



**STARFISH
AQUATICS
INSTITUTE**

Swim School Program



Introduction:

For children age 3 years of age up to adults. The core competencies for swim school include functional life safety water skills. The goal is not to teach swimming "strokes" but rather develop skills that would be useful for self-rescue and to develop a sense of how the body can move through the water. The goal of swim school is also to set the foundation for learning correct strokes when the student is developmentally ready

Outline of the course:

The course consist of 5 segments and is divided into color's. Each color have a core competency , saftety skill benchmark and swim skill benchmark



Trust and Submersion



Rotary Movement



Body Position and Air recovery



Intergrated Movement



Forward movement and direction change

Cost and duration of lessons:

The class sessions consist of a 30min lesson. there will only be two students allowed per instructor during these sessions . The cost for this session is as follow

- First class (evaluation session) R 300 per student and includes a 30min lesson, swim towel and log book
- 1 child = R100 per 30 min lesson
- 2 children = R90 per child per 30 min lesson
- 3 or more children = R80 per child per 30 min lesson
- Private lesson one on one = R 200 per lesson for 30 minutes

What must I bring along:

Please bring a one pice costume , towel, swim cap and goggles and dry cloathing .