



# STARFISH SWIMMING PROGRAM

(Early Childhood & Water Confidence)



## Torpedo Starfish Swimming Program (Starfish Level 1)

Lesson Duration: 40-45min / Class size: 4 to 6 participants

<b>WATER FAMILIARIZATION</b>	<ol style="list-style-type: none"> <li>1. Safe entry and exit pool with and without support</li> <li>2. Dipping and chin taps</li> <li>3. Submerging and blowing bubbles</li> </ol>
<b>ASSISTED MOVEMENTS</b>	<ol style="list-style-type: none"> <li>1. Stationary: Seated/ prone position flutter kicking</li> <li>2. Mobility: Flutter kicking and holding cues with aid or mat</li> <li>3. Water Awareness: Body roll and rotation with aid or mat</li> </ol>
<b>UNASSISTED MOVEMENTS</b>	<ol style="list-style-type: none"> <li>1. Front and back float</li> <li>2. Front and back glide</li> <li>3. Front and back lean-off entries</li> </ol>

## Torpedo Starfish Swimming Program (Starfish Level 2)

Lesson Duration: 40-45min / Class size: 4 to 6 participants

<b>WATER CONFIDENCE</b>	<ol style="list-style-type: none"> <li>1. Jump entry, turn and exit</li> <li>2. Jump entry, roll on back and float for 10s</li> <li>3. Object recovery in waist-depth water without goggles</li> </ol>
<b>FITNESS CONDITIONING</b>	<ol style="list-style-type: none"> <li>1. Front and back flutter kick with aid for 3M</li> <li>2. Glide and kick on front without aid for 3M</li> <li>3. Glide and kick on back without aid for 3M</li> </ol>
<b>MOTOR SKILLS</b>	<ol style="list-style-type: none"> <li>1. Face down, Front crawl 4 arm strokes coordination with aid</li> <li>2. Face down, Front crawl 4 arm strokes coordination without aid</li> <li>3. Tuck dive and swim face down front-crawl blowing bubbles for 3M</li> </ol>

## Torpedo Starfish Swimming Program (Starfish Level 3)

Lesson Duration: 40-45min / Class size: 4 to 6 participants

<b>STROKE FUNDAMENTAL</b>	<ol style="list-style-type: none"> <li>1. Front-crawl coordinating with side breathing with aid</li> <li>2. Front-crawl coordinating with side breathing without aid</li> <li>3. Object recovery in chest-depth water without goggles</li> </ol>
<b>FITNESS ENHANCEMENT</b>	<ol style="list-style-type: none"> <li>1. Flutter kick for 10 X 5M</li> <li>2. Swim front-crawl for 10 X 5M</li> <li>3. Swim back-kick + front-crawl for 10 X 5M</li> </ol>
<b>BASIC WATER SURVIVAL</b>	<ol style="list-style-type: none"> <li>1. Staying afloat and relaxing for 20s</li> <li>2. Survival with any floatation aid for 1min</li> <li>3. Jump in water, float on back and call for help</li> </ol>