



# Welcome to the Starfish Swim School®!



## A few reminders:

- Please be on time - students will not be able to participate once class has started.
- It is very important that all children are ready to get in the water at their start time!
- All children must have on a bathing suit. *Goggles* are highly recommended.
- Don't forget your towel!
- Please check your child in for every class at the front desk. There will be a lessons sign-in sheet. Please place a check next to your child's name.
- We ask that all parents please stay seated under the shade screen or in the designated chairs.
- After swim lessons, please change your children in the locker rooms if necessary. Changing on the pool deck is not allowed.
- If you have to miss a lesson, please notify the pool. **No make-ups will be given;** however, we do wish to know when children will be absent.
- ALL CHILDREN AND PARENTS/GUARDIANS MUST EXIT THE POOL AFTER LESSONS ARE OVER. Pool staff will clear the deck and shower rooms after each class. The lessons payment does not include swimming before or after lessons. Daily admission must be paid for anyone who is recreationally swimming.
- If you have any questions or concerns, at any time, please feel free to speak to the Head Lifeguard on duty or the Program Director, Dawn Norman at 928.203.5077.

**WE LOOK FORWARD TO WORKING WITH YOU AND YOUR CHILDREN!**

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# Starfish Swim School®

The Starfish Swim School curriculum consists of five achievement levels. Each stage uses various lead-up skills to achieve both a safety skill and a swim skill benchmark.

<b>Stages</b>	<b>Safety Skill Benchmarks</b>	<b>Swim Skill Benchmarks</b>
White	Always ask permission before getting in the water	Assisted submerge, relaxed, 5 seconds and then come up to breathe
Red	Put on a lifejacket, float on back, kick 20 feet	Jump in, submerge, recover for air, lay on back (kicking and finning ok) for 5 sec. (Performed in swimwear and in regular clothes)
Yellow	Reach or Throw (Don't Go) and know how to call emergency services (911).	Jump in, submerge, recover for air, forward movement 10 ft, change direction, return to wall (Performed in swimwear and in regular clothes)
Blue	Tread water 15 seconds	Jump in, submerge, recover to side glide position and kick 10 ft.
Green	Survival float and tread water for 30 seconds	Starting in side glide, swim freestyle 30 ft. with 1-2-3 breathe pattern

## Starfish Stroke School™

After completing all skills within the Starfish Swim School, swimmers will begin to refine freestyle and learn stroke technique for backstroke, breaststroke, butterfly, and more!

### Tracking progression:

The students will track achievement of skills in their personal record book. These books will be kept at the Sedona Community Pool during a swim lesson session and released to the parents at the end of the session. Parents are encouraged to read through the books and participate in the tracking of the child's progression. Instructors will meet with students at the end of every lesson to check off skills achieved. Students who continue in the Starfish Swim School are expected to bring their personal record books to every swim lesson session. It is very important that personal record books be stored in a safe place.

To purchase a new book will cost \$1.50.

### After lessons:

Students will learn faster if they participate on a consistent basis. Parents should take an active role in their child's aquatic experience. Parents must keep reinforcing skills learned. Practice is important. Practicing between lessons will only increase a child's confidence in the water.