

Centennial Beach - Swimming Lesson Placement Guidelines

Guppies – For ALL 4 year olds (must be 4 by Aug 31st). Age based placement regardless of a child's swimming skills.

The purpose of this level is to promote socialization among peers, comfort in the water within a group setting, encourage water exploration and review important water safety rules.

Minnows – For ALL 5 year olds (must be 5 by Aug 31st). Age based placement regardless of a child's swimming skills.

The purpose of this level is to promote socialization among peers, comfort in the water within a group setting, encourage water exploration and review important water safety rules. Based in the abilities of those enrolled our instructors may introduce some of the Beginner 1- Key Skills/Learning Objectives.

Placement in the levels below is subject to each child's current swimming skills. Furthermore, in order to enroll in any of the levels listed below, at a minimum, children must be entering 1st grade (in September of the school year ahead).

Note: Instructors, at their own discretion, may move participants to a different level, if openings are available to ensure participants the greatest opportunity for success.

HOW TO USE THE INFO BELOW (Key Skills/Learning Objectives for each Swim Level)...

Please read through the key skills/learning objectives shown for each level. If your child can complete all of the skills (as described) for a particular level, then you may register him/her for the next level shown. *For example, if your child can complete all the key skill/learning objectives listed under Advanced Beginner, then you should place you child into Intermediate.* Please contact Hudson Recreation at 978-568-9642 with questions.

Beginner 1

Unassisted water entries in waist deep water

Completely submerge head including mouth, nose, and eyes

Float on back – with minimal assistance

Float on front – with minimal assistance

Pick up object underwater, while placing face in water

Demonstrate proper skills related to Rhythmic Breathing (face in water, proper head rotation with timed breathing)

Demonstrate basic skills related to Front Crawl Stroke

Beginner 2

Unassisted water entries in chest deep water

Float on front - unassisted

Float on back - unassisted

Pick up object underwater, while submerging entire body under water

Demonstrates proper skills related to Front Crawl Stroke (rhythmic breathing, body position, kick & arm movements)

Demonstrates basic skills related to Back Crawl Stroke

Advanced Beginner

Unassisted water entries in deep water

Unsupported Float & Roll-Over (front to back, back to front)

Performs Front & Back Glide

Proficient in Front Crawl Stroke

Demonstrates proper skills related to Back Crawl Stroke (body position, kick & arm movements)

Demonstrates basic skills related to treading water (using arm and leg motions)

Demonstrates basic skills related to Elementary Back Stroke

Demonstrates basic skills related to Scissor Kick

Demonstrates basic skills related to Side Stroke

Intermediate

Jumps into deep water unsupported

*Dives from kneeling or standing position

Performs Survival Float (5 minutes)

Performs Treading water (5 minutes)

Proficient in Front Crawl Stroke

Proficient in Back Crawl Stroke

Demonstrates proper skills related to Elementary Back Stroke (body position, kick & arm movements)

Demonstrates proper skills related to Side Stroke (body position, kick & arm movements)

Demonstrates basic skills related to Breast Stroke

Advanced Intermediate

*Demonstrates proper skills related to Diving from a standing position

Performs Survival Float (8 minutes)

Performs Treading water (8 minutes)

Performs Underwater Swimming (3 body lengths)

Proficient in Front Crawl Stroke

Proficient in Back Crawl Stroke

Proficient in Side Stroke

Proficient in Elementary Back Stroke

Demonstrates proper skills related to Breast Stroke (breathing, body position, kick & arm movements)

Demonstrates basic skills related Butterfly Dolphin Kick

Demonstrates basic skills related to Surface Dives (feet first, pike, tuck)

Retrieves diving brick (4ft depth)

Swimmer

*Dives from a standing position

Performs Survival Float (10 minutes)

Performs Treading water using 2 alternate kicks (10 minutes)

Performs Underwater Swimming (5 body lengths)

Proficient in Front Crawl Stroke

Proficient in Back Crawl Stroke

Proficient in Side Stroke

Proficient in Elementary Back Stroke

Proficient in Breast Stroke

Demonstrates basic skills related to Butterfly Stroke

Performs Surface Dives (feet first, pike, tuck)

Retrieves diving brick (deep water - 8ft depth)

Swims for 250 yards

Advanced Swimmer

*Dives from a standing position

Demonstrates survival techniques in water

Performs Treading water using 2 alternate kicks (15 minutes)

Performs Underwater Swimming (7 body lengths)

Proficient in Front Crawl Stroke

Proficient in Back Crawl Stroke

Proficient in Side Stroke

Proficient in Elementary Back Stroke

Proficient in Breast Stroke

Demonstrates proper skills related to Butterfly Stroke (breathing, body position, kick & arm movements)

Performs surface dives and successfully retrieve diving brick

Swims for 500 yards