



Starfish Aquatic Lesson Descriptions

Star Babies & Tots (6 - 36 months old)

The purpose of this course is to help very young children develop a high level of comfort in the water while also training parents and caregivers in water safety and drowning prevention. This course does not teach children to become accomplished swimmers or to survive in the water; it does provide confidence-building, fun, and loving experiences.

3-5 and 6+ Years Old - Beginner: White/Red

Stage White: Trust and Comfort

Focus: Building swimmer's confidence to safely be in the water. Ideal for children who are brand new to swimming.

Passing Skill: assisted submerged, come up to breathe, go into back float

Stage Red: Body Position and Recovery

Focus: Building streamline form and beginning early freestyle and backstroke skills. Best for students comfortable in the water and ready to learn to swim independently.

Passing Skill: jump in, recover for air, swim to wall and climb out

3-5 years old – Intermediate: Yellow/Blue/Green

Stage Yellow: Forward Movement

Focus: Being able to swim independently with freestyle and backstroke swimming. Best for swimmers ready to swim without assistance

Passing Skill: Swim 3 yards front crawl using swim-roll swim pattern, backstroke 5 yards with thumb out-pinky in arm technique

Stage Blue: Body Rotation

Focus: Building swimmers body position to ensure consistent breathing with movement. Best for swimmers ready to build endurance and swim longer distances.

Passing Skill: swim 5 yards front crawl, rolling to side to breathe, backstroke 10 yards with elbows next to head on arm pull

Stage Green: Stroke Development/Putting it All Together

Focus: Putting all skills together to swim consistently in freestyle and backstroke.

Passing Skill: swim freestyle with bilateral breathing, 10 yards, swim backstroke 10 yards

6+ years old – Intermediate: Yellow/Blue

Stage Yellow: Forward Movement

Focus: Being able to move independently in the water. Best for swimmers ready to swim without assistance

Passing Skill: Swim 5 yards front crawl using swim-roll swim pattern, backstroke 5 yards with thumb out-pinky in arm technique

Stage Blue: Body Rotation

Focus: Building swimmers body position to ensure consistent breathing with movement. Best for swimmers ready to build endurance and swim longer distances.

Passing Skill: swim 10 yards front crawl, rolling to side to breathe, backstroke 10 yards with elbows next to

head on arm pull

6+ years old – Advanced: Green

Stage Green: Stroke Development/Putting it All Together

Focus: Putting all skills together to swim consistently in freestyle with bilateral breathing and backstroke.

Best for swimmers comfortable in deep water and ready

Swim Skill: swim freestyle with bilateral breathing, 15 yards, swim backstroke 15 yards.

Stroke School (6+ years old)

Focus: Continued refinement of Freestyle/Backstroke along with learning and developing breaststroke and butterfly swimming. Students will learn how to increase their endurance and swim longer distances.

Passing Skill: Swim 25 yards of Freestyle, Backstroke, Breaststroke, and Butterfly each.

Penguin Club: (6+ years old)

Goals: Have fun while learning to swim better in a pre-competitive setting. Ideal for swimmers looking to build up their fitness, endurance and fine tune their swimming skills.

Swim Level: Must pass Stroke School level. Test in option available, call/email the Canby Swim Center for details.

Adult Lessons – Beginner & Intermediate (15+ years old)

Beginner Level: Class is 1 day per week for 30 minutes. An instructor is in the water to support skill development. Class is for adults who are new to or uncomfortable in the water.

Intermediate Level: Class is 1 day per week for 30 minutes. An instructor is in the water to support skill development. Classes for adults who know how to swim but need to work on techniques, such as breathing, balance, and form.

What to bring: A positive attitude, a swimsuit and towel, goggles (optional but a good idea), and a desire to learn more about swimming.

