



# Starfish Aquatic Lesson Descriptions

## 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.

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## Swim School: White/Red/Yellow (3 – 5 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.

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## Swim School: Blue/Green (3 – 5 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.

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## Swim School: White/Red/Yellow (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.

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## Swim School: Blue/Green (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.

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## 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.



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

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

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.

**StarBabies™ and StarTots™**

**Ages 6 months - 3yrs**

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. Swimmers will progress through all the colors as they gain confidence and mobility through the water.

**Starfish Swim School®**

**Ages 3-5yrs & 6yr-older**

Students work toward development of the five core swimming competencies and receive color stage awards for each achievement. The color stages are used to divide students into broad ability groups. Children progress at individual rates with the opportunity to learn the core swimming skills and progress to advanced strokes. Learning is self-paced but challenging.

**Starfish Stroke School™**

**Based on swimming ability**

Students refine freestyle and learn stroke technique for backstroke, butterfly, breaststroke, and more!



**Public Swims**

We encourage you to bring the family in to play around in the water and practice swimming skills.

**Penguin Club**

is offered typically in Spring & Summer.

**GATOR Club** is a great lead if you are looking for a team and coaches to a complete level.

<u>Previous</u> Level Names	<u>New</u> Level Names	<u>Options</u> To Learn & Improve
<b>Ages 6 - 36 months</b>		
Parent and Child	Star Babies & Tots (6-36 months)	daytime & evening sessions
<b>Ages 3 - 5 years old</b>		
A/B C/D	Swim School (3-5YO) <b>White/Red/Yellow</b> Swim School (3-5YO) <b>Blue/Green</b>	daytime & evening sessions
<b>Ages 6 years and older</b>		
1/2 3/4 5+	Swim School (6+YO) <b>White/Red/Yellow</b> Swim School (6+YO) <b>Blue/Green</b> Stroke School (6+YO)	daytime & evening sessions
Penguins Club- Having fun while learning to swim better. Children who can swim 25 yards freestyle and backstroke.		Typically offered Spring & Summer session. Watch for more information
Gator Swim Club- Swimmers in pursuit of athlete centered, competitive swim team in a safe and supportive environment.		year round www.CanbyGators.com

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You must have an active.net account to sign-up. You may do this in advance at <https://apm.activecommunities.com/canbyswimcenter/> or we can help you over the phone.

