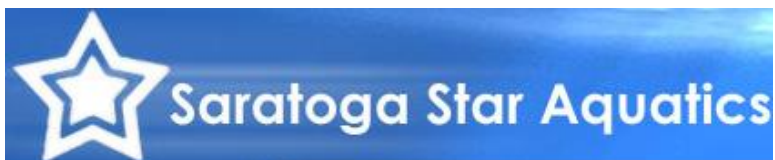




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# Swim School Online Handbook





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## Level RED

<b>Minimum Requirements:</b> <ul style="list-style-type: none"><li>▪ Age range: 3 years old or over</li><li>▪ Must wear swim diaper if not potty-trained</li><li>▪ None to limited swimming experience</li></ul>
<b>Goals:</b> <ul style="list-style-type: none"><li>▪ Comfortable in pool with instructors</li><li>▪ Monkey walk</li><li>▪ Submersion with assistance</li><li>▪ Float on back with assistance</li><li>▪ Swim a short distance (5 yards) with digging and kicking unassisted</li><li>▪ Climb out of pool, jump into pool and swim back to wall with assistance</li></ul>
<b>Gear:</b> Swim wear, goggles, and swim cap

## Level ORANGE

<b>Minimum Requirements:</b> <ul style="list-style-type: none"><li>▪ Age range: 4 years old or over</li><li>▪ Successful achievement of Level RED skills</li></ul>
<b>Goals:</b> <ul style="list-style-type: none"><li>▪ Float on back for 10 seconds unassisted</li><li>▪ Swim a short distance (10 yards) with digging and kicking with upward breathing unassisted</li><li>▪ Climb out of pool, jump into pool and swim back to wall unassisted</li></ul>
<b>Gear:</b> Swim wear, goggles, and swim cap



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## Level **WHITE**

<p><b>Minimum Requirements:</b></p> <ul style="list-style-type: none"> <li>▪ Age range: 5 years old or over</li> <li>▪ Successful achievement of Level ORANGE skills</li> </ul>
<p><b>Goals:</b></p> <ul style="list-style-type: none"> <li>▪ “Rolly Polly” alternately swimming dog paddle for 5 seconds on front and back</li> <li>▪ Kick on your back the entire width of the pool using sculling hands</li> <li>▪ Flutter kick on stomach and back in streamline</li> <li>▪ Flutter kick on side</li> </ul>
<p><b>Gear:</b> Swim wear, goggles, and swim cap</p>

## Level **YELLOW**

<p><b>Minimum Requirements:</b></p> <ul style="list-style-type: none"> <li>▪ Age range: 5 years old or over</li> <li>▪ Successful achievement of Level WHITE skills</li> </ul>
<p><b>Goals:</b></p> <ul style="list-style-type: none"> <li>▪ <b>Introduce competitive strokes: Freestyle and Backstroke</b></li> </ul>
<p><b>Kicking:</b></p> <ul style="list-style-type: none"> <li>▪ Flutter kick on stomach and back in streamline</li> </ul>
<p><b>Freestyle and Backstroke:</b></p> <ul style="list-style-type: none"> <li>▪ Introduce freestyle with bilateral side breathing</li> <li>▪ Introduce backstroke</li> </ul>
<p><b>Treading Water and Diving:</b></p> <ul style="list-style-type: none"> <li>▪ Tread water in deep water with assistance</li> <li>▪ Dive in deep water with assistance</li> </ul>
<p><b>Gear:</b> Swim wear, goggles, and swim cap</p>



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## Level NAVY

<b>Minimum Requirements:</b> <ul style="list-style-type: none"><li>▪ Age range: 5 years old or over</li><li>▪ Successful achievement of Level YELLOW skills</li></ul>
<b>Goals:</b> <ul style="list-style-type: none"><li>▪ <b>Side kick; side breathing technique</b></li></ul>
<b>Kicking:</b> <ul style="list-style-type: none"><li>▪ Flutter kick on the side</li></ul>
<b>Freestyle and Backstroke:</b> <ul style="list-style-type: none"><li>▪ Introduce flutter kick on the side</li><li>▪ Introduce side breathing with proper body position</li></ul>
To pass from <b>Level Navy</b> to <b>Level GREEN</b> the swimmer should be able to: <ul style="list-style-type: none"><li>▪ Flutter kick on the side with floatation devices</li><li>▪ Flutter kick on the side without floatation devices</li><li>▪ Flutter kick on the belly with one arm in the front, roll to the side, and breath</li></ul>
<b>Gear:</b> Swim wear, goggles, and swim cap



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## Level GREEN

<b>Minimum Requirements:</b> <ul style="list-style-type: none"><li>▪ Age range: 6 years old or over</li><li>▪ Successful achievement of Level NAVY skills</li></ul>
<b>Goals:</b> <ul style="list-style-type: none"><li>▪ <b>Refine competitive strokes: Freestyle and Backstroke</b></li><li>▪ <b>Introduce competitive stroke: Kicking for Butterfly and Breaststroke</b></li></ul>
<b>Kicking:</b> <ul style="list-style-type: none"><li>▪ Introduce Dolphin Kick with kickboard</li><li>▪ Introduce Breaststroke Kick with kickboard</li></ul>
<b>Freestyle and backstroke:</b> <ul style="list-style-type: none"><li>▪ Proper freestyle with bilateral side breathing</li><li>▪ Proper backstroke</li></ul>
<b>Treading Water and Diving:</b> <ul style="list-style-type: none"><li>▪ Tread water in deep water for 30 seconds unassisted</li><li>▪ Proper dive in deep water unassisted</li><li>▪ Proper surface dive from treading water</li></ul>
<b>Flip Turns:</b> <ul style="list-style-type: none"><li>▪ Introduce somersaults and tucks assisted and unassisted</li></ul>
<b>Gear:</b> Swim wear, goggles, and swim cap



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## Level AQUA

<b>Minimum Requirements:</b> <ul style="list-style-type: none"><li>▪ Age range: 6 years old or over</li><li>▪ Successful achievement of Level GREEN skills</li></ul>
<b>Goals:</b> <ul style="list-style-type: none"><li>▪ <b>Refine competitive strokes: Freestyle and Backstroke</b></li><li>▪ <b>Introduce competitive stroke: Butterfly and Breaststroke Kick</b></li></ul>
<b>Kicking:</b> <ul style="list-style-type: none"><li>▪ Breaststroke kick and drills</li></ul>
<b>Freestyle and backstroke:</b> <ul style="list-style-type: none"><li>▪ Proper freestyle with bilateral side breathing</li><li>▪ Proper backstroke</li></ul>
<b>Butterfly:</b> <ul style="list-style-type: none"><li>▪ Introduce butterfly</li></ul>
<b>Flip Turns:</b> <ul style="list-style-type: none"><li>▪ Proper flip turns pushing off the wall</li></ul>
<b>Gear:</b> Swim wear, goggles, and swim cap



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## Level **BLUE** (Advanced Level)

<b>Minimum Requirements:</b> <ul style="list-style-type: none"><li>▪ Age range: 6 years old or over</li><li>▪ Successful achievement of Level GREEN skills</li></ul>
<b>Goals:</b> <ul style="list-style-type: none"><li>▪ <b>Refine competitive strokes: Freestyle, Backstroke and Butterfly</b></li><li>▪ <b>Introduce competitive stroke: Breaststroke</b></li></ul>
<b>Freestyle, Backstroke and Butterfly:</b> <ul style="list-style-type: none"><li>▪ Continue to refine freestyle and backstroke</li><li>▪ Proper butterfly</li></ul>
<b>Breaststroke:</b> <ul style="list-style-type: none"><li>▪ Introduce breaststroke</li></ul>
<b>Turns:</b> <ul style="list-style-type: none"><li>▪ Introduce flip turns</li></ul>
<b>Swimmer may advance to Pre-Competitive after successful achievement of Level BLUE skills.</b>
<b>Gear:</b> Swim wear, goggles, and swim cap



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## Level **PURPLE** (Advanced Level)

<b>Minimum Requirements:</b> <ul style="list-style-type: none"><li>▪ Age range: 6 years old or over</li><li>▪ Successful achievement of Level BLUE skills</li></ul>
<b>Goals:</b> <ul style="list-style-type: none"><li>▪ <b>Refine competitive strokes: Freestyle, Backstroke, Butterfly and Breaststroke</b></li></ul>
<b>Freestyle, Backstroke, Butterfly and Breaststroke:</b> <ul style="list-style-type: none"><li>▪ Continue to refine freestyle, backstroke and butterfly</li><li>▪ Proper breaststroke</li></ul>
<b>Turns:</b> <ul style="list-style-type: none"><li>▪ Proper flip turns</li></ul>
<b>Swimmer will advance to Pre-Competitive after successful achievement of Level PURPLE skills.</b>
<b>Gear:</b> Swim wear, goggles, and swim cap

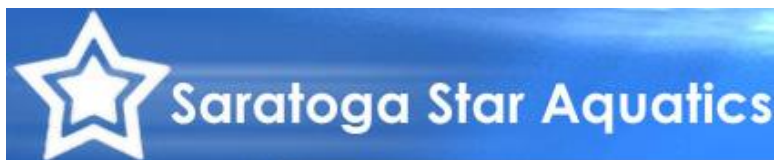




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## Adult Lesson

<b>Minimum Requirements:</b> <ul style="list-style-type: none"><li>▪ Age range: 18-65 years old</li><li>▪ Skill level: no specific requirement</li></ul>
<b>Focus on the following:</b> <ul style="list-style-type: none"><li>▪ Help to get over the fear of water</li><li>▪ Comfortable float on the stomach and the back</li><li>▪ Treading water</li><li>▪ Introduce freestyle, backstroke, breaststroke</li></ul>
<b>Gear:</b> Swimming suit and goggles



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**The regular session runs year-round perpetually.**

All classes are once per week classes. If you would like your children to take multiple classes per week, you can book two or three classes at the dates/time you prefer. Please note, the instructor should be the same one for the time and day. However, if you book two or three classes per week, the instructors may be different.

**Semi-private and private classes are only offered by special arrangement. If you are interested, please call or ask front desk for special arrangement.**

**\*\*Important Note for Semi-private lesson\*\***

**If you would like to register for a semi-private class, you must find a partner to register with; our staff will help you to register the semi-private lesson.**

## Monthly Fee Schedule

Type of Class	Regular Class	Dec Class (25%D)	Class Proration
Group Class	\$88	\$66	\$21
Pre-Comp Class	\$88	\$66	\$21
Semi-Pri Class	\$176	\$132	\$42
Private Class	\$352	\$264	\$84
Annual Reg Fee	\$25	\$25	

**The fee will be deducted at the first day of each month from the credit card.**



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## Swimming School Policies

### Scheduling

Saratoga Star Aquatics will make all efforts to schedule swimmers for preferred times. Swimmers might be enrolled in the inappropriate level or promoted from one level to the next. Saratoga Star Aquatics will make all efforts to reschedule swimmers for appropriate levels for the same times, but does not guarantee it.

### Change Classes

If you would like to change the time of your class, Saratoga Star Aquatics will make all efforts to reschedule swimmers for preferred times based on the availability of the classes. Students must vacate their previous timeslot in order to obtain the new one. No further changes can be made until completion of the first class at the newly obtained time slot.

### Holidays

Our swim school holidays are New Year's Day, Easter, Memorial Day, Independent Day, Labor Day, Thanksgiving Day, and Christmas Vacation (12/23-12/31). There are no classes during SSTA holiday closures. No class credit will be offered for class days that are on the same day as holidays.

### Missed Classes and make-up policy

For **Group**, there are NO make-up lessons provided. In lieu, SSTA provides a free swim coupon. The free swim coupons can be used during any membership hours. You will be issued one free swim coupon maximum per month. Swimmers in RED, ORANGE, WHITE, YELLOW, NAVY and GREEN groups must have **an adult** present in the pool with them for their make-up practice.

For **Private lesson** and **Semi Private lessons**, in addition to the above make-up practice option, you may also choose to have a make up group lesson at the same level based on the schedule and space availability.

If Saratoga Star Aquatics cancels your student's class for any unforeseen reasons, refunds will be applied.

### Minimum Booking and Proration

New students enrolled in the middle of any given month are required to book remaining classes in that month. Fees will be prorated by number of classes remaining in that current month. The entire annual registration fee (\$25) will be applied.

## **Withdrawals**

You can file a class withdrawal request at any time. Written requests must be completed at the swimming facility. Any tuition or registration fees paid for the current month are NON-REFUNDABLE. If the withdrawal request is received before the 25<sup>th</sup> of the current month, then the student will only need to attend the remaining classes of that month and you will not be charged for the following month.

If your request is received AFTER the 25<sup>th</sup>, then you will be charged for the following month and the cancellation will occur at THE END of the following month.

## **Family Credit**

Family credit can be used for your swimming classes within one year. After one year, the credit will be invalid. If you withdraw or cancel registered classes, the family credit will not be refunded and the credit can only be used for future classes within one year.

**Please direct questions regarding levels, scheduling, fees and policies to [ssta.frontdesk@gmail.com](mailto:ssta.frontdesk@gmail.com) with the subject line: Swim School Registration Question.**

**Please download this handbook and registration instruction for your record.**