

Swimming Levels

StarBabies

The purpose of StarBabies for infants ages 6 -18 months is to foster in infants a high comfort level in the water while training parents/caregivers in water safety. This course provides a confidence-building, fun and loving experience but does not teach infants to become accomplished swimmers or to survive in the water. One parent or trusted caregiver must be in the water with each child. Swim diapers are required.

Maximum ratio: one instructor to twelve parent-tot pairs

StarTots

The purpose of StarTots for toddlers ages 18-36 months is to foster in very young children a high comfort level in the water while training parents/caregivers in water safety. This course provides a confidence-building, fun and loving experience but does not teach these young children to become accomplished swimmers or to survive in the water.

One parent or trusted caregiver must be in the water with each child. Swim diapers are required.

Maximum ratio: one instructor to twelve parent-tot pairs

Swim School - Preschool ages 3-5

The purpose of Swim School is to develop a high level of comfort in the water and a readiness to swim, and for those children who are developmentally ready, it will teach beginning swim skills. This course approaches teaching swimming through creative, fun activities in the water. Students work toward developing the five core swimming competencies and receive color stage rewards (stickers or patches) for each achievement. Children progress at their own pace in a small group setting.

Maximum ratio: one instructor to six swimmers

Swim School - Elementary ages 6-8

The purpose of Swim School is to develop the five core swimming competencies and receive color stage rewards (stickers or patches) for each achievement. The color stages are used to divide students into broad ability groups. Children progress at their own pace with the opportunity to progress toward advanced strokes.

Maximum ratio: one instructor to six swimmers

Swim School - Ages 9-12

Same information as Elementary ages 6-8 but grouping children of a similar age.

Swim School - Teens/Adults

Same information as Elementary ages 9-12 but grouping participants of a similar age.

Stroke School

The purpose of Stroke School is to refine freestyle (front crawl) and learn stroke technique for backstroke, butterfly, breaststroke, and more! This course is for students of all ages that have achieved the Green Stage benchmarks.

Maximum ratio: one instructor to six swimmers

Swim Team

The purpose of Swim Team is to learn and refine the competitive strokes plus develop an understanding of basic training principles. This is a great introduction to competitive swimming in a low-key environment.