

Swim Stars at Ivy League

The swim instruction program at Ivy League Day Camp is in full swing for 2017! The Ivy League Swim Stars program was created exclusively for our Mini Day through 5th Grade campers. Inspired by the fundamentals of water safety and the foundation of competitive swimming, the Swim Stars program ensures campers receive developmentally appropriate instruction with an intense focus of safe water skills. Children will progress through the program at their own pace, and major swimming achievements can be seen at all levels. The following is a description of the Swim Stars program to help you better understand what your child will learn in each level!

- The **WHITE STAR** is designed for pre-school swim students who are entering the water for the first time. The goal of instruction in this level is to help children feel comfortable in the water, and to cultivate pre-swim skills like blowing bubbles, kicking, floating, and jumping in. In Swim Stars pre-school, all skills can be completed with the assistance of a swim training device or swim instructor.
- The **GREEN STAR** is designed to teach pre-school aged swimmers a wider repertoire of pre-swim skills including independent motion in chest deep water, submerging the body under water, retrieve objects, and using arm actions. In Swim Stars pre-school, all skills can be completed with the assistance of a swim training device or swim instructor.
- The **RISING STAR** is designed for school-aged children who are still adjusting to the water. The goal of instruction in this level is intense focus on cultivating confidence in the water, including skills like submerging under the surface, floating, independent forward motion, and jumping in. Expect children in this level to increase their willingness and confidence to get in the water and feel safe in shallow/chest deep water.
- The **SHOOTING STAR** is designed for school-aged children who have begun swimming independently and are beginning to expand their swim skills in both endurance and technique. Expect children in this level to swim confidently on their own in chest deep water, making forward motion on the belly with their face in the water, and kick or swim independently on the back.
- The **SUPER STAR** is designed for intermediate swimmers who have a firm grasp on foundational swim skills, and are completely confident swimming longer distances independently. Expect children in this level to learn diving, front and back streamline, breaststroke, and swimming 25 meters.
- The **SILVER STAR** is designed for intermediate/advanced swimmers who are completely confident swimming longer distances and in deep water. Children in this level to increase endurance, perform open turns on the wall, and learn butterfly stroke technique.
- The **GOLD STAR** is designed for advanced and competitive school-aged swimmers. In this level, swimmers will work on competitive techniques including racing dives, flip turns, and distance swimming. Children who complete the gold star level are typically prepared for a competitive swim environment if they should choose to pursue it.