

GESAC Swim School Program

Please return to your child's classroom teacher by Wednesday July 19.

Student Name: _____ **Grade:** _____

School: Oakleigh South PS **Program Date:** Wednesday August 2nd to Friday August 11th 2017.

Does your child attend the GESAC Swim School? Member # _____

Please tick which level your child would be most suited to*:

<input type="checkbox"/> Platypus Safe entry & exit Monkey walk & exit from deep water Face in & bubbles Aided backfloat Aided frontfloat Aided front kick 3m Aided backstroke kick 3m	<input type="checkbox"/> Sea Turtle Swim to wall in deep water independently Submerge & pick up object Backfloat Frontfloat Backstroke kick with board Torpedo 3m Signal for help & be rescued	<input type="checkbox"/> Orca Jump in and swim to wall independently in deep water Tread water 10 seconds Backstroke kick 5m Torpedo 8m with breath Steamline glide 5m Freestyle arms with board 8m Perform a reach rescue
<input type="checkbox"/> Polar Bear Tread water 30 seconds Submerge & swim underwater Back torpedo 8m Backstroke with board 8m Freestyle 8m 3 arm breathing with board Perform a throw rescue	<input type="checkbox"/> Seal Tread water 1 min Stride jump entry Duck dive in deep water Backstroke 8m Freestyle with 3 arm breathing 8m Survival backstroke kick 8m Perform a rope rescue	<input type="checkbox"/> Crocodile Tread water 30 seconds (no hands) Backstroke 15m Freestyle 15m Survival backstroke 15m Breaststroke kick with board Butterfly kick 8m Safety swim 50m
<input type="checkbox"/> Penguin Kneeling dive entry Backstroke 25m Freestyle 25m Breaststroke glide 15m Butterfly 8m Forward somersault Safety swim 100	<input type="checkbox"/> Dugong Standing dive Backstroke 50m Freestyle 50m Breaststroke glide 25m Butterfly 15m Tumble turn Safety swim 200m	<input type="checkbox"/> Shark Squad Racing dive Freestyle progression Backstroke progression Breaststroke progression Butterfly progression Turns & finishes

**Please note that this will be used only as a guide for initial grouping of students. A thorough swimming assessment will take place on the first day of the program, to ensure that all students are in the appropriate level.*