



# SWIM SCHOOL

## WHY CHOOSE

*Chanell Range*  
BIOKINETICIST



### *What is the SAI Program?*

These are the most common reasons for joining Starfish Swimming through Chanell Range Biokineticist:

- The SAI program is nationally and internationally recognised.
- Innovative and effective teaching methods that is bound to teach safety but to have fun and learn the correct safety measures in and around the pool.
- Transition from another program is fast, easy and effective.
- The curriculum can be incorporated into current programming of any kind.
- Customized swim lesson management app (Special T app) to track every student's progress and communicate directly with the student, teachers and their family about achievements.



### *Swim School Program*

for pre-school, youth and adult students develops a foundation of swimming and safety skills with a focus on self-rescue:

- Trust and submersion
- Body positions and air recovery (includes rollover to back for air recovery)
- Forward movement and direction change
- Rotary movement (transitions from rollover to side position for air recovery)
- Integrated movement
- Age-appropriate safety skills such as asking permission, wearing a lifejacket, using flotation to make an assist, treading water, and survival float



### *Baby / Toddler Swimming*

The StarBabies/StarTots course introduces infants and toddlers to the water in a fun and loving environment. Parents or caregivers are taught effective techniques to teach their infants and toddlers how to float, submerge, move in the water, and roll over to breathe. Classes incorporate songs, activities, and water safety education for the parents.

## CONTACT INFO

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