

Starfish Swimming



The Cranford Pool and Fitness Center is affiliated with Starfish Aquatics Institute.

Starfish Aquatics Institute, a nationally recognized curriculum for swim instruction, emphasizes water safety and promotes skill development by recognizing the achievements a swimmer makes as they advance through the program.

What is Starfish Swimming®?

Cranford Pool & Fitness Center is an independent authorized provider of Starfish Swimming. Starfish Swimming is a nationally recognized swim instruction curriculum developed by the Starfish Aquatics Institute (SAI). Learn more about SAI at www.starfishaquatics.org.

The Starfish Swimming curriculum is designed for student's age's 6-months to adult. Benchmarks are established at each stage in the program that combine both swimming and safety skills. Students participate in experiential learning activities that allow them to explore the water in a creative and comfortable environment. Correct swimming techniques are taught from the very beginning, providing an easy transition to swim team.

Our curriculum includes StarBabies™ (ages 6-months to 36-months), Starfish Swim School® (ages 3 and up) and Starfish Stroke School™ programs. Our swim instructors will communicate your child's progression through the curriculum on a regular basis.

**Fee per session: \$70.00 – Members
\$85.00 – Non-Members**

No Refunds on swim lessons. No Make-up on swim lessons. You may only sign up for ONE session at a time.

What role do I play in my child's swimming development?

As a parent or caregiver, you play a vital role in your child's swimming development. You have already taken the first step, by registering your child for swim lessons. Now you must continue to communicate with your child's instructor and practice, practice, practice!

The bathtub is a great place to start practicing! Bubbles, breath holding, looking underwater, floating and kicking can all take place in the bathtub! A few trips to the pool between swim lessons are nice too! You shouldn't feel the need to push children to do every thing they are doing in swim lessons. Just give them the opportunity to get wet, splash around and explore the water on their own terms.

But remember: supervision is a must! While swimming lessons are one layer of protection, nothing beats supervision. Keep your eyes on your child whenever you are in, on, or near the water!

If you have any questions, please do not hesitate to ask. We're here for you.

IMPORTANT: THOSE REGISTERED FOR SESSION 1 WILL HAVE FIRST PRIORITY FOR SESSIONS 2 & 3. ALL OTHERS WILL BE PLACED ON A WAITING LIST.

Starfish Swimming Courses

StarBabies™ & StarTots™

Ages: 6 months – 3 years
Days: Monday
Time: 10:00am to 10:30am
Session 1: TBD
Session 2: 2/12 – 3/26
Session 3: 4/2 – 5/14

StarBabies™ & StarTots™

Ages: 6 months – 3 years
Days: Tuesday
Time: 10:00am to 10:30am
Session 1: TBD
Session 2: 2/13 – 3/27
Session 3: 4/3 – 5/15

The purpose of these courses is to foster in very young children a high comfort level in the water while at the same time training parents and caregivers in water safety and drowning prevention. This course does not teach children to become accomplished swimmers or to survive in the water; it does provide a confidence building, fun and loving experience.

Trust and Comfort

Safety Skill: Understand constant and dedicated surveillance.

Swim Skill: Parent and child are relaxed and confident and enjoy going in the water together.

Body Positions

Safety Skill: Fit and properly put a lifejacket on the child.

Swim Skill: Perform a relaxed front, back, vertical and side position for at least 5 seconds each.

Submersion

Safety Skill: Use floatation to help someone in the water and know how to call 911.

Swim Skill: Enter from the wall, submerge, turn around, grab on to the wall and pull up (assisted).

Air Recovery and Rollover

Safety Skill: Identify six methods of preventing recreational water illness

Swim Skill: Enter from the wall submerge, come to the surface unassisted and get a breath in vertical or horizontal (on back) position.

Forward Movement

Safety Skill: Know about infant and child CPR.

Swim Skill: Move through the water independently 10 feet with or without flotation.

SEA SQUIRTS (MUST BE POTTY TRAINED)

Wednesday Sessions

Ages: 3 years – 5 years
Days: Wednesday
Time: 10:00am to 10:30am or
1:30pm to 2:00pm or
4:00pm to 4:30pm (Sessions 1 & 3)

Session 1: TBD
Session 2: 2/14 – 3/28
Session 3: 4/4 – 5/16

Thursday Sessions

Ages: 3 years – 5 years
Days: Thursday
Time: 10:00am to 10:30am or
1:30pm to 2:00pm or
4:00pm to 4:30pm (Sessions 1 & 3)

Session 1: TBD
Session 2: 2/15 – 3/29
Session 3: 4/5 – 5/17

Starfish Swim School – 6 Years and Up

Students work toward development of the five core swimming competencies. The **stages** are used to divide students into broad ability groups. Children progress at individual rates with the opportunity to learn the core swimming skills and progress to advanced strokes. Learning is self-paced but challenging.

CLOWNFISH (Formerly Level 1)

Ages: 6 years and up
Days: Monday or Wednesday
Time: 4:00pm to 4:30pm

Monday Sessions

Session 1: TBD
Session 2: 2/12 – 3/26
Session 3: 4/2 – 5/14

Wednesday Sessions

Session 1: TBD
Session 2: 2/14 – 3/28
Session 3: 4/5 – 5/16

Trust and Submersion

Body Position and Air Recovery

Safety Skill: Always ask permission before getting in the water AND put on a lifejacket, float on back and kick 20 feet.

Swim Skill: Assisted submersion, relax 5 seconds and then come up to breathe AND jump in, submerge, recover for air, roll on back for 5 seconds in swimwear and in regular clothes.



PUFFERFISH (Formerly Level 2)

Ages: 6 years and up
Days: Monday or Wednesday
Time: 4:00pm to 4:30pm

Monday Sessions

Session 1: TBD
Session 2: 2/12 – 3/26
Session 3: 4/2 – 5/14

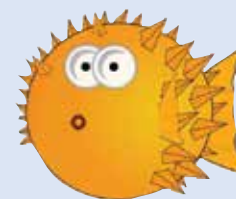
Wednesday Sessions

Session 1: TBD
Session 2: 2/14 – 3/28
Session 3: 4/4 – 5/16

Submersion

Safety Skill: Reach or throw (Don't Go) and know how to call 911

Swim Skill: Jump in, submerge, recover for air, forward movement 10 feet, change direction and return to wall in swimwear and in regular clothes.



SEA TURTLES (Formerly Level 3)

Ages: 6 years and up
Days: Monday or Wednesday
Time: 4:00pm to 4:30pm

Monday Sessions

Session 1: TBD
Session 2: 2/12 – 3/26
Session 3: 4/2 – 5/14

Wednesday Sessions

Session 1: TBD
Session 2: 2/14 – 3/28
Session 3: 4/4 – 5/16

Body Rotation

Integrated Movement

Safety Skill: Tread water for 15 seconds AND survival float and tread water for 30 seconds.

Swim Skill: Jump in, submerge, recover to side glide position and kick 10 feet AND start in side glide, swim freestyle 30 feet with 1-2-3 breathe pattern.



Starfish Stroke School™

Students refine freestyle and learn stroke technique for backstroke, butterfly, breaststroke and more!

PELICANS (Formerly Level 4)

Ages: 6 years and up
Days: Tuesday
Time: 4:00pm to 4:30pm
Session 1: TBD
Session 2: 2/13 – 3/27
Session 3: 4/3 – 5/15

Freestyle, Backstroke and Introduction to Butterfly

Safety Skill: Always ask permission before getting in the water AND put on a lifejacket and kick 30 feet.

Swim Skill: Swim freestyle 30 feet with body stretched out and consistent form AND swim 30 feet backstroke with straight arm recovery, body roll, good arm and body extension.



STINGRAYS (Formerly Level 5)

Ages: 6 years and up
Days: Tuesday
Time: 4:00pm to 4:30pm
Session 1: TBD
Session 2: 2/13 – 3/27
Session 3: 4/3 – 5/15

Butterfly

Safety Skill: Scenario assist and know when to call 911.

Swim Skill: Swim 4 strokes butterfly and only one breath. Then remainder of pool freestyle.



BARRACUDAS (Formerly Level 5)

Ages: 6 years and up
Days: Tuesday
Time: 4:00pm to 4:30pm
Session 1: TBD
Session 2: 2/13 – 3/27
Session 3: 4/3 – 5/15

Breaststroke

Endurance

Safety Skill: Discuss the Starfish safety concepts AND thread water or survival float for 2 minutes.

Swim Skill: Swim 30 feet breaststroke with good timing and extension AND swim freestyle 50 yards; swim backstroke 50 yards; swim 25 yards butterfly; swim 25 yards breaststroke; perform freestyle and backstroke flip turns and butterfly and breaststroke open turns.



SWIMPREP

Ages: 6 years and up, having passed Barracudas
Days: Monday
Time: 7:30pm – 8:30pm
Session 1: TBD
Session 2: 2/12 – 3/26
Session 3: 4/2 – 5/14

For those who completed Barracudas.

Focuses on functional swimming skills such as self-rescue and endurance. Designed for the student who wishes to increase confidence and competence in the water.



Starfish Aquatic Institute Training Classes

The Cranford Pool and Fitness Center is pleased to announce our new affiliation with Starfish Aquatics Institute. In January 2015 we introduced Starfish Aquatics Institute, a nationally recognized curriculum for swim instruction, emphasizes water safety and promotes skill development by recognizing the achievements a swimmer makes as they advance through the program.

The Cranford Pool & Fitness Center offers a variety of Starfish Aquatic Training classes. Payment is due on the first day of class or after successful completion of pre-test. If you do not pass the course, no refund will be given.

Attendance is required on all days and times of each course section.

Cancellations & Refunds – The fees include materials and certifications unless otherwise noted. (See individual course listings). All fees are due at the time of registration. Registrations are on a first-come/first serve basis with at least 2 weeks notice will receive a 50% refund. No refunds will be given within 1 week of the class start date.



Safety Classes StarGuard Training

StarGuard is an integrated curriculum and includes emergency care skills necessary to protect life or prevent further injury until EMS arrives. The performance objectives of the American Safety & Health Institute CPR, First Aid, Bloodborne Pathogens, Emergency Oxygen and Automated External Defibrillation (AED) are built into the course. The integration results in a more confident, competent lifeguard.

The American Safety & Health Institute in partnership with Starfish Aquatics uses a systematic, thorough planning process to assure that program materials reflect the most current knowledge available. Ongoing research with a national peer review ensures up-to-date information and programs that have sound educational formats.

Candidates will be taught the skills and knowledge to prevent, recognize, and respond to emergencies and to provide care for injuries and sudden illnesses until advanced medical personnel arrive and take over. This course also includes training in aquatic-specific first aid and cardiopulmonary resuscitation (CPR) training and AED.

PREREQUISITES: Swim 350 yards, head up continuously, 50 yards, head up with rescue tube, 100 yards of front crawl, 100 yards of breaststroke and 100 yards of either front crawl or breaststroke; Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10-pound object, return to surface, and swim 20 yards back to starting point with the object, and get out of the pool in 1 minute 40 seconds.

Fee: **\$250 Members – \$300 Non-Members**

PRETEST for January Class:

Days: Monday
Date: January 22, 2018
Time: 7:30pm – 9:00pm

CLASS DATES:

Days: Tuesday and Thursday
Date: 1/23, 1/25, 1/30, 2/1, 2/6, 2/8, 2/13, 2/15
Time: 6:00pm – 9:00pm

PRETEST for April Class:

Days: Monday
Date: April 9, 2018
Time: 7:30pm – 9:00pm

CLASS DATES:

Days: Tuesday and Thursday
Date: 4/10, 4/12, 4/17, 4/19, 4/24, 4/26, 5/1, 5/3
Time: 6:00pm – 9:00pm



Additional Courses Offered - call for information

Bloodborne Pathogens Training

This training module is designed for first responders, health care professionals, lifeguards, and other workers who are at risk for on-the-job exposure to blood and body fluids that can cause infection. This course helps to meet training requirements for the OSHA bloodborne pathogens standard.

CPR/AED for Professional Rescuers and Health Care Providers

As an EMT, firefighter, athletic trainer or lifeguard, it is your duty to respond to cardiac or breathing emergencies until more advanced medical personnel can take over. From assessing needs and making decisions to providing care, this program provides the skills you need through discussion; video and hands-on training based on real-life rescue scenarios. Course covers adults, children and infants and includes free online refreshers.



Starfish Swim Instructor

This course is for individuals who desire to become a swim instructor. The Starfish Swimming Program allows you to reach people of all **ages** to swim for pleasure, fitness or competition and teach them correctly.

Prerequisites: Minimum of age 16. Must pass water skills screening to validate swimming ability at a level appropriate to demonstrate skills that correspond with the curriculum.



Starfish Swimming Program Staff

StarGuard Review Course

The Review course is designed to review the lifeguarding skills and core knowledge points required to recertify in lifeguarding.

Prerequisite: Current Red Cross Lifeguarding/First Aid/CPR/AED or current StarGuard/First Aid/CPR/AED certificate. **Note:** If the Lifeguarding/First Aid/CPR/AED certificate is expired, participants must take the full Lifeguarding or Shallow Water Lifeguarding course.



First Aid/CPR/AED for Workplaces, Schools and Individuals

- First Aid: Learn how to respond to common first aid emergencies, including burns; cuts; head, neck and back injuries and more. Pediatric option available.
- CPR/AED Learn how to respond to cardiac and breathing emergencies in adults, including the use of automated external defibrillators (AED). Adult and infant/child CPR options available.
- Review Renew your First Aid/CPR/AED certification in an abbreviated class session. Current certification is required.
- Challenge Prepare on your own and demonstrate skill competency in front of a ASHI instructor. Current certification is not required.

