

Ability Questionnaire



northern
beaches
council

Aquatic Centre
Andrew Boy Charlton
Manly

If you need help lodging your form, contact us	
Email	swimschool@manlyaquatic.com.au
Phone	02 8495 5005
Address	1 Kenneth Rd, Manly NSW 2095

Office use only	
Form ID	4172
TRIM Ref.	
Last updated	June 2023

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:	

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
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 during the whole stroke? (Whole body flat on top of the water or do the hips or legs drop when breathing)	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 By side Extended	Y	N	Streamlined By side Extended	Y	N	Streamlined By side Extended	Y	N
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?	Sometimes Unsure	Y	N	Sometimes Unsure	Y	N	Sometimes Unsure	Y	N

Part 6: Breaststroke

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 to 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?	Sometimes Unsure	Y	N	Sometimes Unsure	Y	N	Sometimes Unsure	Y	N

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?	Basic	In	Adv	Basic	In	Adv	Basic	In	Adv
Are they swimming with or without fins?	Fins	Y	N	Fins	Y	N	Fins	Y	N
Distance swam with correct butterfly technique?	_____ m			_____ m			_____ m		