Mendon Town Beach - Swim Lesson Program

Swim Level Times:

Levels 3 & 5 are from 9am-9:45am
Levels 2 & 4 are from 10am-10:45am
Levels 1 & 6 are from 11am-11:45am

- All lessons are **45 minutes** in length.
- Lessons run Monday through Thursday.
- Friday used as a make-up day if lessons are cancelled due to inclement weather.
- Lessons will only be cancelled due to severe weather (pouring rain, thunder, etc).
- The decision to cancel and reschedule for the Friday make-up day will be made by 8am.
- Cancelations will be sent by email to the address listed on the registration form unless you make alternate arrangements.
- If your child is sick or unable to attend lessons, there are NO REFUNDS.
- Make-up days in other sessions may be allowed at the discretion of the Beach Director.
- Payments are due ONE WEEK PRIOR to the start of lessons to ensure a spot will be held.
- All payments are non-refundable.

Session Prices and Dates – See Registration Form

Level 1 Minimum Requirements

Minimum age – 5 years old.

The child must be capable of following the instructor's directions and the child must be able to enter the water independently

For more info please contact us:

Email: parkcomm@mendonma.gov
Parks Office: 508-473-0600
Mendon Town Beach: 508-473-1771

Level 1: Water Exploration

Purpose: To help students feel comfortable in the water and to enjoy water safely.

Topics Covered:

- Understand the basic water safety rules
- Know the fundamentals of using a life jacket
- Know how to get help
- Enter and exit water independently
- Fully submerge face for 3 seconds
- Blow bubbles
- Bounce in chest-deep water (bob) to chin level 10 times
- Walk 5 yards in chest-deep water, maintaining balance
- Float, while supported, on front & back
- Kick, while supported, on front & back
- Practice basic alternating arm action

Final Assessment:

1. Enter independently, using either the ladder, steps, or side, travel at least 5 yards, bob 3 times then safely exit the water. (Participants can walk or "swim.")
2. Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position. (This part of the assessment can be performed with support.)

Level 2: Fundamental Aquatic Skills

Purpose: Expand on fundamental aquatic locomotion and safety skills.

Topics Covered:

- Enter the water by jumping into shoulder deep water (shallow docks)
- Hold breath and fully submerge head for 5 seconds
- Explore deep water, with floatation support
- Submerge to retrieve object in chest-deep water
- Float or glide on front, unsupported, for 5 seconds
- Float or glide on back, unsupported, for 15 seconds
- Perform flutter kick on front & back (support optional)
- Turn over from front to back and back to front
- Float on back while finning with hands
- Practice back crawl arm action
- Perform combined (kick & arms) stroke front, 5 yards
- Perform combined (kick & arms) stroke back, 5 yards)
- Review water safety topics

Final Assessment:

1. Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position.
2. Move into a back float for 5 seconds, roll to front then recover to a vertical position.
3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front then continue swimming for 5 body lengths. (You can assist the participant when taking a breath.)

Level 3: Stroke Development

Purpose: Increase swimming skill competency by building on skills from Level 2.

Topics Covered:

- Enter water by jumping into deep water
- Practice entering water headfirst (in water at least 9 ft deep)
- Bob in water slightly over head to travel to safe area
- Perform 15 bobs in chest-deep water
- Do Front Crawl, 15 yards
- Do back crawl, 10 yards
- Do elementary backstroke kick, 15 yards
- Tread water for 30 seconds
- Reverse direction while swimming on back
- Coordinate arm stroke for front crawl while breathing to the front or side, 10 yards
- Perform front glide with push-off, 2 body lengths
- Perform back glide with push-off, 2 body lengths
- Reverse direction while swimming on front

Final Assessment:

1. Jump into deep water from the dock, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.

Level 4: Stroke Improvement

Purpose: Develop confidence and competency in strokes and improve skills learned; introduce breaststroke and sidestroke.

- Both Headfirst and feet first diving off of the far dock (at least 9 ft. of water)
- Swim underwater 3-5 body lengths
- Practice deep water bobbing
- Experiment with buoyancy and floating position
- Practice treading water with a modified scissors, modified breaststroke and/or rotary kicks (2 minutes)
- Front crawl, 25 yards with rotary breathing
- Back crawl, 15 yards
- Elementary backstroke, 25 yards
- Sidestroke 15 yards
- Breaststroke, 15 yards
- Butterfly 15 yards

Final Assessment:

1. Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.
2. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.

Level 5: Stroke Refinement

Purpose: Continue stroke refinement; introduce butterfly

- Shallow angle dive, glide 2 body lengths and begin any stroke
- Surface dives
- Continue refinement of front crawl, back crawl, elementary backstroke, breaststroke and sidestroke
- Swim under water 3 body lengths
- Tread water 2 minutes with 2 different kicks
- Perform the following:
- Front crawl, 50 yards
- Elementary Backstroke, 50 yards
- Back crawl, 25 yards
- Sidestroke, 25 yards
- Breaststroke, 25 yards
- Butterfly, 25 yards

Final Assessment:

1. Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards.
2. Swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards.

Level 6: Swimming and Skill Proficiency

Purpose: Develop maximum efficiency and endurance for strokes.

- Front Crawl, 100 yards
- Back Crawl, 50 yards
- Elementary Backstroke, 100 yards
- Breaststroke, 50 yards
- Sidestroke, 50 yards
- Butterfly, 50 yards
- Turns while swimming
- Surface Dives and retrieving objects 7-10 feet deep
- Back float, 5 minutes
- Tread water for 3 minutes, 1 minute without hands, 2 minutes with hands

Final Assessment:

1. Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke.
2. Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.
3. Perform a feet first surface dive, retrieve an object from the bottom of the pool at a depth of 7–10 feet, return to surface and return to starting point..