

Starfish Swimming Lesson Levels

STAR TOTS – AGES 3 TO 5 YEARS (Similar to ARC Pre Level)

Learning focus – Developing trust in the water, as well as incorporating safety skills in and around the water. Being comfortable and relaxed in various body positions in the water. Submersion (with or without assistance), air recovery after submersion, rolling from front to back, and basic movements in the water. Forward movement with or without floatation.

STARFISH SWIM SCHOOL – 4 YEARS AND OLDER

White/Red/Yellow Level – Child is learning the basics of being comfortable in the water with and without assistance. Child may be able to submerge and float without support at this level.

Learning Focus – Developing comfort in the water. Submersion, air recovery, floating, body glides, rolling from front to back and vice versa, and basic forward movements in the water with and without support. (Similar to Level 1)

Blue/Green Level – Child can swim under the water or on the surface **without support**, including air recovery while swimming without support.

Learning Focus – Treading water, survival float, rotary movement in glide positions, rotary movement and breathing with arm pulls on front and back. (Similar to ARC Level 2)

STARFISH STROKE SCHOOL – 6 YEARS AND OLDER

White/Red Level – Child has passed Swim School Green Level and can swim unassisted for 30 feet.

Learning Focus – Stroke refinement for Freestyle and Backstroke with correct rotary movement and breathing. (Similar to ARC Levels 3 & 4)

Yellow/Blue Level – Child has passed Starfish Stroke School White/Red level and can swim freestyle and backstroke correctly for 30 feet each.

Learning Focus – Stroke refinement for Butterfly and Breaststroke with correct arm and leg coordination. (Similar to ARC Levels 4 & 5)