



## Wilbraham & Monson Academy Swim Requirement

As a global school, we value our students having many lifelong skills. One skill we feel every member of our community should have is the ability to swim. In today's society, one never knows when they may be faced with the need to swim. Many of our sports teams use the swimming pool to train, some of the trips we offer during breaks require a basic swim ability, and one never knows, if traveling on their own, when they may need to be able to hold their own in the water. WMA wants to ensure our students have a basic understanding of how to survive in water. Our Middle School offers swim lessons for its students, and we would like to extend that to the Upper School. In the fall of 2017, we will require all grade 9 students be able to swim a minimum of 75 yards and tread water for 2 minutes.

### **Future testing includes:**

- 2018 all Grade 9 students and Grade 10 students
- 2019 all Grade 9 students, Grade 10 and Grade 11 students
- 2020 all students will be engaged in the swim requirement

Students will be tested in the fall, and if they choose not to be tested or are unable to complete the test, we will offer swim lessons. The lessons will be free and can be private or in a group.



**Grade 9 students only need to fill this form out**

Swimming Evaluation

Name \_\_\_\_\_

Years of experience swimming \_\_\_\_\_

What is your swim experience/level? (choose one)

- A. I am on a swim team and am a proficient swimmer
- B. I am a good swimmer and can swim three lengths of a pool (75 yards) and tread water for 2 minutes easily
- C. I feel comfortable swimming three lengths of a pool (75 yards) and treading water for 2 minutes
- D. I am an OK swimmer and think I could swim three lengths (75 yards) of the pool and tread water for 2 minutes
- E. I am not a strong swimmer
- F. I have never swam
- G. I am not comfortable swimming

Please return by Aug 1. to Erika Whipple at [ewhipple@wma.us](mailto:ewhipple@wma.us).

You will be assigned a time to meet in the pool for an evaluation during the first few days of school.

If you have questions, do not hesitate to contact Erika Whipple at [ewhipple@wma.us](mailto:ewhipple@wma.us).