



ABOUT OUR STARFISH SWIMMING PROGRAM

Premier Recreation 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.

Benchmarks are established at every 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 (6 months—18 months), StarTots (18 months—36 months), Starfish Swim School (3 years +) and Starfish Stroke School programs. Our swim instructors will communicate your child's progression through the curriculum on a regular basis.

Swim Lessons 2021

Dates: June 7th-June 17th ---Session 1

June 21st-July 1st ---Session 2

July 12-July 22nd --- Session 3

July 26th-August 5th ---Session 4

Times: Morning and afternoon available

(See registration Form for times and levels)

Cost: Group Lessons —\$70 per session

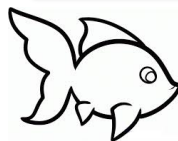
(8– 30 min classes)

Private Lessons—\$150 (4-30 min lessons)

Register today!

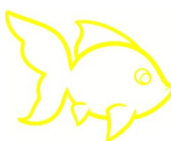
<https://www.premierrecreation.net/swim-lessons/>

Find your level and sign up today



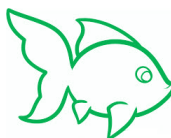
White— If student is afraid of water, cant swim at all, will not put face in water

Red— If student cant swim without support but loves the water, will get face wet, will



Yellow— If student is not afraid of water, can float on front and back, can jump in and return to surface unassisted.

Blue— If student can swim under water or on surface and can take an occasional breath.



Green— if student can tread water for at least 15 seconds, can swim freestyle with rotary breathing.



Stroke School—if Student has achieved the Green Star Fish Award and needs to learn /refine back-stroke, breaststroke and butterfly.