

TORPEDO STARFISH SWIMMING PROGRAM

(Early Childhood & Water Confidence Program)

Torpedo Starfish Swimming Program (Starfish Level 1)

Lesson Duration: 30-40min / Class size: 4 to 6 participants (With/ without parent)

Approximately 3-12 months to completion- Depending on age & individual abilities in skills progression

WATER FAMILIARIZATION	<ol style="list-style-type: none"> 1. Entry and exit pool with and without support 2. Dipping and chin taps 3. Bubbles and submerging exercises
ASSISTED MOVEMENTS	<ol style="list-style-type: none"> 1. Stationary: Seated/ Prone position flutter kicking 2. Mobility: Flutter kicking, breathing and holding cues with noodle or board 3. Body roll and rotation with board, noodle or water-mat
UNASSISTED MOVEMENTS	<ol style="list-style-type: none"> 1. Balancing with hand crawls and flutter kicks (Suggest to include bubble drills) 2. Kneeing and seated front and back glide 3. Starfish floats front and back

Torpedo Starfish Swimming Program (Starfish Level 2)

Lesson Duration: 40-45min / Class size: 4 to 8 participants (With/ without parents)

Approximately 3-9 months to completion- Depending on age & individual abilities in skills progression

WATER CONFIDENCE	<ol style="list-style-type: none"> 1. Jumping entry, turning and exit 2. Object recovery shallow water 3. Side wall crawling, bobbing, front and back fall
FITNESS CONDITIONING	<ol style="list-style-type: none"> 1. Flutter kicks for 5M 2. Kicking and paddling for 5M 3. Kicking and paddling, with consistent side roll and breathing on back for 10M
MOTOR SKILLS	<ol style="list-style-type: none"> 1. Rainbow arms coordination (Alternate arms) 2. Rainbow arms and kicking coordination 3. Cannonball dive and swim front-crawl without breathing for 5M

Torpedo Starfish Swimming Program (Starfish Level 3)

Lesson Duration: 40-45min / Class size: 4 to 8 participants (Without parents)

Approximately 3-6 months to completion- Depending on age & individual abilities in skills progression

BASIC STROKE FUNDAMENTAL	<ol style="list-style-type: none"> 1. Front-crawl breathing exercises (Breathing arm/ bubble arm drill) 2. Coordination of kicks, arm recovery and front-crawl breathing exercises 3. Swim front-crawl with breathing for 10M
FITNESS ENHANCEMENT	<ol style="list-style-type: none"> 1. Flutter kicks for 10 X 10M (Laps Swim) 2. Swim front-crawl for 5 X 10M (Laps Swim) 3. Swim and recover objects in water 5 X 10M
BASIC WATER SURVIVAL	<ol style="list-style-type: none"> 1. Floating and breathing for 1min (1.2M) 2. Survival on floatation aids/ PFD for 3mins (1.2M) 3. Recovery from Torpedo Swim Rescue Practice (PFD)

***Remarks:** Please take note that this program is intended for infant/ toddlers and children with minimum aquatic abilities age ranges from 9 months onwards. This program is also suitable for children facing Aqua-phobia.