

STARFISH AQUATICS SWIM LESSON CERTIFIED ORGANIZATION!

The Town of Waterbury is now a proud provider of Starfish Swimming Lessons, a nationally certified swim instruction curriculum! Starfish Swimming curriculum is designed for students ages 6 months to adult and benchmarks are established at each stage of the program that include swimming AND safety skills.

AGE 6 MONTHS – 3 YEARS OLD:

StarBabies & Tots – *The purpose of this course is to develop a high comfort level in the water with young children, and an accompanying adult. This course does not teach children to become accomplished swimmers or to survive in the water; it provides an entry-level confidence-building, fun, and supportive experience.*

AGE 3 – 5 YEARS OLD:

Pre-K White/Red – *Primary water skills in this level are submerging and floating on front and back.*

Pre-K Yellow/Blue – *Primary water skills in this level are moving and changing direction in the water and treading water.*

Designed to meet the needs of children ages 3 – 5, the course will develop a high-comfort level in the water and a readiness to swim. For swimmers who are developmentally ready, it will teach functional swim skills. This class approaches teaching swimming through creative, fun water activities, while working towards developing core competencies while achieving benchmarks at their own pace in a small-group setting.

AGE 5 - 12 YEARS OLD:

Youth Red – *This level is best suited for participants who may or may not be comfortable submerging face and cannot yet float relaxed on the front and back without support.*

Youth Yellow – *This level is best suited for participants who are comfortable entering the water and floating on front and back, but cannot yet swim extended distances (10+ft) and change direction in the water.*

Youth Blue – *This level is best suited for participants who can comfortably swim and change directions (10+ft) in the water, but cannot yet tread for extended periods (15+ sec).*

Youth Green – *This level is best suited for participants who can comfortably swim and change directions in the water, and can tread water for 15+ sec, but cannot yet swim basic freestyle stroke with rotary breathing for 25+ yds. **This level includes our water competency (deep water) test.***