



Express Swim School

SwimExpress.com



*Express Swim School is proud to offer the **Starfish Aquatics Swim School** program featuring a progressive, skills-based curriculum that focuses on the development of the five core competencies necessary for successful swimming. Swimmers at each level will participate in age-appropriate activities designed to develop and emphasize proper stroke technique and efficiency. Safety skills and benchmarks have been established for each level in the program.*

- **Great Student-Teacher Ratios!!** Our smaller class sizes average 3 or 4 swimmers per instructor
- **Progress and Advance at your own pace!!** Swimmers advance to the next level as soon as they complete the required benchmarks.
- **Our staff members are well-trained and experienced!** All instructors have been certified completing a Starfish Aquatics Instructor training course and have strong swimming and competitive background
- **Completion Certificates are awarded at every level change!** Additional award patches are also available for purchase.

	Core Skill Achievement Stages					Specialty Courses	
	White	Red	Yellow	Blue	Green	Stroke School	Swim Team
Ages 3-5	<i>If the student...</i> ...is afraid of the water.	<i>If the student...</i> ...loves water, can't swim without support.	<i>If the student...</i> ...is not afraid	<i>If the student...</i> ...can swim underwater or on the surface, and get an occasional breath.	<i>If the student...</i> ...can tread water for at least 15 seconds.	<i>If the student...</i> ...has achieved GREEN Starfish Swim School Award...	<i>If the student...</i> ...can swim 25 yards freestyle with side breathing.
Ages 6-12	...can't swim at all.	...will get face wet.	...can float on front and back	...can swim underwater or on the surface, and get an occasional breath.	...can swim freestyle with rotary breathing.	AND	...needs to build endurance
Ages 13 & older	...will not get face wet.	...will jump in.	...can jump in and return to surface			...needs to learn or refine backstroke, breaststroke, and/or butterfly.	AND ...wants to learn starts, turns, and swim team training techniques.