

## SWIM FORM

At Summer Friends Day Camp, swimming is a vital part of our camp program. We have achieved exceptional success using our highly personalized swimming instructional program.

During the first few days of camp, we will determine your child's skill level for swimming instruction. Please, tell us about your child's skill level and comfort level in the water.

Child's Name \_\_\_\_\_

Entering Grade \_\_\_\_\_

Home phone \_\_\_\_\_

Work/Cell Phone \_\_\_\_\_

- I. Does your child require earplugs for swimming? Yes \_\_\_\_ No \_\_\_\_
- II. Please check off the necessary boxes that apply to your child.
  - a. We have a pool at home \_\_\_\_\_
  - b. My child DOES NOT put his/her face underwater \_\_\_\_\_
  - c. My child takes or has taken swim lessons in the past \_\_\_\_\_
  - d. My child knows how to swim Freestyle \_\_\_\_\_
  - e. My child CAN swim in deep water and tread water \_\_\_\_\_
  - f. My child knows how to swim other strokes (Backstroke, Breaststroke, Butterfly) \_\_\_\_\_
- III. If you checked "C" and your child has participated in swim lessons elsewhere, please indicate where and what instructional level they were in.

\_\_\_\_\_  
(program)

\_\_\_\_\_  
(level)

In relation to the American Red Cross, Summer Friends also provides swim levels to help document your child's progress in our swim program. Campers will obtain a patch to signify that they have completed the previous level and are able to perform all the necessary skills.

## **\$WIM LEVELS**

**Frog** (*Water Exploration, comfort in water, bubble blowing*)

**Crab** (*Primary Skills, submerge head & face, unsupported black glide, flutter kick*)

**Crocodile** (*Stroke Readiness, jump into water, coordinate arms and breathing, familiarity with treading water*)

**Stingray** (*Stroke Development, rotary breathing, treading water, basics of Breaststroke*)

**Seal** (*Stroke Refinement, alternate breathing, beginning diving, proficiency with Freestyle, Backstroke, Breaststroke, introduce Butterfly kick*)

**Dolphin** (*Skill Proficiency, fine tune all strokes, flip turns, participate in pre-lifeguard skills*)