



Tracking progression:

The students will track achievement of skills in their personal record book. These books will be kept at the Swimversity.

Parents are encouraged to read through the books and participate in the tracking of the child's progression.

As your child progresses, he/she will be rewarded with a badge, emblems and certificates per benchmark achieved. The benchmarks are identified by colour starting at White, Red, Yellow, Blue and Green.



After lessons:

Students will learn faster if they participate on a consistent basis. Parents should take an active role in their child's aquatic experience. Parents must keep reinforcing skills learned. Practice is important. Practicing between lessons will only increase a child's confidence in the water.

What does it cost

Annual R250 registration fee per participant

Group Sessions :

4 x 30min sessions once a week R396

8 x 30min sessions twice a week R684

Private Sessions :

4 x 30min sessions once a week R560

8 x 30min sessions twice a week R960

Adults:

4 x 1hour sessions once a week R900

8 x 1hour sessions twice a week R1600

What is included

Personal swim coach. Reward system, badges, scrolls and personal logbooks and certificates. Groups range from 2-4 participants.

How does it work

Complete registration form & sign indemnity.

Choose your time slot.

We will help you decide on your level.



SWIM VERSITY



Swimversity® is a swim training division of Scubaversity an internationally accredited 5 star PADI swim, scuba and career development center.

Swimversity Starfish Swimming is an independent authorized provider of Starfish Swimming. Starfish Swimming is a nationally recognized swim instruction curriculum developed by the Starfish Aquatics Institute (SAI).

We have resident instructor trainers and program directors and full time swim instructor staff. All our staff members are trained in basic first aid, CPR and we have an oxygen and first aid station on the premises with emergency plans.



scubaversity

Cnr Peter & Chestnut Rd. Tres Jollie, Ruimsig
dive@scubaveristy.co.za

(T) 011-958-2418 (F) 011-958-2419

Closed on Mondays



www.starfishaquatics.org

StarBabies™ (Infant 6 -18 months)

StarTots™ (Toddler 18 – 36 months)

The purpose of this course is to develop in very young children a high comfort level in the water while at the same time training the adults who accompany them 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. One adult must be in the water with each



PADI® Swim School

Preschoolers (Ages 3 – 5)

Designed to meet the needs of children ages 3 to 5, this course will develop a high comfort level in the water and a readiness to swim, and for those children who are developmentally ready, it will teach functional swim skills. This class approaches teaching swimming through creative, fun activities in the water. Students work toward developing the five competencies and progress toward achieving the benchmarks at their own pace in a small-group setting.



PADI® Swim School for Youth

(Ages 6 – 12) Students work toward development of the five core swimming competencies using age-appropriate learning activities. Learning is self-paced but challenging.



PADI® Swim School for Teens & Adults

(Ages 13 and older) This course is designed to improve comfort and skill in the water, regardless of past swimming experience. Students work toward developing the five basic core swimming competencies using principles of adult learning.



PADI® Swim Team

(Students of all ages who achieved green Stroke School benchmarks.) Students learn and refine the competitive strokes plus develop an understanding of basic training principles such as using a pace clock, starts and turns, and racing. This program is a great introduction to competitive swimming in a low-key environment.

PADI® Stroke School

(All ages who achieved green Stroke School benchmarks.) Students refine freestyle and learn stroke technique for backstroke, butterfly, breaststroke, and develop endurance.

Which level to enroll

| If student is | Enroll in this group |
|---|----------------------|
| Is afraid of water... Can't swim at all.... Will not get face wet.... | WHITE |
| Can't swim without support but loves the water...Will get face wet...Will jump in... | RED |
| Is not afraid...Can float on front and back...Can jump in and return to surface... | YELLOW |
| Can swim underwater or on the surface, and can get an occasional breath... | BLUE |
| Can tread water for at least 15 seconds...Can swim freestyle with rotary (side) breathing... | GREEN |
| Has achieved a GREEN Swim School Award Patch... Needs to learn or refine backstroke, butterfly, and breaststroke... | STROKE SCHOOL |
| Can swim 25 yards freestyle with side breathing and 25 yard backstroke...Needs to build endurance...Wants to learn turns, starts, and swim team training techniques | SWIM SCHOOL |