

# STARFISH SWIM SCHOOL

LEVELS	WHITE	RED	YELLOW	BLUE	GREEN
<b>5 CORE COMPETENCIES</b>	Trust & Submersion	Body Position & Air Recovery	Forward Movement & Direction Change	Rotary Movement	Integrated Movement
<b>SAFETY SKILL BENCHMARKS</b>	Always ask permission before getting in the water.	Put on a lifejacket Float on back Kick 20 feet.	Reach or Throw Know how to call 911.	Tread water 15 seconds.	Survival float Tread water 30 seconds.
<b>SWIM SKILL BENCHMARKS</b>	Assisted submersion Relax under water 5 seconds or long enough for instructor to say "Starfish, Starfish, Starfish" and then come up to breathe.	Jump in Submerge Recover for air Roll on back (kicking and finning) for 5 seconds or long enough for instructor to say "Starfish, Starfish, Starfish".	Jump in Submerge Recover for air Forward movement (on the front or back) 10 feet Change direction and return to wall.	Jump in Submerge Recover to side glide position Kick 10 feet.	Start in side glide Swim freestyle 30 ft 1-2-3 breathe pattern.



# STARFISH STROKE SCHOOL



LEVELS	WHITE	RED	YELLOW	BLUE	GREEN
<b>5 CORE COMPETENCIES</b>	Freestyle. Introduction to backstroke	Backstroke. Introduction to butterfly	Butterfly	Breaststroke	Endurance
<b>SAFETY SKILL BENCHMARKS</b>	Always ask permission before getting in the water.	Put on a lifejacket in water Kick 30 feet.	Use flotation to reach or throw to assist a swimmer. Know how to call 911.	Discuss the Starfish safety concepts.	Tread water or survival float for 2 minutes.
<b>SWIM SKILL BENCHMARKS</b>	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 fifteen 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 with rolling body motion, high elbow recovery and body stretch. Swim backstroke 50 yards with rolling body motion, straight arm recovery, and body stretch. Swim 25 yards butterfly with dolphin body motion, straight arm recovery and body stretch. Swim 50 yards breaststroke with proper timing and body stretch. Perform freestyle and backstroke flip turns and butterfly and breaststroke open turns.

