Ability Questionnaire

northern beaches council | Warringah Aquatic Centre Frenchs Forest

If you need help lodging your form, contact us	
Email	wacprograms@northernbeaches.nsw.gov.au
Phone	02 8495 5001
Address	1 Aquatic Dr, Frenchs Forest NSW 2100

Office use only	
Form ID	4183
TRIM Ref.	
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For any child over the age of 3, please answer the following to the best of your knowledge. Please only answer the applicable questions to each child. Once your form is fully completed please email to swimschool@manlyaquatic.com.au

Part 1: Parents Details:

Parents name:			
Date:		Preferred day/time:	
Phone number:		Email:	

Part 2: Child/ren's Details:

Child/ren's name:	1.	2.	3.
Date of birth:	1.	2.	3.

Part 3: Basic Skills

Happy to put face in the water and blow bubbles?	Face in: Yes ◯ No ◯ Bubbles: Yes ◯ No ◯	Face in: Yes ◯ No ◯ Bubbles: Yes ◯ No ◯	Face in: Yes ◯ No ◯ Bubbles: Yes ◯ No ◯
Floating on front and/or back unassisted, or with assistance?	F - Y ◯ N ◯ Assisted ◯ B - Y ◯ N ◯ Assisted ◯	F - Y ◯ N ◯ Assisted ◯ B - Y ◯ N ◯ Assisted ◯	F - Y ◯ N ◯ Assisted ◯ B - Y ◯ N ◯ Assisted ◯
Do they need a floatation aid to swim?	Yes ◯ No ◯	Yes ◯ No ◯	Yes ◯ No ◯
Currently fully assisted in the water, paddling independently or working on freestyle arms or 'Big Arms'	Assisted Y ◯ N ◯ Paddling Y ◯ N ◯ Big Arms Y ◯ N ◯	Assisted Y ◯ N ◯ Paddling Y ◯ N ◯ Big Arms Y ◯ N ◯	Assisted Y ◯ N ◯ Paddling Y ◯ N ◯ Big Arms Y ◯ N ◯

Part 4: Freestyle

Breathing bilaterally (both sides) or to one side? Is the head lifting and/or rolling, or is the whole side of the face in the water?	Bilateral Y ◯ N ◯ One side Y ◯ N ◯ Head lift Y ◯ N ◯ Rolling Y ◯ N ◯	Bilateral Y ◯ N ◯ One side Y ◯ N ◯ Head lift Y ◯ N ◯ Rolling Y ◯ N ◯	Bilateral Y ◯ N ◯ One side Y ◯ N ◯ Head lift Y ◯ N ◯ Rolling Y ◯ N ◯
Swimming in a streamlined position with arms extended overhead during whole stroke?	Y ◯ N ◯ Sometimes ◯ Unsure ◯	Y ◯ N ◯ Sometimes ◯ Unsure ◯	Y ◯ N ◯ Sometimes ◯ Unsure ◯

Part 5: Backstroke

Swimming in a streamlined position on back with the arms extended over head or hands by the side?	Streamlined Y ◯ N ◯ By side ◯ Extended ◯	Streamlined Y ◯ N ◯ By side ◯ Extended ◯	Streamlined Y ◯ N ◯ By side ◯ Extended ◯
Just starting arms, working on arms (basic) or doing unassisted backstroke?	Starting ◯ Basic ◯ Unassisted ◯ NA ◯	Starting ◯ Basic ◯ Unassisted ◯ NA ◯	Starting ◯ Basic ◯ Unassisted ◯ NA ◯
Do the legs or hips drop in the water during the stroke?	Y ◯ N ◯ Sometimes ◯ Unsure ◯	Y ◯ N ◯ Sometimes ◯ Unsure ◯	Y ◯ N ◯ Sometimes ◯ Unsure ◯

Part 6: Breaststoke

Currently working on just the kick or full stroke?	Just kick ◯ ◯ Full stroke ◯ ◯ Unsure ◯ ◯	Just kick ◯ ◯ Full stroke ◯ ◯ Unsure ◯ ◯	Just kick ◯ ◯ Full stroke ◯ ◯ Unsure ◯ ◯
Is the kick symmetrical or do the hips slightly turn resulting in a scissor type kick?	Scissor kick ◯ ◯ Symmetrical ◯ ◯ Unsure ◯ ◯	Scissor kick ◯ ◯ Symmetrical ◯ ◯ Unsure ◯ ◯	Scissor kick ◯ ◯ Symmetrical ◯ ◯ Unsure ◯ ◯
If working on the full stroke, are the arms pulling all the way down to the hips or sides?	Y ◯ N ◯ Sometimes ◯ Unsure ◯	Y ◯ N ◯ Sometimes ◯ Unsure ◯	Y ◯ N ◯ Sometimes ◯ Unsure ◯

Part 7: Butterfly

Are they able to do the full stroke or just the kick?	Full stroke ◯ Kick ◯ Neither ◯	Full stroke ◯ Kick ◯ Neither ◯	Full stroke ◯ Kick ◯ Neither ◯
Can they do basic, intermediate or advanced technique? Are they swimming with or without fins?	Basic ◯ In ◯ Adv ◯ Fins Y ◯ N ◯	Basic In ◯ Adv ◯ Fins Y ◯ N ◯	Basic In ◯ Adv ◯ Fins Y ◯ N ◯
Distance swam with correct butterfly technique?	_____ m	_____ m	_____ m