

For office use only.
Group # _____



P.O. Box 3, Hopewell NJ 08525 • (609) 466-1212

Pre-Camp Swim Notice

We find it is best to have campers placed into their instructional swim classes as early as possible. If you could give us some preliminary indication of your child(rens)'s swim level, it would help us place them into their proper swim group.

Please read the following levels and assign the one in which your child(ren) should be **working**. We appreciate your help with this. A final assessment and swim level placement will be done once camp begins.

Camper Name _____ Birthdate _____ Level _____

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Level 1 - Introduction to Water Skills - Submerge mouth, nose and eyes, blow bubbles through mouth and nose, float on front and back with support, roll over from front to back, swim on front and back with support, perform combined stroke on front and back.

Level 2 - Fundamental Aquatic Skills - Perform bobs, open eyes underwater and pick up a submerged object, float on front and back unsupported, tread water, fin, scull, perform front crawl, swim back crawl, swim on side.

Level 3 - Stroke Development - Jump into deep water, dive from a sitting and kneeling position, perform rotary breathing, swim front and back crawl for 15 yards (each), tread water and perform survival float for 30 seconds (each), kick butterfly for 15 feet.

Level 4 - Stroke Improvement - Dive from compact or stride position, complete open turns, tread water for 1 min., perform survival float for 1 minute, swim front and back crawl for 25 yards (each), swim butterfly, breaststroke and sidestroke for 15 yards (each).

Level 5 - Stroke Refinement - Perform a tuck and pike surface dive, complete flip turns, swim front and back crawl for 50 yards (each), swim breaststroke, butterfly, elementary backstroke, and sidestroke for 25 yards (each), complete survival float/swimming for 2 minutes, tread water for 2 minutes, and perform rescue breathing.

Level 6 - Swimming and Skill Proficiency - Lifeguard Readiness Option Participants will: refine strokes to swim with more ease, power, efficiency and smoothness over greater distances, practice the required swimming skills to successfully complete the pre-course session of the Red Cross Lifeguard Training course, and be introduced to some lifeguarding techniques.

Please return this form to camp as soon as possible