



# Welcome to the Starfish Swim School®!



## A few reminders:

- Arrive at least 5 minutes before class time - students will not be able to participate once class has started.
- Arrive dressed in swimsuit/swim attire - it is very important that students are ready to get in the water at their start time!
- All students must have on a swimsuit/swim attire. Goggles are highly recommended.
- Don't forget your towel.
- Please check your child/student in for every class at the front desk. There will be a sign-in sheet.
- Parents/Guardians are required to stay during lessons. Please stay seated under the shade screen or in the designated deck chairs. Parents/Guardians bringing other siblings will be asked to wait outside the pool area. This is to ensure that students are not distracted and for the safety of the siblings.
- After swim lessons, if changing out of swim attire, please use the locker rooms. Changing on the pool deck is not allowed. **Students/parents have 5 minutes to exit the facility before closure/next session.**
- If your child/student is going 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 STUDENTS AND PARENTS/GUARDIANS MUST EXIT THE POOL AFTER LESSONS ARE OVER.** Pool staff will clear the deck and locker rooms after each class. The lessons payment/fee does not include swimming before or after lessons.
- If you have any questions or concerns, at any time, please feel free to speak to the Pool Manager on duty or Program Director, Dawn Norman at 928.203.5077.

**WE LOOK FORWARD TO WORKING WITH YOU AND YOUR CHILDREN TO BUILD LIFELONG  
SKILLS OF SWIMMING AND WATER SAFETY!**

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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.