

Swimming Skills Name: _____

Please fill out the following information so that we can be aware of your child's swimming abilities.

Please Check the Level that BEST Describes your child's swimming ability.

___ Level 1: Uncomfortable in or around water.

- Non- swimmer with limited or no swim lesson experience.

___ Level 2: My child likes the water, but does not have any swimming skills yet.

- Knows basic water safety rules. (will be covered at camp as well)
- Can submerge mouth, nose, and eyes.
- Can exhale underwater (Blow Bubbles)

___ Level 3: Comfortable in the water and has some swim skills.

- Can swim on front using doggie Paddle, short distances
- Can submerge entire head
- Can float on back for short periods of time

___ Level 4: Can swim on front and back, min. width of standard pool

- Able to swim under the water
- Able to swim in the deep end of a pool safely
- Can tread water using arm and leg motions.

*If your child does not have any swimming skills yet, they will not be allowed to enter water over their knees!

Please Note: Water Park activities will be limited!

All children will be supervised at all times during water activities, regardless of swim level. We only utilize beaches for swim related activities that have lifeguards on duty and all Epping Rec. staff have completed water safety training.

Comments:

Parent Signature: _____ Date: _____