

StarBabies™

Curriculum and Core Skills Achievement Stages					
	WHITE	RED	YELLOW	BLUE	GREEN
Lead-up Skills	<i>Focus: trust and comfort</i>	<i>Focus: body positions</i>	<i>Focus: submersion</i>	<i>Focus: air recovery and rollover</i>	<i>Focus: forward movement</i>
	Drowning prevention	Lif jackets	Reach and throw	Recreational water illness	Introduction to CPR
	Entries	Front floats	Vertical submerge	Roll front to back	Kicking
	Water play	Back floats	Horizontal submerge	Roll back to front	Pulling
	Balance holds	Counting cues		Bobbing	Drifting
	Songs	Sliding			Independent movement
		Jumping			
		Turn to wall/hold on			
Climb out					
Safety Skill Benchmark (for the parent or caregiver)	Understand constant and dedicated surveillance.	Fit and properly put a lifejacket on the child.	Use flotation to help someone in the water (Reach or throw...don't go) and know how to call 911.	Identify six methods of preventing recreational water illness.	Know about infant and child CPR.
Swim Skill Benchmark	Parent and child are relaxed and confident, and enjoy being in the water together.	Perform a relaxed front, back, vertical, and side position for at least 5 seconds each.	Enter from the wall, submerge, turn around, grab on the wall, and pull up (assisted).	Enter from the wall, submerge, come to surface unassisted and get a breath in vertical or horizontal (on back) position.	Move through the water independently 10 feet, with or without flotation.