



## PARENT & STARTOT

Ages 18 mo. - 3.5 years

Have fun learning how to prepare your child for a lifetime of swimming. Grown-ups will be in the water with their child playing fun games and learning proper holding techniques.

A Montana Health Code-approved swim diaper is required.

## WHITE/RED

Ages 3.5 - 5 years

**“Readiness, trust & submersion.”**

**“Body positions & air exchange.”**

Gives young children ages 3.5 - 5 a positive, developmentally appropriate aquatic learning experience that emphasizes water safety, survival, and foundational swimming concepts.

This course will restrict class size to 5 participants per class.

## YELLOW

Ages 5+

**“Forward movement & directional change.”**

For graduates of the White/Red class, in the Yellow class we will begin to learn a foundational “beginner stroke”, and how to change directions mid-swim. We will also be learning to tread water, dive for submersible objects, and how to swim on our backs.



**“Swim safer with Starlet!”**



## BLUE

Ages 5+

### “Streamlines & Rotary Movement”

For graduates of the Yellow class, in the Blue class we will begin to learn more safety skills such as “Reach or throw, don’t go!”. We will also begin to learn streamlined kick-offs from the wall to further develop our technique, as well as foundations for side breathing in a beginner/front stroke.

## GREEN

Ages 6+

### “Teaching Water Competency”

For graduates of the Blue class, in the Green class we will begin to learn the technique for the “front-crawl” or “freestyle” stroke. We will also learn how to recover from disorienting entries into the pool. Participants who complete the Green level class will be given the “Starfish Safer Swimmer” award.

*New this summer!*

## JUNIOR AQUATICS & JUNIOR SWIMMING FOR FITNESS (JSFF)

*Ages 11-14*

- Junior Aquatics will provide participants with leadership & teaching skills in the aquatic environment by assisting our swim instructors with their lessons.
- JSFF will provide participants with the opportunity to further develop swimming strokes & safety skills for lifelong aquatic fitness in a supervised environment.



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