

Starfish Swim School® at Central Square Community Center

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.

Swim Lesson Schedule

Saturdays

September 23rd-November 11th (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

Preschool Lessons (Ages 3-5)

Level 1 - Minnow

This level is to introduce new swimming and water safety skills to non-swimmers. Minnows will learn basic water safety rules, to become comfortable in the water, to safely enter and exit the water to get their head fully wet and to practice back and front floats with assistance.

Skill level description: With assistance jump in and fully submerge and rest in both a front float and a back float.

This is a 30 minute class.

Youth Lessons (Ages 6 and older)

Level 3 - Gold Fish

This level is to make students comfortable in the water. Goldfish will be introduced to basic swimming skills to build a strong foundation. Some milestones in Goldfish will be to independently glide in a stream line position, learn the Elementary Backstroke and learn kicks for freestyle and backstroke. **Skill level description:** Independently jump in, submerge, recover for air, kick in a streamline position for 10 yards using flutter kick, change direction and return to wall. *This is a 30 minute class.*

Level 4 - Otter

Otter is a continuation of learning to swim, with the incorporation of learning different strokes. Students will build off of skills learned in Goldfish. New skills learned will be treading water, introductions to freestyle and backstroke.

Skill level description: Swim freestyle for 30 feet incorporating appropriate breathing and tread water for 30 seconds.

This is a 30 minute class.

Online Registration:

Wednesday, August 31st - from 8:00 a.m.-5:00 p.m.

In Person Registration:

Wednesday, August 31st - from 5:30 p.m.-9:00 p.m.

Fees:

CSCC Member: \$45 *per session*

CSCC Non-member: \$59 *per session*

Level 2 - Sea Turtle

Students in Sea Turtle must be comfortable being fully submerged in water. This class is a continuation of the skills learned in Minnow. Each lesson will include engaging and challenging activities to help the student be able to float independently, grab an object from the bottom of pool (4 ft.), roll from a front float to a back float and with assistance, glide in a back and front streamline position.

Skill level description: Independently jump in and grab an object from the bottom of the pool and be able to float without assistance. *This is a 30 minute class.*

Level 5 - Manta Ray



In Manta Ray students will be introduced to an assortment of dives and will develop the skills needed to perform freestyle, backstroke and the introduction to breaststroke.

Skill level description: Complete a standing dive into deep water, swim 25 yards of freestyle, 25 yards of backstroke and 15 yards of breaststroke.

This is a 35 minute class.

Level 6 - Octopus

This level students will test their endurance of strokes taught in previous levels. Students will also begin to learn butterfly and how to use flip turns while swimming different strokes.

Skill level description: Tread water for two minutes, swim 50 yards of freestyle, backstroke, sidestroke and breaststroke. Perform four strokes of butterfly.

This is a 35 minute class.