Group Swim Lessons: Swim Strokes 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

**Stroke Introduction:** Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

**Stroke Development:** Introduces backstroke and butterfly and reinforces water safety through treading water and sidestroke.

**Stroke Mechanics:** Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

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

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

**Stroke Introduction:**

Swim on Front: Front Crawl- rotary breathing, 15 yd.; Breaststroke- kick, 15 yd.; Butterfly- kick, 15 yd.

Swim on Back: Back crawl- 15 yd.

Water Safety: Dive- sitting; Resting Stroke- elementary backstroke, 15 yd.; Tread Water- scissor & whip kick, 1 min.

Benchmark: Endurance- any stroke or combination of strokes, 25 yd.

**Stroke Development:**

Swim on Front: Front Crawl- bent-arm recovery, 25 yd.; Breaststroke- 25 yd.; Butterfly- simultaneous arm action & kick, 15 yd.

Swim on Back: Back crawl- 25 yd.

Water Safety: Dive- kneeling; Resting Stroke- sidestroke, 25 yd.; Tread Water- scissor & whip kick, 2 mins.

Benchmark: Endurance- any stroke or combination of strokes, 50 yd.

**Stroke Mechanics:**

Swim on Front: Front Crawl- flip turn, 50 yd.; Breaststroke- open turn, 50 yd.; Butterfly- 25 yd.

Swim on Back: Back Crawl- pull & flip turn, 50 yd.

Water Safety: Dive- standing; Resting Stroke- elementary backstroke or sidestroke, 50 yd.; Tread Water- retrieve object off bottom, tread 1 min.

Benchmark: Endurance- any stroke or combination of strokes, 150 yd.

# 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.