<ul style="list-style-type: none"> • Swim 10 metres on Front crawl & backstroke (including relaxed breathing skills, over arm recovery and streamlined body position?)? • Swim 25 metres in any recognised stroke? • Fully submerge under water? • Kick 5 metres breaststroke? • Swim in deep water without fear or distraction due to the pool depth? 	
<ul style="list-style-type: none"> • Swim 25 metres in at least three strokes (front crawl, backstroke, breaststroke or butterfly) with good technique and relaxed breathing skills? • Swim 10 metres breast stroke full stroke with good technique and relaxed breathing skills? • Be confident in the water - tread water and maintain skills of swimming regardless of depth? 	