



**STARFISH
FITNESS**

Aquatic Program

Birkdale

Season

2007 - 2008

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General Information

Starfish Fitness has developed an aquatic program like no other in this area. Starfish Fitness captures the real spirit of swimming, providing fun and fitness for all. The coaching and development programs Starfish Fitness offer focus on interaction between both the coaches and the participants. This creates a greater understanding for both the athlete and the coach allowing maximum overall development.

Starfish Fitness is committed in providing a high level of service as well as providing qualified dedicated coaches. All our staff under go regular training and development, this allows a more informed approach to coaching.

As well as offering an integrated swim program Starfish Fitness will also provides the following services:-

- Aqua Aerobics (Star Aqua)
- Swimmers with Disability Programs
- Event Organization and Promotion
- Club Development

The swim program

There are four different levels within the program. These are Learn To Swim (LTS), Junior Development (JD), Fun and Fitness (FAF) and Swimmer with a disability (SWD). Each level has it's own requirements and expectations which are listed on page 7.

Learn To Swim (LTS)

In this program there are four levels, each level has a beginner and advance stage.

Water Appreciation, Level 1, Level 2 and Level 3.

Water Appreciation

- Max 4 per class
- Running time 30 minutes
- Requirements
 - At least one parent per child
 - Must be at least 3 years old

Water Appreciation classes provide the child with the confidence and basic understanding of the properties of water. This is provided through fun and games, making it an enjoyable learning experience.

Skills Covered

- Submersion
- Assisted Entry and Exit
- Blowing Bubbles
- Buoyancy
- Mobility
- Introduction to Aquatic Equipment

The swim program

Level One

- Max 4 per class
- Running time 30 minutes
- Requirements - The confidence to start learning to swim without the support of a parent or guardian.

This is the true beginning of learning to swim. The child will learn the basics of both freestyle and backstroke.

Skills Covered

- Advance Bubbles
- Kicking with two boards graduating onto one (Front and Back)
- Starfish Floats
- Basic introduction to Arms and Techniques
- Rockets
- Retrieval of Sunken Objects

(Water confidence is the difference between beginner and advance)

Level Two

- Max 4 per class
- Running time 30 minutes
- Requirements - Successfully proficient in ALL aspects of the LTS Level 1

Level 2 focuses on technique development in backstroke and freestyle as well as introducing a third stroke (Breaststroke).

Skills covered

- Progression from bubble breath to three arms breath
- Breaststroke kick and basic arms
- Beginning dives
- Individual unassisted stroke
- Rockets into stroke

The swim program

Level 3

- Max 4 per class
- Stroke development and refinement
- Duration 30 minutes
- Requirements - Successfully proficient in ALL aspects of the LTS Level 2

Level 3 prepares swimmers for the next phase in the swimming program Junior Development (JD). There will be a gradual phase of swimmers going from L3 to JD. L 3 will have a primarily focus on technique as this is the most important aspect of the competitive swimmer. An introduction into butterfly (dolphin) kick will also be taught.

Skills covered

- Skill and Technique drills in three strokes (Free, Back and Breast)
- Turns
- Dives
- Butterfly

Squads

The object of squad classes is to extend and refine the repertoire of skill previously attained through the Learn to Swim program. Our qualified (NCAS & AUSTSWIM) coaches are dedicated in providing swimmers the opportunity to increase their fitness and endurance, whilst encouraging correct competitive swimming techniques.

Junior Development (JD)

Offering the chance to increase the swimmers endurance, the emphasis will be on technique. All four strokes will be taught and the opportunity to compete at a social club level will be given. Distances required will be up to 100m continuous swimming and the ability to maintain technique and form over a 45 min period.

Fun and Fitness Program (FAF)

Designed for the swimmer, to gain enjoyment and physical benefits that swimming has to offer. This is a great class for the club level swimmer who wishes to gain that little edge from stroke correction and training. The program includes land activities as well as swimming.

The swim program

Starfish Adult Swim and Fitness

There are three major sections in the Starfish Adult Swim and Fitness giving the opportunity for everyone to get involved.

Morning Swim squad

The adult morning swim squad is a great way to get the day started. Combining with the Fun and Fitness squad it becomes a big social event with lots of fun. This squad is for everyone from competitive masters swimmers to those who just want to lose weight and get fit.

Adult Learn to Swim

It is never too late to learn how to swim. Imagine how great it would be to be able to go swimming with your children (or maybe grandchildren). Think of how important it is to know water safety. If you or a family member fell into the water, would you be able to save them? It happens! Make a decision and learn how to swim today. Lessons can be private or in a small group, it's up to you!

Star Aqua (Aqua Aerobics)

This is a fun new approach to aqua aerobics. This is a new development and requires no coordination or skill, the only requirement is that you must be ready to have fun and get fit at the same time. Using the properties of water, this class is perfect for those wishing to lose weight or have arthritis, mild osteoporosis and mobility diseases.

There following are the requirements of the program

Level	Requirements
LTS :- Water Appreciation	<ul style="list-style-type: none"> - At least 3 years old - If not toilet trained water proof nappies must be worn - One parent or carer per child - It is recommended that LTS participants attend at least two sessions per week
LTS :- Level 1	<ul style="list-style-type: none"> - The confidence to start learning to swim without the support of a parent or guardian. - It is recommended that LTS participants attend at least two sessions per week
LTS :- Level 2	<ul style="list-style-type: none"> - Successfully proficient in <u>ALL</u> aspects of the LTS Level 1 - It is recommended that LTS participants attend at least two sessions per week
LTS :- Level 3	<ul style="list-style-type: none"> - Successfully proficient in <u>ALL</u> aspects of the LTS Level 2 - It is recommended that LTS participants attend at least two sessions per week
Junior Development	<ul style="list-style-type: none"> - Successfully proficient in <u>ALL</u> aspects of the LTS Level 3
Fun and Fitness	<ul style="list-style-type: none"> - To be able to swim all 4 stokes with confidence and technique - Have the stamina to swim at least a 2km set in the required time frame
SWD LTS	<ul style="list-style-type: none"> - Swimmers will need to be pre-assessed for appropriate class placement
SWD Squad	<ul style="list-style-type: none"> - Swimmers will need to be pre-assessed for appropriate level placement

Times & Prices

Program manger: Sharon O'Callaghan

JD	3:15pm to 4pm	Mon, Wed, Thurs & Fri
FAF	4pm to 5:30pm	Mon, Wed, Thurs & Fri
	7am to 8:15am	Tue, Thurs & Sat

Full Season (22 weeks) October to March \$375 + 125 per extra child in family
½ season (11 weeks) October to December \$210 + \$75 per extra child in family

Learn to Swim

Monday, Tuesday, Thursday	2:45pm – 5:15pm
Saturday	8:15am – 11am

\$11 per lesson once per week

\$9 per lesson twice or more per week