



# YMCA Aquatics

## Star Program

### Star 1



Strokes
Front Crawl: Initial Standard, 15m
Back Crawl: Initial Standard, 15m
Elementary Backstroke: Initial Standard 15m
Endurance
Head-first sculling: On back, 15m
25m Front Crawl, 25m Back Crawl, 25m Choice
Jump into deep water, tread 2 minutes, swim 25m on back
Skills
Foot First Sculling on back, 3m
Eggbeater: with flotation, 1 minute
Optional Criteria (Learn 5 to complete)
Competitive Swimming: Front and Back Crawl Start
Competitive Swimming: 25m Sprint of Front or Back Crawl, record times
Lifesaving: Deep Dive
Lifesaving: Predict the # lengths one can swim and then swim them
Lifesaving: HELP and Huddle Position with a buoyant aid
Lifesaving: Demonstrate how to recover from falling through ice
Synchronized Swimming: The Tub
Aquatic Fitness: Jog three different ways, shallow water, 3 min
Aquatic Fitness: Jog with buoyant aid 3 different ways, deep water, 3 min
Waterpolo back crawl: with whipkick
Waterpolo crawl: with whip kick, pushing ball
Waterpolo crawl: with whip kick, holding ball
Water Safety appropriate to community and season

### Star 2



Strokes
Front Crawl: Intermediate Standard, 25m
Back Crawl: Intermediate Standard, 25m
Breaststroke: Initial Standard, 25m
Skills
Eggbeater: with arms, 1 minute
Endurance
Elementary Backstroke: Initial Standard, 25m
Front Crawl: Initial Standard, 50m
Back Crawl: Initial Standard, 50m
Foot-first Sculling 10m, change direction, Head-first Sculling 25m
Any combination sculling/strokes: 100m
Optional Criteria (Learn 5 to complete)
Competitive Swimming: Front and Back Crawl Turn
Competitive Swimming: 3 x 25m Sprint Front or Back Crawl: record times
Competitive Swimming: Swim 150m: Use Front Crawl and Back Crawl Starts & Turns
Lifesaving: Whip Kick on Back: Carry 5lb object 10m
Synchronized Swimming: The Pretzel
Aquatic Fitness: Jumping in Shallow Water: Use four working positions, 4 minutes
Aquatic Fitness: Scissors in Deep Water: Forward and backward, 4 minutes
Water Polo: Basic position: Front and side
Water Polo: Ball pick-up
Water Polo: Wet pass
Waterpolo: Breaststroke
Water Safety appropriate to community and season

### Star 3



Strokes
Front Crawl: Advanced Standard, 25m
Back Crawl: Advanced Standard, 25m
Elementary Backstroke: Intermediate Standard, 25m
Endurance
Breaststroke: Initial Standard, 50m
Front Crawl: Intermediate Standard, 75m
Back Crawl: Intermediate Standard, 75m
Elementary Backstroke: Initial Standard, 50m
Any combination sculling/strokes: 200m
Canadian Swim Patrol- Rookie Recognition and Rescue
Look at the facility for 10-15 sec, turn away and then describe
Identify and Simulate: Non-Swimmers, Weak Swimmers
From the deck throw a buoyant aid with a line to hit a target for 30 seconds
Skills
Eggbeater: No hand support, 2 minutes
Eggbeater: Moving forwards and backwards, 5m each direction
Dolphin Kick: Body close to surface
Optional Criteria (Learn 5 to complete)
Competitive Swimming: Breaststroke Start and Turn
Competitive Swimming: Swim 250m: Choice of strokes, using Start & Turns
Synchronized Swimming: Propeller scull
Synchronized Swimming: The Water Wheel
Aquatic Fitness: Kicking in Shallow Water: Varying intensity, 5 minutes
Aquatic Fitness: Tilting in Deep Water: Working around the body, 5 minutes
Waterpolo: Stepping
Waterpolo: Changing direction: Front, back, and with Waterpolo Crawl
Waterpolo: Zig Zag
Waterpolo: Stop Start: With the Ball
Water Safety appropriate to community and season

### Star 4



Strokes
Breaststroke: Intermediate Standard, 25m
Side Stroke: Initial Standard, 15m
Endurance
Eggbeater: Forwards, 10m
Eggbeater: Backwards, 25m
Dolphin Kick for 25m
Elementary Backstroke, Intermediate Standard 75m
Skills
Front Float: Star fish position, 15 seconds
Back Float: Star fish position, 1 minute
Back Float: Both arms above head, 30 seconds
Side Float: Face in, bottom arm vertical towards bottom of pool
Lifesaving: Canadian Swim Patrol - Rookie H2O Proficiency
Swim 25m: Head-up Front Crawl or Breaststroke
Ready position: With stationary scull, 30 seconds
Lifesaving Kick: Carry 5lb object for 15m using a Lifesaving Kick
Foot-first Surface Dive: Max. Depth 2m
Head-first Surface Dive: Max. Depth 2m
Inflate two items of clothing, use as a buoyant aid
Swim 25m: Any stroke, Swim under an obstacle at half way point
150m Swim: Front Crawl, Back Crawl, Breaststroke (50m each)
350m Workout: 3 times on 3 different days
Swim 100m in 3min: Using any combination of strokes

Optional Criteria (Learn 5 to complete)
Advanced Swimming: Elementary Backstroke: Advanced Standard
Synchronized Swimming: Sailboat
Synchronized Swimming: Lobster Scull
Aquatic Fitness: Rocking: Around the body, 3 minutes
Aquatic Fitness: Bicycling: Changing surface area, 5 minutes
Waterpolo: Vertical Position
Waterpolo: Vertical Position: Moving with ball
Waterpolo: Passing a Ball
Waterpolo: Catching and Passing a Ball
Waterpolo: Catching and Wet Pass: While moving
Water Safety appropriate to community and season