

# Starfish Swimming®

## Performance criteria for placing students in the correct stage

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

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.