

Blue Water Divers Swim School Classes

The Blue Water Divers Swim School program will develop a high comfort level in the water and a readiness to swim for those who are developmentally ready. It takes the children from holding their breath and submerging on their own to swimming a simplified form of freestyle and backstroke. This course approaches teaching swimming through creative, fun activities in the water. Students work toward developing the five core competencies (listed below) and receive a color stage patch for completing the benchmark safety and swim skills at each stage. Children progress at their own pace in a small-group setting.

Class Age Groups:

- Guppy (3-5 years old)
- Goldfish (6-8 years old)
- Stingray (9-14 years old)
- Adult (15 and older)

Core Achievement Skill Stages

Stage 1: White Stage	Focus: Trust and Submersion
Age Groups	Guppy, Goldfish, Stingray, Adult
Length of class	30 minutes
Students per class	4
Requirements	None
Description	The focus of this stage is trust and submersion. This is the stage where the groundwork for a strong foundation is laid. A strong foundation will allow for all future stages to progress forward in building comfort, strength, and correct stroke technique.

Stage 2: Red Stage	Focus: Body Position and Air Recovery
Age Groups	Guppy, Goldfish, Stingray, Adult
Length of class	30 minutes
Students per class	4
Requirements	Must be able to submerge comfortably for 5 seconds
Description	The focus of this stage is body position and air recovery. Students were previously taught to be comfortable submerging themselves, so they now need to be taught how to come up for air as well as various positions in which they can recover for air.

Stage 3: Yellow Stage	Focus: Forward Movement and Direction Change
Age Groups	Guppy, Goldfish, Stingray, Adult

Length of class	30 minutes
Students per class	4
Requirements	Must be able to jump in, recover for air and float on back for 10 seconds
Description	The focus on this stage is forward movement and direction change. The children previously have been taught how to jump in and immediately recover for air. They will now learn how to jump in, recover for air, and return to the wall. This is the MOST crucial stage for a student to pass. If a student passes this stage and continues to practice on a consistent basis, that student could potentially save herself if she ever fell into deep water.

Stage 4: Blue Stage	Focus: Rotary Movement
Age Groups	Guppy, Goldfish, Stingray, Adult
Length of class	30 minutes
Students per class	4
Requirements	Must be able to jump in, submerge, recover for air, forward movement, change directions and return to wall
Description	The focus of this stage is body rotary movement. During this stage the students will be introduced to the side glide air recovery position. They will be taught how to properly breathe first and then add the stroke to the breathing technique. This concept is unique to the Starfish Swim School.

Stage 5: Green Stage	Focus: Forward Movement
Ages	Guppy, Goldfish, Stingray, Adult
Length of class	30 minutes
Students per class	4
Requirements	Must be able to tread water and know side glide breathing position
Description	The focus of this stage is integrated movement. The students have previously been taught to roll into a side glide position for air recovery. They will now be taught to integrate pulls with the air recovery position, resulting in a beginner stage freestyle and backstroke. They will also learn bilateral breathing. At the conclusion of this stage, students will be able to swim 30 feet of freestyle, breathing to both sides. The stroke mechanics will not be perfect; however, the student will have developed a consistent breathing pattern and will have an easier time correcting stroke mechanics.