

Swim Station Assessment

Each station is designed to encourage the best skill development for your child in a safe and fun environment. Your child should be able to consistently perform each skill listed per station, without assistance. If you are not sure of the correct placement, instructors suggest you register for the station below the one you're questioning. Instructors may move your child up after week one. If you have questions, please contact Mason Community Center at 513.229.8555.

Children are ready for **Station 1** if they...

- Turn 3 years of age before the first class
- Are unsure of being in or around water
- Will not put their head under the water

Children are ready for **Station 2** if they can...

- Easily move through the water
- Hold their breath while under water
- Open their eyes underwater
- Blow bubbles
- Demonstrate basic kicking skills

Children are ready for **Station 3** if they can...

- Float on their back
- Float on their belly with their face in the water
- Push off the wall and glide across the water on their back
- Push off the wall and glide across the water on their belly

Children are ready for **Station 4** if they can...

- Kick on their belly with their face in the water
- Kick on their back without sinking underwater
- Push off the wall and glide across the water on their side
- Demonstrate basic freestyle swimming skills

Children are ready for **Station 5/6** if they can...

- Rollover in the water- front to back, back to front
- Demonstrate freestyle with the proper arm stroke and kick
- Kick while on their side
- Somersault forward and backward
- Demonstrate finning and sculling

Children are ready for **Station 7/8** if they can...

- Demonstrate freestyle with proper breath techniques
- Demonstrate backstroke with proper techniques
- Tread water
- Jump in to water over their head then tread water
- Perform a sitting dive
- Perform a kneeling dive
- Perform a standing dive

Children are ready for **Station 9/10** if they can...

- Demonstrate breaststroke kick with proper technique
- Demonstrate synchronizing arm and leg movements for breaststroke
- Demonstrate butterfly stroke with proper technique
- Demonstrate freestyle with bilateral breathing
- Demonstrate turns with proper technique

