

Swimmer Goal Sheet

At SWIMTECH, we strive to provide the best experience possible for our swimmers, working in partnership with each student to determine the most appropriate path for individual learning. To help us begin to develop a clear plan for your lessons, please take a few minutes to answer the following questions.

1.) Please indicate the level of your swimming ability (check all categories that describe ability):

Fear of Water Beginner Shallow Water Only
 Comfortable to put head underwater Open Water Swimmer
 Comfortable in Deep Water Fitness Swimmer
 Competitive Swimmer Others (Please describe) _____

If you are a Deep Water Swimmer, please indicate the swimming strokes the student can already perform:

Freestyle Backstroke Breaststroke Butterfly
 Others (Please describe) _____

2.) How often do you swim at the pool (ocean or lake)?

Daily or several times a week Weekly Monthly
 Once every few months Once a year Never

3.) What do you do when you go for a swim?

Wading/walking in the water Aqua-aerobics / hydro-therapy
 Swim/float in shallow water Swim laps for recreation/fitness
 Swim laps for Competition / Age-group / Master swimming / Triathlon

4.) Which teaching approach is *most* effective for your learning?

I learn *best* through: Seeing (visual images and demonstrations)
 Hearing (a detailed description and explanation)
 Reading (a detailed description and explanation)
 Feeling (hands-on manipulation or experimentation)
 All of the above—no strong preference for one.

5.) What are your specific goals for swimming?

Increase level of fitness Improve my competitive swimming
 Enjoy water sports Swim more efficiently
 Swim competitively Other: _____