



LEARN TO SWIM (Ages 9 months - Adult)

Starfish Aquatics, an internationally certified program, emphasizes age-appropriate lessons focusing on water confidence and self-survival skills that lead to stroke technique, endurance in the water, while participating in a positive and fun program. *All lessons are 30-minutes.*

Infant | Toddler (Ages 9 months - 3 years)

Star Tots

Enroll: Beginner level for adult caregiver and child. Children not yet potty trained must wear a swim diaper.

Focus: Parent and child explore in the water together learning water safety and basic skills to help child develop comfort and confidence.

Preschool Swim School (Ages 3 - 5)

Pre-K Swim I - White and Red (formerly Tadpole or Beginner Minnow)

Enroll: Beginner level, comfortable in water without parent.

Focus: Develop water safety skills, submersion, front and back floating positions, air exchange, rollover floats, and kicking.

Pre-K Swim II - Yellow, Blue, and Green (formerly Advanced Minnow or Frog)

Enroll: Complete Pre-K Swim I level or able to fully submerge unassisted, front and backfloat unassisted, roll front to back and back to front float.

Focus: Water safety skills, front and back streamline with kick, rollover float and return to wall, kick and pull-on front and back, intro to side breathing.

School Age Swim School (Ages 6 - 12)

Youth Swim I - White and Red (formerly Beginner Turtle)

Enroll: Beginner level, comfortable in three feet of water without parent.

Focus: Develop water safety skills, submersion, front and back floating positions, air exchange, rollover floats, and kicking.

Youth Swim II - Yellow, Blue, and Green (formerly Advanced Turtle or Beginner Sea Horse).

Enroll: Complete Swim I level or able to fully submerge, front and back float unassisted, roll front to back and back to front unassisted.

Focus: Front and back streamline with kick, rollover floats and return to wall, beg. Freestyle and backstroke, intro to side breathing, treading water.

School Age Stroke School (Ages 6 - 12)

Youth Stroke I - White and Red (formerly Advanced Sea Horse or Otter)

Enroll: Complete Swim II level or able to slide glide, swim beginner freestyle with side breathing 10-yards, and tread water for 30-seconds.

Focus: Freestyle and backstroke development technique to competently swim both strokes with consistent form.

Youth Stroke II - Yellow, Blue, and Green (formerly Sting Ray, Shark, or Dolphin)

Enroll: Complete Stroke I level or able to swim freestyle and backstroke 10-yards with consistent form.

Focus: Introduction and competency in butterfly and breaststroke, continue technique and endurance all strokes, open and flip turns, treading water.

Teen | Adult (Ages 13 - Adult)

Enroll: Must be comfortable in the lap pool in water 4-feet or deeper with face in the water.

Focus: Learn basic water safety skills, floating; kicking, and gliding on front and back; beginner freestyle with side breathing and backstroke.

YOUTH COACHED AQUATICS (Ages 6 - 18)

Coached programs teach skills, build endurance and improve technique for competitive swimming. *New swimmers tested first day.*

Seahawks Intro (Ages 6 - 14) *Must have endurance for a 45-minute practice.*

Enroll: Complete Stroke II Blue level or able to swim 25-yards freestyle, 50-yards backstroke, and 10-yards intro breaststroke and butterfly.

Focus: Competitive stroke development, terminology, lane etiquette, circle swimming, and open turns and dive starts.

Seahawks Intermediates (Ages 6 - 14) *Must have endurance for a one-hour practice.*

Enroll: Complete Stroke II Green or Intro or swim 50-yards free in 1:15, 50-yards backstroke, 15-yards butterfly and breaststroke, and dive from deck.

Focus: Endurance and stroke development for all four strokes, flip turns, and dive starts with introduction to timed freestyle drills.

Seahawks Juniors (Ages 6 - 14) *One-hour Class*

Enroll: Complete Intermediates or able to swim timed 100-yards free in 2:00, 75-yards legal, backstroke, 25-yards breaststroke and butterfly.

Focus: Developing competency in 100-yards IM, dive starts from block, legal flip turns for freestyle & overall endurance.

Seahawks Seniors (Ages 9-18) *One-hour Class (Swimmers required to bring fins to each practice)*

Enroll: Complete Juniors or able to swim legally four competitive strokes with legal turns, block start, 100-yards freestyle in 1:50, and 100 yard IM.

Focus: Mastery of all four strokes, conditioning, swim 200-yard IM.

Seahawks Elite (Ages 12 - 18) *90-Minutes Class (Swimmers required to bring fins to each practice)*

Enroll: Complete Seniors or able to swim a legal freestyle 10x100's on a 1:50 interval. Swim legally all four strokes, and 200-yard IM.

Focus: Mastery of all four strokes, conditioning, and endurance. Off-season for team swimmers.

Seahawks Summer Swim Team (Ages 6 - 18) *Must have endurance for a one-hour practice.*

Enroll: Complete Intro or able to swim 50-yards freestyle, 75-yards backstroke, 15-yards butterfly and breaststroke.

Focus: Practices four days a week to focus on conditioning, stroke development, race technique, timed intervals with intra-squad swim meets.