

# **STARplex Swim School**



## **School Age Program**

**STARplex**

Alexander Ave Evanston Park SA 5116

Pool Telephone: (08) 85220 685 or (08) 85238 742

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

## School Age Program



STARplex Swim School uses a progressive style of teaching based on a curriculum aimed at bringing children through a certificate reward system. We offer small class sizes providing quality technique instruction by AUSTSWIM qualified teachers focusing on the four competitive strokes and other water safety skills.

Our School Age Program has 6 different levels and caters for children 5 years and over. Lessons are 30 minutes or 45 minutes in duration depending on the level and classes are held in both pools depending on ability. We offer our School Age Program Monday-Friday 3.30pm-6.00pm, Wednesday 12.30pm-1.30pm, Saturday 8.30am-12.00pm and Sunday 9.00am-12.00pm.

## Penguins

Penguins aligns with our Goldfish and Jellyfish levels whereby children gain water confidence and work on developing an efficient torpedo with good head and body positions and a technically correct flutter kick. Water orientation and survival skills are also covered in this level.

**Class Size:** Maximum 6 students

**Lesson Time:** 30 minutes

### **Certificate Requirements**

- ★ Enter and exit the water safely
- ★ Torpedo the STARplex way
- ★ Float on your back with or without assistance
- ★ Submerge and pick up a toy
- ★ Attempt a safety jump
- ★ Achieve a mushroom float



## Yabbies

Yabbies aligns with our Seahorse level and focuses on the development of freestyle arms and backstroke kicking. Confidence in the main pool and breathing are introduced at this level as well as diving and extending on survival skills learnt in Penguins.

**Class Size:** Maximum 6 students

**Lesson Time:** 30 minutes

### **Certificate Requirements**

- ★ Perform a slide-in entry
- ★ Swim 10 metres Freestyle the STARplex way
- ★ Swim 10 metres Backstroke kicking the STARplex way
- ★ Can confidently breathe during Freestyle swim
- ★ Dive down head first with or without assistance
- ★ Achieve a safety jump
- ★ Tread water for 5 seconds



## Stingrays

Our Stingrays level is concerned with the continued development of both freestyle and backstroke. Children are introduced to correct freestyle breathing, backstroke arms and breaststroke arms as well as diving and extending their survival skills.

**Class Size:** Maximum 6 students

**Lesson Time:** 30 minutes

### **Certificate Requirements**

- ★ Swim 10 metres Breaststroke pull no breathing
- ★ Swim 10 metres one-arm Freestyle with breathing and aid
- ★ Swim 10 metres one-arm Backstroke without the board
- ★ Sitting dive from the pool edge
- ★ Tread water for 10 seconds



## Turtles

Our Turtles level focuses on the extension of freestyle and backstroke moving towards working on the complete stroke. Breaststroke arms are revised in this level with the breaststroke leg kick being introduced. Progressions of diving and survival skills from previous levels are also covered.

**Class Size:** Maximum 6 students

**Lesson Time:** 30 minutes

### **Certificate Requirements**

- ★ Swim 10 metres Breaststroke kick on front with board
- ★ Swim 10 metres Freestyle with correct breathing
- ★ Swim 10 metres Backstroke
- ★ Crouching dive from the pool edge
- ★ Tread water for 30 seconds



## Dolphins

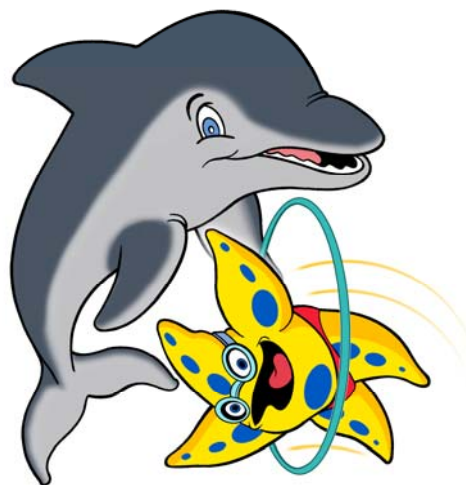
In our Dolphins level we are continuing to focus on both technique and strength of freestyle and backstroke. Stamina and endurance are also developed and the timing of breaststroke is introduced. Diving progressions and survival skills continue to be taught at this level as well as an introduction to somersaults.

**Class Size:** Maximum 8 students

**Lesson Time:** 45 minutes

### **Certificate Requirements**

- ★ Swim 25 metres Breaststroke
- ★ Swim 25 metres Freestyle
- ★ Swim 25 metres Backstroke
- ★ Crouching dive from the pool edge
- ★ Tread water for 60 seconds
- ★ Attempt a somersault



## Sharks

Our Sharks level continues development of technique and strength in freestyle, backstroke and breaststroke. Butterfly is introduced at this level as well as extending diving and survival skills and the development of tumble turns.

**Class Size:** Maximum 8 students

**Lesson Time:** 45 minutes

### **Certificate Requirements**

- ★ Swim 25 metres Breaststroke
- ★ Swim 25 metres Freestyle
- ★ Swim 25 metres Backstroke
- ★ Swim 12 ½ meters Butterfly
- ★ Standing dive entry
- ★ Tread water for 2 minutes
- ★ Attempt a tumble turn

