Why Choose the Starfish Swimming Program?

The Starfish Aquatics Institute (SAI) family of brands transform the way the risk of drowning is reduced, through innovation in the way lifeguards are trained and supervised, people of all ages are taught to swim, and aquatics facilities operated. Since 1998, the SAI has been a thought leader and provider of aquatic safety solutions with an expansive national and global reach.

Vision - What we Aspire to Do To be the premier aquatic training and safety services organization worldwide.

Mission - Why We Exist To reduce drowning and save lives by providing reputable and responsive aquatic safety training programs and services delivered to the public through a network of friendly, knowledgeable aquatic professionals who serve as independent training providers.

How does Amanzi affiliate with SAI?

Amanzi uses the SAI swim curriculum and is an Approved Training Centre - having done all our training and gained extensive experience in the United States with the latest techniques & methodologies. We are also the only SAI Faculty Members in South Africa since September 2017.

Here are the primary reasons why we and others have chosen Starfish Swimming:

- Nationally and internationally recognized swim instruction program
- Innovative and effective teaching methods
- Safety concepts built into the curriculum at every level
- Transition from another program is fast, easy and effective
- The curriculum can be incorporated into current programming of any kind
- Cost-effective with minimal paperwork
- Client support with direct contact to the highest levels of the organization - no bureaucracy
- Quality resources for instructors and merchandise for students
- By becoming a Training Center and adopting the Starfish Swimming program, training provider, you'll immediately see the benefit of having a dedicated national program and provide ongoing support.

	Core Skill Achievement Stages						Specialty Courses	
	White	Red	Yellow	Blue	Green		Stroke School	Swim Team
	If the student...	If the student...	If the student...	If the student...	If the student...		If the student...	If the student...
Ages 3 – 5	Is afraid of water...	Can't swim without support but loves the water...	Is not afraid... Can float on front and back...	Can swim underwater or on the surface, and can get an occasional breath...	Can tread water for at least 15 seconds... Can swim freestyle with rotary (side) breathing...		Has achieved a GREEN Swim School Award Patch... *and* Needs to learn or refine backstroke, butterfly, and breaststroke...	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...
Ages 6 – 8	Can't swim at all....	Will get face wet...	Can jump in and return to surface...					
Ages 9 – older	Will not get face wet....	Will jump in...						
	SIGN UP FOR WHITE GROUP	SIGN UP FOR RED GROUP	SIGN UP FOR YELLOW GROUP	SIGN UP FOR BLUE GROUP	SIGN UP FOR GREEN GROUP		SIGN UP FOR STROKE SCHOOL	SIGN UP FOR SWIM TEAM

PROGRAM SUMMARY

The streamlined, innovative and learner-focused curriculum uses an "ages and stages" format so that you can offer swim lessons across the lifespan to a broad range of interests. There are many courses you can choose to offer that will provide a variety of programming options for your customers to explore the benefits and risks of swimming. You may want to focus on offering one "age and stage" when first starting out and add more to your program as you grow – or you may want to jump right in with a full lineup. The choice is yours.

The StarBabies and StarTots course introduces infants and toddlers to the water in a fun and loving environment. Parents or caregivers are taught the proper techniques to teach their infants and toddlers how to float, submerge, move in the water and rollover. Classes incorporate songs and activities to meet the swim skill benchmarks. Safety skill benchmarks are designed to educate the parents or caregivers. Safety skill benchmarks are designed to educate the parents or caregivers.

Curriculum and Core Skills Achievement Stages					
	WHITE	**RED**	**YELLOW**	**BLUE**	**GREEN**
	Focus: trust and comfort	*Focus: body positions*	*Focus: submersion*	*Focus: air recovery and rollover*	*Focus: forward movement*
Lead-up Skills	Drowning prevention	Lifejackets	Reach and throw	Recreational water illness	Introduction to CPR
	Entries	Front floats	Vertical submerge	Roll front to back	Kicking
	Water play	Back floats		Roll back to front	Pulling
	Balance holds	Counting cues			Drifting
		Sliding			
	Songs	Jumping	Horizontal submerge	Bobbing	Independent movement
		Turn to wall/hold on			
		Climb out			
Safety Skill Benchmark (for the parent or guardian)	Understand constant and dedicated surveillance	Fit and properly put a lifejacket on the child	Use flotation to help someone in the water (Reach or throw…don't go) and know how to call emergency services (911).	Identify six methods of preventing recreational water illness.	Know about infant and child CPR.
Swim Skill Benchmark	Parent and child are relaxed and confident, and enjoy being in the water together	Perform a relaxed front, back, vertical, and side position for at least 5 seconds each	Enter from the wall, submerge, turn around, grab on the wall, and pull up (assisted).	Enter from the wall, submerge, come to surface unassisted and get a breath in vertical or horizontal (on back) position.	Move 3 m/10 ft through the water independently, with or without flotation.

The Stroke School courses for Pre-School, youth and adult students develop effective technique and endurance for: Freestyle, Backstroke, Butterfly & Breaststroke

<u>The Benefits of Learning Several Strokes</u>
Besides a bigger time investment, there really are only benefits to know several different swimming strokes. When you swim several strokes, you use more muscles and your body gets a better workout. The risk of a swimming injury is decreased because you don't always stress the body with the same movements and the musculature is more balanced. Your swimming fun is increased because your workouts are more varied when you can choose among several swim strokes. The skills that you learn in one stroke can often be transferred to another swim stroke. For example, the balance skills that you learn for the front crawl are also needed in backstroke. Or the body undulation that you need for the butterfly stroke is also an asset while swimming breaststroke.

Curriculum and Core Skills Achievement Stages

	WHITE	RED	YELLOW	BLUE	GREEN
	Focus: freestyle, introduction to backstroke	*Focus: backstroke, introduction to butterfly*	*Focus: butterfly*	*Focus: breaststroke*	*Focus: endurance*
Lead-up Skills	Ask permission to get in	Put on lifejacket in the water	Use flotation for assists	Discuss safety concepts	Perform a racing dive
	Swim freestyle with high elbow recovery	Swim backstroke with straight arm recovery	Perform pulsing with arms above the head	Perform breaststroke kicking motion (assisted)	Perform an open freestyle turn
	Swim freestyle and with thumb touch	Swim backstroke with little finger first entry	Perform pulsing with arms above the head and scull with hands	Perform breaststroke kick with support (kickboard, float bar, rescue tube, etc…)	Perform an open backstroke turn
	Swim freestyle with center line pull	Swim backstroke with bent arm pull	Lift head to breathe during pulsing	Perform breaststroke arm action (assisted)	Perform a freestyle flip turn
	Swim freestyle with body roll	Swim backstroke with good body and arm extension	Add 1 butterfly arm stroke to pulsing	Perform breaststroke arm action with support (pull buoy, noodle, rescue tube, etc…)	Perform a backstroke flip turn
	Exhale in the water before rolling to breathe	Perform backstroke flutter kick	Pulse with hand slide 3 times then take 2 swing and stretch arm strokes		Perform a breaststroke and butterfly open turn
	Triple-switch backstroke drill	Swim backstroke with body roll	Pull to a thumb touch when performing butterfly arm strokes	Combine arm action and leg kicking	Swim in trains
		Perform arm down pulsing		Incorporate dolphin body motion into breaststroke after the kick	Swim on basic pace clock intervals
Safety Skill Benchmark	Always ask permission before getting in the water	Put on a lifejacket from in the water, kick 9 m/30 ft	Use flotation to reach or throw to assist a swimmer and know when and how to call emergency services(911)	Discuss safety concepts	Tread water or survival float for 2 minutes
Swim Skill Benchmark	Swim freestyle 9m/30 ft with body stretched out and consistent form; swim 9 m/30 ft of triple-switch backstroke	Swim 9 m/30 ft backstroke with straight arm recovery, body roll, good arm and body extension; perform arm down pulsing for 5m/15 ft	Swim 4 strokes butterfly with only one breath, then remainder of pool length freestyle	Swim 9 m/30 ft breaststroke with good timing and extension	Swim freestyle 50 metres/yards with rolling body motion, high elbow recovery, and body stretch; swim backstroke 50 metres/yards with rolling body motion, straight arm recovery, and body stretch; swim 25 metres/yards butterfly with dolphin body motion, straight arm recovery, and body stretch; swim 50 metres/yards breaststroke with proper timing and body stretch; perform freestyle and backstroke flip turns and butterfly and breaststroke open turns.

Who can attend this course?

Our internationally recognized Swim Instructor course is open to anyone above 18 years of age who knows how to swim efficiently, enjoy working with people, passionate about teaching and aquatics.

Course Option 1: Choose 1 of the 3 following modules:

1. StarBabies (6months - 18months) & StarTots (18 months – 36 months) or
2. Swim School – Age 3 years to Adult or
3. Stroke School

Course Option 2: Do all 3 of the above as a combined course and receive certification to teach all of them.

What is included in the course?

- ✪ Access to the SAI online theory workbook, worksheets and final exam.
- ✪ Registration fees with SAI as an internationally recognized Swim Instructor – to be renewed annually.
- ✪ 5 Days theory and practical classes at Amanzi in our Indoor Heated Pool with actual students / classes.
- ✪ Instructor Equipment Starter Pack
- ✪ FREE workshop on 'starting & marketing' your own swim school.
- ✪ FREE practical in water teaching experience at Amanzi in addition to the 5 day course – 4 Hours with course option 1 and 12 Hours with course option 2 (4 Hours per module)

Cost Breakdown:

- 1 Module Only – All Inclusive – R4000
- 2 Modules – All Inclusive – R6000
- All 3 Modules – All Inclusive – R8000

- 50% Deposit required when booking course – balance before or on first day of course.
- All participants who successfully complete course will operate under the Amanzi banner and will be subject to signing a contract with Amanzi to uphold standards & procedures for ongoing support.