

# GENEVA PARK DISTRICT

## STARFISH SWIM SCHOOL HANDBOOK



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## Introduction

Geneva Park District is an independent authorized provider of Starfish Swimming. Starfish Swimming is a nationally recognized swim instruction curriculum developed by the Starfish Aquatics Institute (SAI). The Starfish Swimming curriculum is designed for students age 6-months to 13-years. Benchmarks are established at each stage in the program that combines both swimming and safety skills. Students participate in experiential learning activities that allow them to explore the water in a creative and comfortable environment. Correct swimming techniques are taught from the very beginning, providing an easy transition to swim team.

## Lesson Description

### StarBabies & StarTots™

(Adult and infant ages 6 months – 36 months)

The purpose of this course is to develop in very young children a high comfort level in the water while at the same time training the adults who accompany them in water safety and drowning prevention. This course does not teach children to become accomplished swimmers or to survive in the water; it does provide a confidence-building, fun, and loving experience. One adult must be in the water with each child. Swim Diapers required.

### Starfish Swim School® for Preschoolers

(Ages 3 – 5)

Designed to meet the needs of children ages 3 to 5, this course will develop a high comfort level in the water and a readiness to swim, and for those children who are developmentally ready, it will teach functional swim skills. This class approaches teaching swimming through creative, fun activities in the water. Students work toward developing the five competencies and progress toward achieving the benchmarks at their own pace in a small-group setting.

### Starfish Swim School® for Youth

(Ages 6 – 12)

Students work toward development of the five core swimming competencies using age-appropriate learning activities. Learning is self-paced but challenging.

### Starfish Stroke School™

(This course is for students of all ages who have achieved the green Swim School benchmarks.) Students refine freestyle and learn stroke technique for backstroke, butterfly, breaststroke, and develop endurance.

### Starfish Swim Team™

(This course is for students of all ages who have achieved the green Stroke School benchmarks.) Students learn and refine the competitive strokes plus develop an understanding of basic training principles such as using a pace clock, starts and turns, and racing. This program is a great introduction to competitive swimming in a low-key environmen

## Class Structure

All of the lessons are taught in a structured group setting. The motivation and inspiration that students get from watching peers excel and learn new skills has proven to be a powerful tool in teaching children how to swim. All children will be given individual attention but since it is in a group setting that cannot be constant.

## First Day of Class

There will be a brief orientation held for parents on the first day of class to explain how lessons will run and to introduce the swim lesson instructors. All students will then enter the pool deck and be placed into their testing groups. Once testing is complete each child will be placed into a specific group and receive a colored wristband identifying their current swim level.

## Parents Watching

We do allow parents to watch their children as they participate in swim lessons, however, we do require that you stay on the north side of the pool deck away from the water (This is a zero tolerance policy and no exceptions will be made). This policy is in place to help avoid parent coaching and to insure that the participants attention is focused on the instructors. Parents may sit at poolside during the first and last day of the session.

## Class Cancellations

Always assume swim lessons will run. We strive to always run lessons to maximize the amount of instructional time your child will have. However, the weather is at times not cooperative whereas lessons may be cancelled. Class cancellations will be made 30 minutes prior to the start time. There are also times when classes are in the water when bad weather hits and if this is the case we will schedule a make-up class unless the class was more than half over.

If you should have a question whether or not class is running you can call (630) 232-0747. Due to a large number of calls an automated attendant may pick up. If you listen to the message and navigate into the swim lesson hotline there will be updated information regarding your classes.

Lesson Cancellations will also be posted online at <http://www.genevaparks.org/> under the aquatics tab no later than 30 minutes prior to the start time.

## Make-Up Lessons

In most cases classes run Monday-Friday during the first week of the session and Monday-Wednesday of the second week. We reserve the last two days of the second week for make-up classes if necessary.

Lessons that are canceled by Geneva Park District that cannot be made up will result in a prorated refund or free daily pool pass per child. No prorated refund will be issued for lessons missed due to personal reasons.

## Communication

The Geneva Park District strives to communicate participant progress with parents through report cards that will be distributed at the final lesson of each session. These report cards will evaluate the child's progress and inform the parent of skills that should be improved upon. Parents are also welcome to ask the Swim Lesson Coordinator for a verbal progress report throughout the session or by voicemail at (630) 232-0747.

## StarBabies & Startots™ Curriculum and Core Skill Achievement Stages

(Adult and infant ages 6 months – 18 months)

The purpose of this course is to develop in very young children a high comfort level in the water while at the same time training the adults who accompany them in water safety and drowning prevention. This course does not teach children to become accomplished swimmers or to survive in the water; it does provide a confidence-building, fun, and loving experience. One adult must be in the water with each child. Swim Diapers required.

### StarBabies™ and StarTots™

Curriculum and Core Skills Achievement Stages					
Lead-up Skills	WHITE	RED	YELLOW	BLUE	GREEN
	<i>Focus: trust and comfort</i>	<i>Focus: body positions</i>	<i>Focus: submersion</i>	<i>Focus: air recovery and rollover</i>	<i>Focus: forward movement</i>
	Drowning prevention	Lifejackets	Reach and throw	Recreational water illness	Introduction to CPR
	Entries	Front floats	Vertical submerge	Roll front to back	Kicking
	Water play	Back floats	Horizontal submerge	Roll back to front	Pulling
	Balance holds	Counting cues		Bobbing	Drifting
	Songs	Sliding			Independent movement
		Jumping			
		Turn to wall/hold on			
		Climb out			
Safety Skill Benchmark (for the parent or guardian)	Understand constant and dedicated surveillance	Fit and properly put a lifejacket on the child	Use flotation to help someone in the water (Reach or throw...don't go) and know how to call emergency services (911).	Identify six methods of preventing recreational water illness.	Know about infant and child CPR.
Swim Skill Benchmark	Parent and child are relaxed and confident, and enjoy being in the water together	Perform a relaxed front, back, vertical, and side position for at least 5 seconds each	Enter from the wall, submerge, turn around, grab on the wall, and pull up (assisted).	Enter from the wall, submerge, come to surface unassisted and get a breath in vertical or horizontal (on back) position.	Move 3 m/10 ft through the water independently, with or without flotation.

## Starfish Swim School® for Preschool Curriculum and Core Skill Achievement Stages

(Ages 3 – 5)

Designed to meet the needs of children ages 3 to 5, this course will develop a high comfort level in the water and a readiness to swim, and for those children who are developmentally ready, it will teach functional swim skills. This class approaches teaching swimming through creative, fun activities in the water. Students work toward developing the five competencies and progress toward achieving the benchmarks at their own pace in a small-group setting.

## Starfish Swim School® for Youth Curriculum and Core Skill Achievement Stages

(Ages 6 – 12)

Students work toward development of the five core swimming competencies using age-appropriate learning activities. Learning is self-paced but challenging.

### Starfish Swim School®

Curriculum and Core Skills Achievement Stages					
Lead-up Skills	WHITE	RED	YELLOW	BLUE	GREEN
	<i>Focus: trust and submersion</i>	<i>Focus: body position and air recovery</i>	<i>Focus: forward movement and direction change</i>	<i>Focus: rotary movement</i>	<i>Focus: integrated movement</i>
	Ask Permission to get in water	Put on a lifejacket and kick	Reach and throw assists	Tread water	Survival float
	Jump in to teacher	Submerge under water and float back to the top	Assisted and unassisted front streamline with kick	Assisted and unassisted side glide with kick – both sides	Start in side glide, 3 overarm pulls, roll to back to rest and breathe
	Sit independently	Assisted front streamline	Assisted and unassisted back streamline with kick	Roll from side glide to streamline to side glide	Start in side glide, 3 overarm pulls, roll to opposite side glide
	Wall walk	Assisted back streamline	Assisted front streamline and rotation to side glide with kick	Unassisted front streamline with kick and rotation to back streamline	Start in side glide, link 3 sets of 3 overarm pulls, roll to opposite side glide to rest and breathe
	Listen and follow directions	Assisted and unassisted roll back to front	Assisted and unassisted forward movement – kick and pull on front	Unassisted back streamline with kick and rotation to front streamline	Start in side glide, link 3 sets of 3 backstroke pulls, roll to opposite side glide to rest and breathe
	Climb out independently	Assisted and unassisted roll front to back	Assisted and unassisted forward movement – kick and pull on back	Side glide, one overarm pull, roll to back to rest and breathe	Head first entry (dive) from side (if deep water is available)
	Pour water over head	Submerge and recover for air (Go underwater, kick to the top, put head back to get mouth out of the water and say “Starfish, Starfish, Starfish”).	Retrieve submerged object	Side glide, one overarm pull, roll to opposite side glide to rest and breathe	
	Jump into the water and get head wet	Assisted and unassisted back float	How to call emergency services (911)	Side glide, one backstroke pull, roll to opposite side glide to rest and breathe	
	Hold breath (on land)				
	Look underwater and hold breath (with and without goggles)				
Safety Skill Benchmark	Always ask permission before getting in the water	Put on a lifejacket, float on back, kick 6 m/20 ft	Reach or Throw (Don’t Go) and know how to call emergency services (911)	Tread water 15 seconds	Survival float and tread water for 30 seconds
Swim Skill Benchmark	Assisted submersion, relaxed, 5 seconds (or long enough for teacher to say “Starfish, Starfish, Starfish”) and then come up to breathe	Jump in, submerge, recover for air, roll on back (kicking and finning) for 5 seconds (or long enough for teacher to say “Starfish, Starfish, Starfish”)  *This benchmark must be performed in swimwear and in regular clothes.	Jump in, submerge, recover for air, forward movement (on the front or back) 3 m/10 ft, change direction, and return to wall  *This benchmark must be performed in swimwear and in regular clothes.	Jump in, submerge, recover to side glide position and kick 3 m/10 ft	Start in side glide, swim freestyle 9 m/30 ft with 1-2-3 breathe pattern



## Starfish Stroke School™ Curriculum and Core Skill Achievement Stages

(This course is for students of all ages who have achieved the green Swim School benchmarks.) Students refine freestyle and learn stroke technique for backstroke, butterfly, breaststroke, and develop endurance.

### Starfish Stroke School™

Curriculum and Core Skills Achievement Stages					
Lead-up Skills	WHITE	RED	YELLOW	BLUE	GREEN
	<i>Focus: freestyle, introduction to backstroke</i>	<i>Focus: backstroke, introduction to butterfly</i>	<i>Focus: butterfly</i>	<i>Focus: breaststroke</i>	<i>Focus: endurance</i>
	Ask permission to get in	Put on lifejacket in the water	Use flotation for assists	Discuss the Starfish Safety Concepts – Q & A	Perform a racing dive
	Swim freestyle with high elbow recovery	Swim backstroke with straight arm recovery	Perform pulsing with arms above the head	Perform breaststroke kicking motion (assisted)	Perform an open freestyle turn
	Swim freestyle and with thumb touch	Swim backstroke with little finger first entry	Perform pulsing with arms above the head and scull with hands	Perform breaststroke kick with support (kickboard, float bar, rescue tube, etc...)	Perform an open backstroke turn
	Swim freestyle with center line pull	Swim backstroke with bent arm pull	Lift head to breathe during pulsing	Perform breaststroke arm action (assisted)	Perform a freestyle flip turn
	Swim freestyle with body roll	Swim backstroke with good body and arm extension	Add 1 butterfly arm stroke to pulsing	Perform breaststroke arm action with support (pull buoy, noodle, rescue tube, etc...)	Perform a backstroke flip turn
	Exhale in the water before rolling to breathe	Perform backstroke flutter kick	Pulse with hand slide 3 times then take 2 swing and stretch arm strokes		Perform a breaststroke and butterfly open turn
	Triple-switch backstroke drill	Swim backstroke with body roll	Pull to a thumb touch when performing butterfly arm strokes	Combine arm action and leg kicking	Swim in trains
		Perform arm down pulsing		Incorporate dolphin body motion into breaststroke after the kick.	Swim on basic pace clock intervals
Safety Skill Benchmark	Always ask permission before getting in the water	Put on a lifejacket from in the water, kick 9 m/30 ft	Use flotation to reach or throw to assist a swimmer and know when and how to call emergency services (911)	Discuss the Starfish Safety Concepts	Tread water or survival float for 2 minutes
Swim Skill Benchmark	Swim freestyle 9 m/30 ft with body stretched out and consistent form; swim 9 m/30 ft of triple-switch backstroke	Swim 9 m/30 ft backstroke with straight arm recovery, body roll, good arm and body extension; perform arm down pulsing for 5 m/15 ft	Swim 4 strokes butterfly with only one breath, then remainder of pool length freestyle	Swim 9 m/30 ft breaststroke with good timing and extension	Swim freestyle 50 metres/yards with rolling body motion, high elbow recovery, and body stretch; swim backstroke 50 metres/yards with rolling body motion, straight arm recovery, and body stretch; swim 25 metres/yards butterfly with dolphin body motion, straight arm recovery, and body stretch; swim 50 metres/yards breaststroke with proper timing and body stretch; perform freestyle and backstroke flip turns and butterfly and breaststroke open turns.

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