

KINGSTON BEACH SLSC

POOL PROFICIENCY SWIM FORM



NAME	U8	U/9	U/10	U/11	U/12	U/13	U14
	25m swim any stroke 1 min float	25m swim any stroke 1 min float	25m freestyle 1.5 min float	50m freestyle 2 min float	100m freestyle 2 min float	150m freestyle 3 min float	200m freestyle in 5 mins 3 min float

Accredited Swim Coach

Club

Signature Date.....