

Placement form for City of Cedar Hill Learn to Swim Program

Directions:

- Determine if your child can do all the skills in each category.
- Find the last category in which your child can perform ALL skills, and look at the next level recommended. This will be the level in which your child should be placed.
- This is just a general guideline. Aquatic staff may move your child up or down depending on class availability
- If you have questions regarding placement, please call Paul Macias at (972) 291-5100 ext 1520

Waterbabies Evaluation (6 months-3 years of age)

Begin Here:

My child: _____ Is afraid of the water
_____ Has never been in swimming lessons

If **ANY/ALL** of the above are marked, put him/her in: **Waterbabies**

Preschool Evaluation (3 - 5 years of age)

Begin Here:

My child: _____ Has never been in swimming lessons
_____ Is afraid of the water
_____ Cannot put his/her face in the water

If **ANY/ALL** of the above are marked, put him/her in: **Beginning Preschool**

My Child: _____ Is comfortable in the water
_____ Can fully submerge face
_____ With support can float on front with face fully submerged for 5 seconds
_____ With support can float on back with ears in the water for 5 seconds

If **ALL** of the above are marked, put him/her in: **Intermediate Preschool**

My Child: _____ Is able to submerge face on front float for 10 seconds
_____ Is able to submerge ears on back float for 10 seconds
_____ Is able to perform the front crawl, 5 yards, beginning s pull
_____ Is able to perform the back crawl, 5 yards, beginning s pull
_____ Is comfortable in chest deep water
_____ Is able to perform breaststroke kick on back 5 yards

If **ALL** of the above are marked, put him/her in: **Advanced Preschool**

Youth Evaluation (6 - 12 years of age)

Begin Here:

My Child: _____ Has never been in swimming lessons
_____ Is afraid of the water
_____ Cannot put his/her face in the water

If **ANY/ALL** of the above are marked, put him/her in: **Level 1**

My Child: _____ Is comfortable in the water
_____ With support can float on front with face fully submerged for 5 seconds
_____ With support can float on back with ears in the water for 5 seconds
_____ With support can front glide 5 yards
_____ With support can back glide 5 yards

If **ALL** of the above are marked, put him/her in: **Level 2**

- My Child:** _____ Is able to submerge face on front float for 10 seconds
_____ Is able to submerge ears on back float for 10 seconds
_____ Is able to perform front crawl 20 yards, beginning s pull
_____ Is able to perform back crawl 20 yards, beginning s pull
_____ Is comfortable chest deep water
_____ Is able to perform breaststroke kick on back 15 yards

If **ALL** of the above are marked, put him/her in: **Level 3**

- My Child:** _____ Is able to perform front crawl 25 yards with rotary breathing
_____ Is able to perform back crawl 25 yards with s pull
_____ Is able to perform elementary backstroke 25 yards
_____ Is able to perform breaststroke 10 yards
_____ Is comfortable in the deep water
_____ Is comfortable with diving
_____ Is able to perform the scissor kick 15 yards
_____ Is able to perform dolphin kick 15 yards

If **ALL** of the above are marked, put him/her in: **Level 4**

- My child:** _____ Is able to perform front crawl with rotary breathing 25 yards
_____ Is able to perform back crawl 25 yards
_____ Is able to perform breaststroke 15 yards
_____ Is able to perform butterfly 15 yards (timing should be good)
_____ Is comfortable in the deep end
_____ Is comfortable with diving from the side of the pool
_____ Is interested in joining a swim team

If **ALL** of the above are marked, put him/her in: **Youth Aquatic Conditioning**

- My Child:** _____ Is able to perform front crawl with rotary breathing 25 yards
_____ Is able to perform back crawl 25 yards
_____ Is able to perform elementary backstroke 25 yards
_____ Is able to perform breaststroke 15 yards
_____ Is able to perform butterfly 15 yards (timing should be good)
_____ Is able to perform sidestroke 15 with coordinated timing/correct scissor kick
_____ Is comfortable in the deep end
_____ Is comfortable with diving from the side of the pool

If **ALL** of the above are marked, put him/her in: **Level 5**

- My Child:** _____ Is able to perform front crawl (nonstop) 50 yards
_____ Is able to perform back crawl (nonstop) 50 yards
_____ Is able to perform elementary backstroke (nonstop) 25 yards
_____ Is able to perform breaststroke 25 yards
_____ Is able to perform sidestroke (nonstop) 25 yards
_____ Is able to perform butterfly (nonstop) 15 yards
_____ Is comfortable in the deep water
_____ Is comfortable with diving from the side of the pool

If **ALL** of the above are marked, put him/her in: **Level 6**