

Berrien Springs Partnership Syllabus

AU Learn To Swim - Fall 2023/Spring 2024

BASIC CLASS/LOCATION DETAILS

GRADE OR AGE LEVELS: **Preschool** - Age 5
Levels 1-6 - Ages 6+

HOURS (REQUIRED): 11 classes (80%)

HOURS (POSSIBLE): 14 classes

TOTAL SEMESTER HOURS POSSIBLE: 14 classes + 2 vouchers for open swim practice

- Open practice vouchers are BY REQUEST ONLY. You can email Taylor, or stop by the office to receive one. Each student is only eligible for 2 for the semester, one for each session.

DATES: August 28th - December 7th, 2023 (Fall Dates)
Tuesday - Thursday (various times, depending on class registration)

Session 1: August 28th - October 17th

Session 2: October 18th - December 7th

- Student must register for session 1 during registration window, and will automatically be registered for session 2

Closed for Holiday (No Classes) for the following dates

- Monday, September 4th (Labor Day)
- Mon & Tues, October 9-10 (University Fall Break)
- Wednesday - Sunday, November 22 - 26 (University Thanksgiving Break)

LOCATION/ADDRESS: Andreasen Center for Wellness
Andrews University Campus
8750 West Campus Circle Dr. Berrien Springs MI 49104

MAIN INSTRUCTOR QUALIFICATIONS: Water Safety Instructor American Red Cross Certification

PROGRAM COORDINATOR AND CONTACT INFORMATION

PROGRAM COORDINATOR: Taylor Biek

CONTACT INFORMATION: Phone: 269.471.3257

Email: learn2swim@andrews.edu

WEBSITE: <https://www.andrews.edu/wellnesscenter/services/aquatics/>

REGISTRATION

Additional registration required at site? **YES**

INSTRUCTIONS FOR REGISTRATION: Can be found on our website

COURSE DESCRIPTION

(complete overview shown on website):

Preschool Levels 1-2: Build comfort in the water and introduce basic swimming movements and skills.

Preschool 3: Increase proficiency and build on the basic aquatic skills learned in Preschool Aquatics Levels 1 and 2

Level 1: Introduction to water skills. Orient participants to the aquatic environment and help them gain basic aquatic skills. Help participants begin to develop positive attitudes and safe practices around water

Level 2: Fundamental Aquatic Skills. Build on the basic aquatic skills and water safety skills and concepts learned in Level 1. Work towards independent swimming to pass level 2.

Level 3: Stroke Development. Build on the skills learned in Level 1 & 2 to help participants achieve basic water competency in a pool environment

Level 4: Stroke Improvement. Improve participants' proficiency in performing the swimming strokes that were introduced in Level 3

Level 5: Stroke Refinement. Help participants refine their performance of all six swimming strokes.

Level 6: Refine strokes so participants swim them with greater efficiency and effectiveness over longer distances. Teach participants fundamental springboard diving skills.

SYLLABUS/OUTLINE

Each week varies as the teacher develops their own block plans for the courses each semester. This is why it is important to attend all of your specifically arranged classes. If you miss days or make-up classes on different days with different teachers you will likely not cover all of the required course content in order to pass successfully. However, it is important to note that sometimes children who attend all of their classes with the same instructor still might not pass, either because they need more time to develop specific

techniques or improve on endurance or stamina in order to be ready for the next level. Students should not become discouraged if it takes more than a few times to accomplish a level, especially if they are young.

COURSE OBJECTIVES AND APPROXIMATE TARGET DATES

Each student will have different course objectives depending on the level they are working on. Each student will receive a progress report that includes all of the content covered in the course as well as their exit assessments on day 7 and 14 of their classes. Day 8 starts session #2 and students that pass their level material in the first session might need to shift to a different class day or time. Communication with the Coordinator will be important.

STUDENT ASSESSMENT - what will be used to evaluate student progress and/or end of semester pass/fail status?

All classes abide by the following:

- 1) Students agree to attend at least 80% of class sessions/lessons offered. Attendance is kept online and tracked by Partnership staff and the Program Coordinator. Failure to meet 80% or be on track to meet 80% may result in program discontinuation.
- 2) The Partnership Student Assessment or Performance Form is filled out by the teacher and turned in to Partnership staff. The link to this form is found on the web page for this class. Failing marks for lack of participation, behavior issues, practice time, etc. may result in program discontinuation.

CLASS SPECIFIC ASSESSMENT

Exit Assessments:

Level 1

1. Enter independently, using either the steps or side, travel at least 5 yards, bob 5 x, then safely exit the water.
2. Glide on front at least 2 body lengths, roll to a back float for 5 sec. and recover to a vertical position. (This part of the assessment can be performed with assistance)

Level 2:

1. Step from side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 sec., swim on front and/or back for 5 body lengths, then exit the water
2. Move into a back float for 15 sec., roll to front, then recover to a vertical position.
3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 sec. , roll to the front, then continue swimming for 5 body lengths.

Level 3:

1. Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 min, rotate one full turn then turn as necessary to orient

to the exit point. Level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water.

2. Push off in a streamlined position then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.

Level 4:

1. Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards
2. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.
3. Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.

Level 5:

1. Perform a shallow-angle dive into water at least 9 feet deep, swim front crawl for 50 yards, then swim elementary backstroke 50 yards using appropriate and efficient turning styles throughout.
2. Swim breaststroke for 25 yards, change direction of travel as necessary and then swim back crawl for 25 yards using appropriate and efficient turning styles throughout.

Level 6:

1. Swim 500 yards continuously using 3 strokes swimming at least 50 yards of each stroke
2. Swimmers will choose which Emphasis to focus on per session.

Personal Water Safety Emphasis:

- a. Jump into deep water, perform a survival float for 5 min, roll onto back and perform a back float for 5 min.
- b. Perform a feetfirst surface dive, retrieve an object from the bottom of the pool at a depth of 7 to 10 feet, return to surface, then back to starting point

Fundamentals of Diving Emphasis:

- c. Perform a two-part takeoff with a feetfirst entry from a diving board
- d. Perform a two-part takeoff with a headfirst entry from a diving board

Fitness Swimmer Emphasis:

- e. Perform the Cooper 12-minute swim test, and compare results with the pre-assessment results.

Each student will receive a Level assessment booklet at the end of each session that indicates skills passed or what still needs improvement before passing is possible.

Teachers use the following Grading:

" - " sign indicates a lot of work is needed

" + " sign indicates only a little work is needed

A checkmark indicates the skill was completed successfully

ADDITIONAL RESOURCES: (online, books, video, etc.): Additional content has been shared with the Partnership including online videos and phone app. learning and safety quizzes

CLASS POLICIES

ATTENDANCE, BEHAVIOR, WEATHER, ETC.

Attendance: Call and email if you know you will be absent and try to schedule a make-up class with the Coordinator. However, space can be very limited so please try to attend all of your scheduled classes as makeups are not guaranteed to be an option.

Behavior: Be respectful to the teacher and other students. Be willing to try new things but ask for help if needed. Come to class ready to learn in your swimsuit and a pair of goggles.

Weather: Look for an email or a text on the day of inclement weather to know if your class will still plan to meet or if alternate class times will be arranged.