# **Swim Lesson Flow Chart**

Starfish Swimming Canada







### **Star Babies**

(6 to 18 months)

## **Star Tots**

(18 to 36 months)

## SWIM SCHOOL



### White

(3 to 5 years, 6+ years)



#### Red

(3 to 5 years, 6+ years)



## Yellow



#### **PLEASE NOTE**

Swim School must be completed prior to registering for Stroke School.



## Blue



Green

## STROKE SCHOOL

Freestyle and backstroke

**Resting strokes** 

**Butterfly** 

**Breaststroke** 

**Endurance** 

Not sure what lessons your child has completed? **Call 403-502-8566 or log in to your account**