

Beale AFB Aquatics Program

Swim Lessons Questionnaire

Starfish

No to any questions, enroll in starfish. **Yes** to all questions, enroll in minnows.

- Will your child put his/her face in the water?
- Is your child comfortable in the water without a parent/guardian?

Minnows

No to any questions, enroll in minnows. **Yes** to all questions, enroll in dolphins.

- Will your child submerge his/her entire head in the water?
- Can your child front and back float independently?
- Can your child retrieve objects underwater with their eyes open?
- Can your child swim front crawl independently for 20 feet?
- Does your child use alternating arm action when swimming front crawl?

Dolphins

No to any questions, enroll in dolphins. **Yes** to all questions, enroll in swordfish.

- Will your child recover from a front and back float independently?
- Can your child perform front crawl with side breathing?
- Is your child comfortable in the large pool?
- Can your child swim back crawl for 10 yards?
- Can your child swim front crawl for 25 yds without getting tired?
- Will your child jump into the shallow pool independently and recover?

Swordfish

No to any questions, enroll in swordfish. **Yes** to all questions, enroll in barracudas.

- Can your child bob in the pool to the wall?
- Can your child perform a dive?
- Can your child swim elementary backstroke for 25 yards?
- Can your child swim front crawl for 50 yards?
- Can your child swim back crawl for 50 yards?
- Can your child tread water for more than 30 seconds?
- Does your child perform the proper two hand wall touch/change of direction?

Barracudas

No to any questions, enroll in barracudas. **Yes** to all questions, enroll in sharks.

- Can your child swim elementary backstroke for 50 yards?
- Can your child swim breaststroke for 50 yards?
- Can your child swim sidestroke for 50 yards?
- Can your child do a flip turn?
- Can your child tread water using different kicks?
- Can your child fin and scull in the water?

Sharks

No to any questions, enroll in sharks.

- Can your child hurdle dive into the water?
- Can your child swim breaststroke and sidestroke for 75 yards?
- Can your child swim butterfly for 50 yards?
- Can your child swim front crawl and back crawl for 100 yards?