



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

SWIM ASSESSMENT QUESTIONNAIRE

Private and Semi-Private Swim Lessons FAMILY YMCA OF BLACK HAWK COUNTY

1. When you put your face in the water are you comfortable getting water in your nose or mouth and ears?
2. Are you comfortable floating on your back or front?
3. Can you get air or resurface from the pool without standing up or holding the side of the pool?
4. Are you okay if someone bumps into you in the water, or you get splashed?
5. Can you do a somersault or hand stand in the water?
6. Can you rest in the deep end or open water as long as you want?
7. Can you swim one length of the pool, putting your face in and out of the water to breathe, without stopping?

Interested in private instruction?

Contact **Taylor Hulsing**—Aquatics & Youth Sports Director to get started.

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For more information visit the Black Hawk YMCA "Youth Swim Lessons" webpage.