

Blue Water Divers StarBabies Swim Program

The purpose of the Blue Water Divers Swim School StarBabies course is to develop in very young children (6 months - 36 months) a high comfort level in the water while at the same time training parents in water safety and drowning prevention. This course does not teach children of this age to become accomplished swimmers or survive in the water; it does provide a confidence-building, fun, loving experience as a foundation for a lifetime of aquatic learning.

Comfort in the water comes from trust, experience, and loving encouragement. It is important for children to become comfortable in the water to create excitement and willingness to learn and participate. Children can begin to become comfortable in the water as early as six months of age. The earlier the process begins, the more accepting a child will become to the water. Please note: parents will accompany the child in the water at all times.

All children 36 months and younger MUST wear doubled-up swim diapers. There are no exceptions.

Age group:
StarBabies (6 months-36 months)

Core Skill Achievement Stages

Stage 1: White Stage	Focus: Trust and Comfort
Ages	6-36 months
Length of class	30 minutes
Students per class	5
Requirements	One parent per child must accompany child, doubled-up swim diapers must be worn
Description	Designed as a first water experience, includes songs, playing with toys while experiencing the water together for the first time

Stage 2: Red Stage	Focus: Body Positions
Ages	6-36 months
Length of class	30 minutes
Students per class	5
Requirements	One parent per child must accompany child, doubled-up swim diapers must be worn
Description	Designed to teach parents the proper ways of holding their child in the water that will reinforce proper body positioning in the future.

Stage 3: Yellow Stage	Focus: Submersion
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Ages	6-36 months
Length of class	30 minutes
Students per class	5
Requirements	One parent per child must accompany child, doubled-up swim diapers must be worn
Description	Designed to teach parents the proper techniques for successfully submerging their child in the water as well as proper techniques for using flotation to help someone in the water.

Stage 4: Blue Stage	Focus: Air Recovery and Rollover
Ages	6-36 months
Length of class	30 minutes
Students per class	5
Requirements	One parent per child must accompany child, doubled-up swim diapers must be worn
Description	Designed to teach parents how to start introducing their children to air recovery positions as well as be aware of how to prevent recreational water illnesses.

Stage 5: Green Stage	Focus: Forward Movement
Ages	6-36 months
Length of class	30 minutes
Students per class	5
Requirements	One parent per child must accompany child, doubled-up swim diapers must be worn
Description	Designed to teach parents how to help their child properly propel themselves through the water as well as make the parent aware of infant and child CPR.