



# STARFISH Great Aquatic Adventure



The Kearns Oquirrh Park Fitness Center is a proud provider of Starfish Swimming Lessons, a nationally recognized swim instruction curriculum. Starfish Swimming curriculum is designed for students aged 6 months to adult. Benchmarks are established at each stage of the program that combine 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.

**Water Babies:** This class is a parent and child class for children age 6-36 months. The purpose of this course is to foster a comfort level in the water while at the same time giving parents and caregivers in water safety and drowning prevention information.

**Swim School:** Students work toward development of five core swimming competencies and the ability to progress to advanced strokes. Children progress at individual rates.

**Stroke School:** Students refine Freestyle and learn stroke technique for Backstroke, Butterfly, Breaststroke and more.

Please see below to ensure you register your child for the correct class.

## **SWIM SCHOOL LEVELS**

<b>CLASS NAME</b>	<b>CHILD'S AGE</b>	<b>YOUR CHILD SHOULD REGISTER FOR THIS LEVEL IF....</b>
<b>SEAHORSE</b>	There are separate classes for 3-5-year-olds and 6 and up.	<ul style="list-style-type: none"><li>• They are very afraid of the water</li><li>• Can't swim at all.</li><li>• Will not get their face wet</li></ul>
<b>CLOWNFISH</b>	There are separate classes for 3-5-year-olds and 6 and up.	<ul style="list-style-type: none"><li>• Can't swim without support but loves the water</li><li>• Will get face wet</li><li>• Will jump in the water without hesitation</li></ul>
<b>TURTLE</b>	5-18 years old	<ul style="list-style-type: none"><li>• Your child is not afraid</li><li>• Can float on their front or back <b>WITHOUT SUPPORT</b></li><li>• Can jump into the water and return to the surface on their own</li></ul>
<b>CRAB</b>	5-18 years old	<ul style="list-style-type: none"><li>• Your child can swim under the water, or on the surface <b>WITHOUT SUPPORT</b></li><li>• Can come up for breath while swimming <b>WITHOUT SUPPORT</b></li></ul>
<b>PENGUIN</b>	5-18 years old	<ul style="list-style-type: none"><li>• Your child can tread water for 15 seconds <b>WITHOUT SUPPORT</b></li><li>• Can swim freestyle with side breathing</li></ul>



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## STROKE SCHOOL LEVELS

CLASS NAME	CHILD'S AGE	YOUR CHILD SHOULD REGISTER FOR THIS LEVEL IF....
<b>OTTER</b>	5-18 years old	<ul style="list-style-type: none"><li>• Your child has passed Penguin (Swim School)</li><li>• Your child can swim unassisted for 30 feet</li><li>• Your child needs beginning stroke refinement for Freestyle (front crawl)</li></ul>
<b>DOLPHIN</b>	5-18 years old	<ul style="list-style-type: none"><li>• Your child has passed Otter</li><li>• Your child can swim Freestyle correctly for 30 feet</li><li>• Your child needs Backstroke refinement</li></ul>
<b>WHALE</b>	5-18 years old	<ul style="list-style-type: none"><li>• Your child passed Dolphin</li><li>• Your child can swim Backstroke correctly for 30 feet</li><li>• Your child needs Butterfly stroke refinement</li></ul>
<b>SHARK</b>	5-18 years old	<ul style="list-style-type: none"><li>• Your child has passed Whale</li><li>• Your child can swim FOUR strokes of Butterfly correctly</li><li>• Your child needs Breastroke refinement</li></ul>
<b>JR. MARLINS</b>	5-18 years old	<ul style="list-style-type: none"><li>• Your child has passed all benchmarks from Otter through Shark</li><li>• Your child can swim 50 yards of Freestyle and Backstroke</li><li>• Your child can swim 30 feet Butterfly and Breastroke with correct breathing and timing</li></ul>

If you have any questions email Audrey Bell at [abell@kopfc.com](mailto:abell@kopfc.com)