

→ OBJECTIVE

Swimming Stars^a International [SSI] is the product of combining the resources and passion for Learn to Swim [LTS] of Olympic Gold medallists Gustavo Borges (Brazil) and Ryk Neethling (South Africa). Embracing two continents SSI teaches more than 1 million LTS and Water Safety lessons annually. This is well researched, documented and proven educational level approach to the acquisition of aquatic survival abilities.

Within this systematic approach the individuality of each swimmer is respected and evaluated based on the aquatic abilities specific to each level.

Swimmers are **motivated** through play as the main method of acquiring new knowledge. Swimmers are **rewarded** for progress through quarterly evaluations, encouraging them till they qualify for a new level, thereby receiving a new coloured **Swimming Cap** as well as a certificate!

Although the objective of **Swimming Stars™ International** is focussed on Water Safety (all ages), it is also important to provide a structured opportunity for the swimmer that decides on **SWIMMING** as a sport of choice.

Structured Stroke Development as well as Elite Competition training is provided for in the program.

Dare. Learn. Trust.



www.learntoswim.co.za



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“Water
is our
life!”



LEVELS

SWIMMING STARS

INTERNATIONAL PROGRESSION LEVELS



INFANT AND TODDLER WATER SAFETY LEVELS



white
TWINKLE STAR



white
SHINING STAR



yellow
LITTLE STAR



orange
STAR FISH



red
RISING STAR



green
FLYING STAR



light blue
ALL STAR



royal blue
SWIMMING STAR



black
ADULTS & CONDITIONING



INDEPENDENT LEARN TO SWIM LEVELS

Little Star:

Age 24-36 months. Without a parent/ caregiver in the water.

General Objectives: socialization, balance, breath control, submersion, assisted gliding and floating, safe water entries, survival skills.

Star fish:

Children from 3 years upwards.

General Objectives: adaptation to the aquatic environment using all senses, breath control, floating; front ; back; mushroom; vertical, survival swimming, propulsion [alternating arms and legs], safe water entries, front flips.

Rising Star:

Swimmers 4 years and older that has been adapted to the water environment. During this phase the formal swimming strokes are initiated - freestyle, backstroke and breaststroke.

Flying Star/ All Star / Swimming Star:

Swimmers from 6 years old keep improving their skills in all strokes as well as learning butterfly full stroke, developing stroke techniques for all 4 competition strokes, competition turns and starts.

ADVANCED / ELITE SWIMMING

Swimmers that train for competition purposes will have the full benefit of Elite Coaches as well as highly trained support staff.

Well trained Instructors. Weekly Goals that assist each Instructor to attain the actual level Goals. Quarterly level evaluation to monitor development, Each educational level has a line of printed teaching materials that assists the teacher at the time of its evaluation and enable performance ensuring client satisfaction.

- 1 Division of levels per colour.
- 2 Weekly classes specific for each educational level.
- 3 Periodic evaluations.
- 4 Monitoring of objectives and results.

BENEFITS

