



Starfish Aquatics, an internationally certified program, emphasizes age-appropriate lessons focusing on water confidence and self-survival skills that lead to stroke technique and endurance in the water, while participating in a positive and fun program. All lessons are 30 minutes.

Class	Enroll	Focus
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Infant Toddler (Ages 9 months – 2 years)		
Star Tots	Beginner level for adult caregiver and child. Children who are not yet potty trained must wear a swim diaper.	Parent and child explore in the water together, learning water safety and basic skills to help child develop comfort and confidence.

Preschool Swim School (Ages 3-5)		
Pre-K Swim I (White, Red)	Beginner level, comfortable in water without parent.	Develop water safety skills, submersion, front and back floating positions, air exchange, rollover floats, and kicking.
Pre-K Swim II (Yellow, Blue, and Green)	Complete all skills in Pre-K Swim I White & Red, or able to fully submerge unassisted, front and back float unassisted, roll front to back and back to front float.	Water safety skills, front and back streamline with kick, rollover float and return to wall, kick and pull-on front and back, intro to side breathing.

School Age Swim School (Ages 6-12)		
Youth Swim I (White, Red)	Beginner level, comfortable in three feet of water without the parent.	Develop water safety skills, submersion, front and back floating positions, air exchange, rollover floats, and kicking.
Youth Swim II (Yellow, Blue, and Green)	Complete all skills in Swim I White & Red or able to fully submerge, front and back float unassisted, roll front to back and back to front unassisted.	Front and back streamline with kick, rollover floats and return to wall, beginning freestyle and backstroke, intro to side breathing, treading water.

School Age Stroke School (Ages 6-12)		
Youth Swim I (White, Red)	Complete all skills in Swim II, or able to slide glide, swim beginner freestyle with side breathing 10-yards, and tread water for 30-seconds.	Freestyle and backstroke development technique to competently swim both strokes with consistent form.
Youth Swim II (Yellow, Blue, and Green)	Complete all skills in Stroke I White & Red or able to swim freestyle and backstroke 10-yards with consistent form.	Introduction and competency in butterfly and breaststroke, continue technique and endurance all strokes, open and flip turns, treading water.

Teen Adult (Ages 13-Adult)		
	Must be comfortable in the lap pool in water 4-feet or deeper with face in the water.	Learn basic water safety skills, floating, kicking, and gliding on front and back; beginner freestyle with side breathing and backstroke.

Seahawks Swim Team (Ages 6 – 18)		
Swimmers develop the skills needed for a life-long enjoyment of swimming by teaching competitive swim skills including all four competitive strokes, diving, turns, and water safety in a swim team environment. Seahawks is a year-round member of CARA Swim League with monthly registration options.		
	Complete Stroke II Blue level at HRCA or able to swim 25 yds freestyle with side breathing, 50 yds backstroke, and know 10yds breaststroke & butterfly.	Swimmers learn all four competitive strokes, and deck and block dives while increasing speed and endurance. See Youth Coached Swimming for specific