

MAY 2022 – SWIM STARS MEMO

Skill Based Enrollment

Dear parents,

In order to provide you with even better service, starting in **July 2022**, we will deploy an **improved** way of enrolling for our swimming classes. Our new daily schedule will offer:

- Four 30-minute time-slots for **'beginner'** classes with a lowered 3:1 ratio (*to allow more swim time*)
- Three 35-minute time-slots for **'intermediate/advanced'** classes with 6:1 and 8:1 ratio

This document is created to assist you with enrolling in the **correct level for your child**.

EXISTING CUSTOMERS:

Use the same level indicated on your child's swimming evaluation (accessible through the Parent Portal). You must enroll for the same level as indicated on your child's Parent Portal profile. Failure to do so may result in enrollment cancellation (*pending availability in appropriate skill-level class*)

NEW CUSTOMERS:

IMPORTANT: Any swimmers that sign up for wrong skill level will be reassigned or their enrollment will be canceled pending availability in appropriate skill-level class.

- **Enroll your child in the 'beginner' class if a swimmer:**
 - Needs floaties or an adult nearby to swim independently for 30 minutes
 - Never swam before
 - Is uncomfortable in the water (scared, cries, etc.)
 - Cannot submerge the head under water
 - Cannot kick properly

Our **Beginner** class objectives: Students will learn how to feel comfortable in the water and how to safely enjoy it. Children will learn basic swimming techniques and safety skills.

- **Enroll your child in the 'intermediate/advanced' class if a swimmer:**
 - Is able to kick independently for 10 yards
 - Is able to swim freestyle or backstroke with a kickboard for at least 10 yards unassisted
 - Is able to submerge his/her head under water
 - Is able to kick independently for 25 yards
 - Is able to swim freestyle or backstroke with a kickboard for at least 25 yards unassisted
 - Is able to submerge his/her head under water
 - Is able to swim continuously for 30 minutes

Our **Intermediate** class objectives: Students will learn proper swimming mechanics for freestyle and backstroke. Students will focus on side breathing, proper water resistance hand movements, proper body position, and proper kick.

Our **Advanced** class objectives: Students will use proper swimming mechanics for all four strokes (freestyle, backstroke, breaststroke, and butterfly). Students will use side breathing, proper water resistance hand movements, proper body position, and proper kick. Students will work on their stamina.

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Evaluations & Assessing Progress

- You will be able to track your swimmer's progress via our Parent Portal under evaluation tab
- Our primary emphasis is on making sure your child learns how to swim **correctly** and **efficiently** so that they can join 50+ of our own trained swimmers who are now competing on the state level.
- For Swim Stars, being able to "swim across" the pool doesn't necessarily mean that the child is leveled 'advanced' if the technique used isn't correct or efficient. Swim Stars values technique over power.
- Swim Stars coaches are the only ones able to promote a swimmer to the next level. Parents are not able to promote their own child to the next level.
- Swim Stars coaches may have your child participate in both intermediate and advanced levels by 'splitting the class'. This is done for students who are transitioning to the advanced level.
- Because we have only three levels of achievement, progress may appear to be slower than in other swim schools. However, if your child isn't moving onto the next level, it does not mean that he/she isn't making progress. Becoming an efficient swimmer takes time and consistency. Even the most experienced swimmers are always working on improving their technique as it directly impacts their ability to swim faster.

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