Group Swim Lessons: Swim Starters Syllabus

2018 School Year September-June

# Instructor Information

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| Instructor | Email | Class Location & Hours |
| **Sherri Critzer**  **Andre Gresham**  **Megan Backus**  **P.J. Darbyshire**  **Nancy Zobl** | [smcritzer@gmail.com](mailto:smcritzer@gmail.com)  [agresham@ymcaswm.com](mailto:agresham@ymcaswm.com)  [meganecurry89@yahoo.com](mailto:meganecurry89@yahoo.com)  [antiques@hughes.net](mailto:antiques@hughes.net)  [Snoopyfan5@comcast.net](mailto:Snoopyfan5@comcast.net) | NB YMCA Main & Therapy Pool &  BHSJ YMCA Main Pool.  See Pool Schedules attached for times and days. |

# General Information

## Description

**Water Discovery:** Introduces infants and toddlers to the aquatic environment

**Water Exploration:** Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills

## Expectations and Goals: (circle one): Pass/Fail or Grade Given

Accompanied by a parent, Infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

**Water Discovery:**

Breath Control: Blow Bubbles- on surface, assisted

Swim on Front: Front Tow- chin in water, assisted; Front Float- chin in water, assisted

Swim on Back: Back Tow- head on shoulder, assisted; Back Float- head on shoulder, assisted

Water Safety: Roll- assisted, back to front & front to back; Wall Grab- assisted

Benchmark: Water Exit- parent & child together; Water Entry- Parent & Child together

**Water Exploration:**

Breath Control: Blow Bubbles- mouth & nose submerged, assisted

Swim on Front: Front Tow- blow bubbles, assisted; Front Float- blow bubbles, assisted

Swim on Back: Back Tow- head on chest, assisted; Back Float- head on chest, assisted

Water Safety: Roll- assisted, back to front & front to back; Monkey Crawl- assisted, on edge, 5 ft.

Benchmark: Water Exit- assisted; Water Entry- assisted

# Course Materials

## Required Materials (most should be provided by teacher covered in course fee, indicate if provided by student, i.e. sewing kit)

* swimsuit
* towel

## Optional Materials (provided by student/family)

Goggles are optional (please no face masks)

# Course Schedule

Group Lessons are performed on a session basis. Sessions meet for 7 weeks at a time with one class per week. You may choose what day and time works best for your child for the class they are signing up for. It is recommended that your child practices their skills at home or come to The Y to practice their skills during an open swim time.

# End of Semester: Finished Work

* Evidence of Learning (circle one): post-test score improvement, fine arts recital, work of art/art show, class/parent/public performance, achievement of a higher level or rank, product creation, scrapbook, written examination or report.

There are certain standards that must be met if a child wants to move up advance to the next session. At the end of the session each child will receive a progress report (see attachment) that will indicate what level class they are ready for next.