**Semester(s) offered:       Spring 2020**

**Berrien Springs Parent Partnership**

**Independent Study/Project Based Learning Course Description and Syllabus**

**Course Title: Learn to Swim- Group Lessons**

**Ages/Grade Levels: Age 6 - 17 Levels 1 – 6 (Preschool is available for those who are 5 years old and not able to join Level 1 yet based on the swim placement test)**

**Class size: Min: 3 Max: 8**

**Location Name: Andrews University Beaty Pool/Gym, moving to the Andreasen Center for Wellness**

**Location Address: 8750 West Campus Circle Drive, Berrien Springs MI, 49103**

**Provide directions to location if necessary: Enter through the main doors of the Andreasen Center for Wellness, check in at the front desk, and enter the pool through the locker rooms**

**Start Date: Session 1: January 6 Session 2: March 2**

**End Date: Session 1: February 20 Session 2: April 23**

**Day of the week: Monday, Tuesday, Wednesday, or Thursday // Students choose one day option when registering.**

**Begin and end time of class: Level 1: Monday 4:30-5:25 OR Tuesday 4:30-5:25 OR 5:30-6:25 OR Wednesday 4:30-5:25 OR Thursday 3:30-4:25 OR 4:30-5:25 OR 5:30-6:25.**

**Level 2: Monday 5:30-6:25 OR Tuesday OR Wednesday OR Thursday 4:30-5:25 OR 5:30-6:25.**

**Level 3: Monday 4:30-5:25 OR Tuesday OR Wednesday OR Thursday 4:30-5:25 OR 5:30-6:25.**

**Level 4: Monday OR Tuesday OR Wednesday OR Thursday 4:30-5:25 OR 5:30-6:25.**

**Level 5/6: Monday 5:39-6:25 OR Tuesday OR Wednesday OR Thursday 4:30-5:25 OR 5:30-6:25.**

**Adult Beginner: Monday 5:30-6:25. Adult Intermediate: Tuesday 5:30-6:25.**

**Preschool: Monday OR 5:30-5:55 OR 6:00-6:25 OR Tuesday OR Thursday 4:00-4:25.**

**\*\*Levels may not be available on every day option. You will be able to see these when you register.**

**Contact/Instructors: Julie Logan Learn to Swim Coordinator, Jessica Larson Aquatics Director**

**Email:** [**learn2swim.coordinator@gmail.com**](mailto:learn2swim.coordinator@gmail.com)[**jessicalarso@andrews.edu**](mailto:jessicalarso@andrews.edu)

**Best phone #:269.471.3257 Publish # on website? Yes**

**Does the student also need to register with you or at your location? Yes,** [**https://www.andrews.edu/wellnesscenter/services/aquatics/swim-programs/index.html**](https://www.andrews.edu/wellnesscenter/services/aquatics/swim-programs/index.html)

**Classes will be Pass/Fail; Students may take multiple attempts at each level to master all criteria.**

**Students must pass all level criteria and complete each Exit Skill Assessment per level to pass successfully.**

**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 feetfirst 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 3to 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:**

* 1. **Jump into deep water, perform a survival float for 5 min, roll onto back and perform a back float for 5 min.**
  2. **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:**

* 1. **Perform a two-part takeoff with a feetfirst entry from a diving board**
  2. **Perform a two-part takeoff with a headfirst entry from a diving board**

**Fitness Swimmer Emphasis:**

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

**Briefly describe the course, including topics to be covered and subject areas that the course will cover –this is what will be posted on our website:**

**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**

**Weekly breakdown of instruction:**

**Each Instructor creates their own block plan & lesson plan per each level and time.**

**All classes must have a min. of 4 Course Objective Checkpoints unique to your class.** You will note on the attendance sheet when students have met these objectives. Write in #’s 2 and 3 here and on the attendance sheet:  
 **1st: pre-test Exit Assessment Day 1 & Day 8**

**2nd: All Safety Topics Per Level Completed**

**3rd: Must perform Hands-Only CPR on a manikin**

**4th: post-test Exit Assessment Day 6 & 13**

**Final project/performance:** The student will complete their skills for their level and their instructor will fill out their checksheets with their progress. Additionally, each participant will receive one coupon for entrance to the facility per session which they will turn into the lifeguard during their chosen open swim, which will count as their one hour of practice.

**Write in the name of the project and completion date on the attendance sheet.**

**List any materials that students are required to bring to class:**

**Students must bring a swimsuit: Females should wear a modest one-piece swimsuit, Males should wear trunks or knee length Jammers**

**List any required or optional online resources you will use in class or students can use to supplement:**

**No additional resources we plan to use.**

**Attach or list** How we plan to assess the student’s knowledge of the topic in a subjective manner is each student will perform the exit skills assessment for their level on the first day of class. Scores as a pass/fail will be recorded on the attendance form provided.

**Cost per student for entire semester, including materials and supplies: Levels= $320 Preschool = $280**

**Invoices are due 2/28 for Spring.**

Thank you for providing your expertise to the students in our community!