



## Evaluation Alternative Form

Hello! We are glad you and your swimmer are interested in joining the Select Swim Lessons Program. In lieu of an assessment, please check all criteria your swimmer is able to complete today. Questions? Email us anytime at [Lessons@SelectSwim.com](mailto:Lessons@SelectSwim.com)

### Level 1: My swimmer can...

- Blow bubbles
- Float
- Do a somersault
- Roll from stomach to back to breathe

### Level 2: My swimmer can...

- Swim some freestyle
- Swim some backstroke
- Kick on their sides, stomach & back
- Swim comfortably in a pool without assistance/equipment from side to parent (10-15 feet)

### Level 3: My swimmer can...

- Swim proficient freestyle
- Swim proficient backstroke
- Breathe to the side without lifting head while swimming freestyle
- Somersault & push off wall underwater
- Swim 15 yards unassisted

### Level 4: My swimmer can...

- Swim proficient breaststroke & butterfly
- Complete a racing start
- Swim 25 yards unassisted

Please sign up for the first level in which you cannot check off all criteria.

Please note placements determined based on this form are subject to change after evaluation from an instructor during swimmer's first class.

To schedule an evaluation, please email [Lessons@SelectSwim.com](mailto:Lessons@SelectSwim.com).