

STARplex Swim School



Aqua Tots Program

STARplex
Alexander Ave Evanston Park SA 5116
Pool Telephone: (08) 85220 685 or (08) 85238 742

From babies to champions....its what we love to do!



Swim School

from babies to champions....it's what we love to do!

Aquatots Program

Drowning is the biggest accidental killer of children under the age of five in Australia. It is our goal at STARplex Swim School to reduce the national drowning rate by offering quality instruction to young children promoting water awareness, safety, confidence and swimming ability. We believe introducing children to the water at a young age can help in developing a healthy respect for the water and the ability to enjoy swimming in a safe manner.

STARplex Swim School offers three different levels in our Aquatots Program which is ability based and aimed at pre-school children aged 3-5 years. These classes are available Monday-Friday 8.30am-10.30am and 3.30pm-6.00pm, Saturday 8.30am-12.00pm and Sunday 9.00am-12.00pm.

Our Aquatots lessons are 30 minutes in duration with a maximum of 4 children per class with an AUSTSWIM qualified instructor. Classes are held in both the learners' pool and the main pool depending on ability.

Parents should be aware that it is very common for children of this age group to have difficulty adjusting to swimming lessons. Many children struggle being separated from the parent/caregiver and need some time to bond with their instructor and learn that they can trust them in this new environment. Most children will settle within a few weeks, however if the child is still distressed after this time we may ask the parent/caregiver to get in the water until their child is settled. For some children it may be more beneficial if the parent leaves the pool area, each child is different and it is important to discuss any concerns or issues with the supervisor on duty.

Some children will also struggle adapting to a new instructor when they change classes. It is very common for children to form a strong bond with an instructor and we ask parents to be supportive and patient whilst their child transitions into their new class and instructor.

Be aware that we are a child-paced centre and always strive to do what is best for the child. Our instructors are very experienced in working with this age group and are about showing patience and encouragement whilst taking them through their learn to swim journey.

Assessments for our Aquatots levels are conducted by the supervisors regularly throughout the term. If an instructor feels your child is ready for the next level at any stage, they will ask the pool supervisor to assess your child. You are able to speak to the pool supervisors at any stage during the term regarding your child's progress. Goldfish and Jellyfish are assessed in the small pool, whilst Seahorses are assessed in the main pool.

The program is designed for children to continue until they reach five years of age; however some children will be ready to transition into our school age program prior to this time. It will be at the supervisor's discretion as to whether a child will benefit from this remembering that we promote child paced learning and need to ensure the child is ready both physically and emotionally.

Aquatots Program

The Aquatots program is based on a progressive curriculum with all levels and certificate requirements explained below.

Goldfish

Our Goldfish level is designed for newcomers to the water and focuses on water familiarisation and confidence aimed at developing a good head and body position and the ability to propel through the water.

Certificate Requirements

- ❖ Enter and exit the water safely
- ❖ Happily submerge
- ❖ Demonstrate propulsion using legs
- ❖ Swim with a good head position
- ❖ Attempt a safety jump



Jellyfish

Our Jellyfish level caters for children who are water confident and working on developing a torpedo with a good head and body position and an efficient, technically correct flutter kick. Children also learn valuable water orientation and survival skills.

Certificate Requirements

- ❖ Enter and exit the water safely
- ❖ Torpedo the STARplex way
- ❖ Happily lay back in the water
- ❖ Dive down head first to retrieve a toy
- ❖ Achieve a mushroom float
- ❖ Achieve a safety jump in the small pool



Seahorses

At our Seahorse level we are focusing on the development of freestyle arms and backstroke kicking, working on confidence and breathing as well as an introduction to diving skills and an extension of survival skills learnt in Jellyfish.

Certificate Requirements

- ❖ Slide in entry
- ❖ Swim 6 metres freestyle the STARplex way
- ❖ Swim 6 metres backstroke kicking the STARplex way
- ❖ Attempt a squatting dive with or without assistance
- ❖ Achieve a safety jump in the main pool
- ❖ Treading water for 5 seconds



