

Starfish Swimming®

Performance criteria for placing students in the correct stage

White	Red	Yellow	Blue	Green	Stroke School
<i>If the student...</i> Cannot completely submerge for at least 5 seconds	<i>If the student...</i> Will submerge for at least 5 seconds yet cannot... float relaxed (front and back) on the surface without support	<i>If the student...</i> Can jump in and come up on the back and float for at least 5 seconds yet cannot... move forward through the water 10 ft (3m), change direction, and come back	<i>If the student...</i> Can move through the water 10 ft (3m), change direction, and come back yet cannot... tread water for at least 15 seconds	<i>If the student...</i> Can tread water for at least 15 seconds yet cannot... swim basic freestyle stroke with “swim – roll – swim” or rotary (side) breathing	<i>If the student...</i> Has completed Swim School Green stage or... can tread water and survival float at least 30 seconds and... swim basic freestyle stroke with “swim – roll – swim” or “rotary (side) breathing...
PLACE IN WHITE	PLACE IN RED	PLACE IN YELLOW	PLACE IN BLUE	PLACE IN GREEN	PLACE IN STROKE SCHOOL

Depending on how lessons are organized, stages can be combined together for lesson groups, and students can also work in more than one stage at a time.