WEST SACRAMENTO RECREATION CENTER
SWIM LESSONS QUESTIONNAIRE

Parent and Me

Is your child younger or older than 3 years of age?
Do you know the proper way to hold your child in the water?

No to either questions? Enroll in Parent and Me
Yes to both questions? Enroll in Starfish.

* 6 months is the minimum age for Parent and Me

Starfish

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

No to either questions? Enroll in Starfish.
Yes to both questions? Enroll in Minnows.

Minnows

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?

No to any questions? Enroll in Minnows.
Yes to all questions? Enroll in Dolphins.

Dolphins

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 yards without getting too tired?
Will your child jump into the shallow pool independently and recover?

No to any questions? Enroll in Dolphins.
Yes to all questions? Enroll in Swordfish

Swordfish

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?

No to any questions? Enroll in Swordfish.
Yes to all questions? Enroll in Barracudas.

Barracudas

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 swim elementary backstroke and sidestroke for 100 yards?

No to any questions? Enroll in Barracudas.
Yes to all questions? Enroll in Sharks.

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?

No to any questions? Enroll in Sharks.
Yes to all questions? Enroll in Junior Guard if your child is at least 12 years old.