

SWIM LESSONS



Winter Session

Mondays

***January 23rd-March 27th (No classes 2/20, 3/13)
(8 weeks)***

Lesson Time/Level

5:30-6:00 p.m. Manta Ray

6:05-6:35 p.m. Octopus

6:40-7:10 p.m. Dolphin

Saturdays

***January 21st-March 25th (No classes 1/28, 2/18, 3/11)
(8 weeks)***

Lesson Time/Level

9:30-10:00 a.m. Minnow

10:05-10:35 a.m. Sea Turtle

10:40-11:10 a.m. Gold Fish

11:15-11:45 a.m. Otter

Swim Lesson Registration

In Person Registration:

Tuesday, January 3rd, at 5:30 p.m.

Online Registration: Remaining spots will go online

Wednesday, January 4th, at 8:00 a.m.

Fees: CSCC Member: \$45 *per session* CSCC Non-member: \$59 *per session*

CSCC Swimming Lessons

The Central Square Community Center Starfish Swim School®

Starfish Aquatics Institute offers a swim program that is being used worldwide to cultivate an understanding of aquatic safety and skills that will last a lifetime. The skills learned by swimmers are a natural progression to developing key components of swimming stroke techniques. The core skill achievement stages and bench marks for swimmers are listed under Skill Level Descriptions. Please register your swimmer for the level closest to their swimming ability. On the first day of lessons, all children will be pre-tested to make sure they are in the correct skill level. Specific classes offered may change based on public demand.

Skill Level Descriptions

Jump in, submerge for 5 seconds
Submerge all the way and retrieve an object off the bottom of the pool

Jump in, submerge, come up and take a breath, roll on back and float for 5 seconds

Jump in, come up for air, kick and pull forward 10 feet on front and back, change direction and return to side, completely unassisted

Jump in, submerge for 5 seconds
Submerge all the way and retrieve an object off the bottom of the pool

Preschool Lessons (Ages 3-5)

Minnow ●

This level is to introduce new swimming and water safety skills to non-swimmers. Minnows will learn to safely enter and exit the water, bobbing, open eyes underwater to retrieve objects, front and back floats.

Sea Turtle ●●

Must be comfortable in the water and front glide with kick for 5 feet without assistance. This class is a continuation of skills that swimmers learned in our Minnow class. Each lesson will included engaging and challenging activities to continue to build on floating, glides and recoveries, roll from back to front and begin to tread water.

Youth Lessons (Ages 6 and older)

Gold Fish ●

This level is to make participants comfortable in the water. Gold Fish will be introduced to basic swimming skills to build a strong foundation. Some milestones in gold fish will be entering and exiting the water independently, traveling 5 yards, gliding 2 body lengths, bobbing, rolling from front to back independently.

Otter ●

This level will continue to build on skills and water safety learned in the previous level. The structure of the class will include fully submerging for underwater objects, bobbing, front and back floats, changing directions while swimming on front and back and the beginning stages of the freestyle and backstroke.

Manta Ray ●●

In this level stroke development will be emphasized as well as water skills in the deep end of the pool. Some of the milestones Manta Ray's requires will include jumping into the deep water, swimming under water, the freestyle and backstroke for 15 yards and treading water for 30 seconds.

Octopus ●

This level will continue to build and develop strokes and deep water skills learned in the previous level. Swimmers will learn head first entries into the deep end, continue building on stroke development and endurance and will be introduced to open turns on back and front.

Dolphin ●

In this class expectations for swimmers are higher in regard to distance, quality and endurance of strokes. Each class will have challenging activities and drills to build endurance and improve techniques.

How to Register

There are two options to choose from when registering. (Mail in registration is NOT accepted)

In Person registration is available at CSCC
Cash, check, VISA, MasterCard and Discover

Online registration available at www.southstpaul.org.
VISA, MasterCard and Discover are accepted.