



Swim Questionnaire

Pick the below that best describes your comfort level in the water:

- I am terrified
- I am comfortably, uncomfortable
- I am comfortable
- I love the water

Pick the below that best describes your swimming experience:

- I've never learned to swim as an adult or a child
- I learned to swim on my own as an adult recreationally
- I learned to swim on my own as a child recreationally
- I have participated in an organized swim lesson program
- I have participated in the following organized competitive swimming programs
 - Leisure or summer leagues
 - Club/ US Swimming league
 - High School Swim Program
 - Post High School Swim Program

For the Rec-Plex Tri, my largest concern is:

- I want to be able to swim the distance
- I want to swim the distance without stopping
- I want to swim the distance and earn time
- I want to dominate the pool!