

# STARFISH SWIM SCHOOL

## Beginner Levels

*\*The levels are ability based. We mainly concentrate on the safety and swim benchmark for each level. \**

We group in ages:

**(3-5, 6-8,9-12, sometimes (6-12), and Adults 13+)**



LEVELS	WHITE	RED
5 CORE COMPETENCIES	Trust & Submersion	Body Position & Air Recovery
SAFETY SKILL BENCHMARKS	Always ask permission before getting in the water	Put on a lifejacket, float on back, kick.
SWIM SKILL BENCHMARKS	Jump in and come back up to the surface.	Jump in, submerge, recover for air, roll on back.

*Does the Swimmer have difficulty with?*

- Putting their face in the water
- Getting their head wet
- Getting their ears wet
- Being horizontal in the water
- Breath holding under water
- Pulling themselves out of the water

## Advanced Levels- Swimmer can swim independently



LEVELS	YELLOW	BLUE	GREEN
5 CORE COMPETENCIES	Forward Movement & Direction Change	Rotary Movement	Integrated Movement
SAFETY SKILL BENCHMARKS	Reach or Throw (Don't Go) and know how to call emergency services (911)	Tread water for 15 seconds.	Survival float and tread water.
SWIM SKILL BENCHMARKS	Jump in, submerge, recover for air, forward movement	Jump in, submerge, recover to slide glide position.	Start in slide glide, swim freestyle.

# STARFISH STROKE SCHOOL - Students refine freestyle and learn stroke techniques for backstroke, breast stroke, butterfly etc.

*\*Swimmers must be able to perform all levels of Swim School independently and consistently in order to be qualified for Stroke School. \**

## Beginner



LEVELS	WHITE	RED
5 CORE COMPETENCIES	Freestyle.	Backstroke.
SAFETY SKILL BENCHMARKS	Always ask permission before getting in the water.	Put on a lifejacket in water ,kick
SWIM SKILL BENCHMARKS	Swim freestyle	Swim backstroke with straight arm recovery, body roll, good arm and body extension.

## Advanced

LEVELS	YELLOW	BLUE	GREEN
5 CORE COMPETENCIES	Butterfly	Breaststroke	Endurance
SAFETY SKILL BENCHMARKS	Use flotation to reach or throw to assist a swimmer. and know when and know how to call 911.	Discuss the Starfish safety concepts.	Tread water or survival float for 2 minutes.
SWIM SKILL BENCHMARKS	Swim 4 strokes butterfly with only one breath, then remainder of pool length freestyle.	Swim breaststroke with good timing and extension.	Swim 50 yards Freestyle, breaststroke, and Backstroke Swim 25 yards, Butterfly. Flips Turns with Free and Back and open turns for Fly and Breast.

