



Winter Swim Lessons

November 16, 2021 - February 10, 2022

Swim Age Groups

StarBabies & Tots 6 months - 3 years old
 Preschool 3 - 5 years old
 School Age 6+ years old

Color Levels

White/Red/Yellow/Blue/Green
 Stroke School



Levels - Please check lesson levels with pool staff before registration. Accommodations to switch levels will be made **ONLY** when space allows. Link to lesson information is located on the City website or contact swim center directly.

Waitlists - We encourage you to add your child's name to the waitlists if you find your class offering is full. If a spot should open, we will call students in the order listed to fill the class. If we are unable to contact someone, we move onto the next person on the waitlist.

Star Babies & Tots (6 to 36 months old) will be taught again in Spring.
New Family Swims on Tuesday and Thursday, at 10:00-11:30am.

Adult/Senior Swim

Monday-Friday
 7:00-9:00am

Family Swims

Tuesday/Thursday
 10:00-11:30am

Public Swims

Monday/
 Wednesday
 7:00-8:00pm and
 Saturday
 12:00-4:00pm

Additional Public Swims

Non-School Days
1:00 - 3:00pm
 Nov. 24 & 29
 Dec. 20-22 & 27-31
 Jan. 3 & 28

Canby Swim Center
 Phone: 503-266-2761
 1150 S Ivy Street
 Canby, Oregon 97013

EVENING LESSONS Tuesday & Thursday

7:00pm and 7:30pm (30-min lessons)

****Registration Begins On November 3, Wednesday, at NOON****

Session 1 Tuesday/Thursday Nov. 16, 18, 30, Dec. 2, 7, 9, 14, 16 8 evenings / 4 weeks <i>NO CLASSES THANKSGIVING WEEK Nov. 23 & 25</i>	\$32 INSIDE \$48 OUT of City Limits
Session 2 Tuesday/Thursday Jan. 4, 6, 11, 13, 18, 20 6 evenings / 3 weeks	\$24 INSIDE \$36 OUT of City Limits
Session 3 Tuesday/Thursday Jan. 25, 27, Feb. 1, 3, 8, 10 6 evenings / 3 weeks	\$24 INSIDE \$36 OUT of City Limits

7:00 - 7:30pm	White/Red/Yellow/Blue/Green 3-5 years old	Stroke School 6+ years old (must have passed Green level)
7:30 - 8:00pm	White/Red/Yellow 6+ years old	Blue/Green 6+ years old (must have passed Green level)



Starfish Aquatic Lesson Descriptions

Starfish Aquatics is a development program based on ages and skills. Each level has progression colors ranging from stage White, Red, Yellow, Blue, and Green.

Star Babies & Tots (6 to 36 months old)

The purpose of this course is to foster in very young children a high comfort level in the water while at the same time 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 a confidence building, fun, and loving experience.

Swim School: White/Red/Yellow (3 – 5 years old) or (6+ years old)

Stage White: Trust and Submersion

Swim Skill: Always ask permission before getting in the water. Assisted submersion, relaxed, 5 seconds and then come up to breathe.

Stage Red: Body Position and Air Recovery

Swim Skill: Jump in, submerge, recover for air, and roll on back for 5 seconds in swimwear and in regular clothes.

Stage Yellow: Submersion

Swim Skill: Jump in, submerge, recover for air, forward movement 10 feet, change direction, and return to wall in swimwear and in regular clothes.



Swim School: Blue/Green (3 – 5 years old) or (6+ years old)

Stage Blue: Body Rotation

Swim Skill: Tread water 15 seconds. Jump in, submerge, recover to side glide position and kick 10 feet.

Stage Green: Integrated Movement

Swim Skill: Survival float and tread water for 30 seconds. Start in side glide, swim freestyle 30 feet with 1-2-3 breathe pattern.

Stroke School (6+ years old)

Students refine freestyle and learn stroke technique for backstroke, butterfly, breaststroke, and more! Swim freestyle 30 feet with body stretched out and consistent form; swim 30 feet of triple-switch backstroke. Swim 30 feet backstroke with straight arm recovery, body roll, good arm and body extension; perform arm down pulsing for 15 feet. Swim 4 strokes butterfly with only one breath, then remainder of pool freestyle. Swim 30 feet breaststroke with good timing and extension. Swim freestyle 50 yards; swim backstroke 50 yards; swim 25 yards butterfly; swim 50 yards breaststroke; perform freestyle and backstroke flip turns and butterfly and breaststroke open turns.

Penguins Club- Having fun while learning to swim better. Children who can swim 25 yards freestyle and backstroke. This is typically taught during Spring and Summer Sessions.

Gator Swim Club- Swimmers in pursuit of athlete centered, competitive swim team in a safe and supportive environment. More information? Contact Coach Nathan Templeman 503-502-0047 or gator.coach.nathan@gmail.com

Question still? Come on by or give us a call.

1150 S. Ivy Street, Canby, Oregon 97013 - (503) 266-2761

