

Starfish Aquatic Lesson Descriptions

Star Babies & Tots (6 - 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 and 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 and 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.

Penguin Club: (6+ years old)

Goals: Have fun while learning to swim better. Learn water safety and beginning rescues. Get in better shape. Play some water games.

What to bring: A positive attitude. A swimming suit and towel. Goggles are optional, but a good idea. A want to learn more about swimming.

Swim Level: Children who can swim 25 yards freestyle with side breathing and backstroke and passing Stroke School level. If you need a swim evaluation, contact the pool staff.



Canby Swim Center

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CanbyOregon.gov/Swim