

Berrien Springs Partnership Syllabus

Flexible Swim n Gym

Times and Day vary depending on registration

BASIC CLASS/LOCATION DETAILS

HOW DOES IT WORK?

With the Flexible Swim n Gym (Flex Swim n Gym) program here at Andrews University, you will choose one day a week of gymnastics in addition to one day a week of swim lessons from the provided schedule on the respective websites. This registration will be done separately, as you will register for your day of gymnastics through the "Infinite Gymnastics" classes, as well as your day of swim lessons through the "Learn to Swim" classes. You will come to both classes every week. Communication will be done by both groups, so please pay attention to all communication from Aquatics as well as Gymnastics.

GRADE OR AGE LEVELS: Ages 5-15

Classes (REQUIRED): 29 classes (80%)

HOURS (POSSIBLE): 36 classes

DATES: August 28th - December 7th, 2023

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:

Gym: Beaty Gym

8522 East Campus Circle Dr. Berrien Springs MI 49104.

Once you arrive, enter the building using the second floor entrance (stairs to this entrance can be found on the opposite side of the building from the parking lot) and go to the third floor. Please do not use the parking lot entrance.

Note: this gym period will be a structured skills development style.

Swim: Andreasen Center for Wellness

8750 West Campus Circle Dr. Berrien Springs MI 49104

Note: this swim period will be a structured red cross learn to swim lessons

Link to our Campus Map: https://www.andrews.edu/about/visiting/campus_map.html

MAIN INSTRUCTOR QUALIFICATIONS: Water Safety Instructor American Red Cross Certification (swimming portion)

PROGRAM COORDINATOR AND CONTACT INFORMATION

SWIM PROGRAM COORDINATOR: Taylor Biek

CONTACT INFORMATION: Phone: 269.471.3257
Email: learn2swim@andrews.edu

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

GYMNASTICS PROGRAM COORDINATOR: Andrew Osano

CONTACT INFORMATION: Phone: 269-471-3968
Email (preferred): aosano@andrews.edu

WEBSITE: <https://www.andrews.edu/chhs/gymnics/infinite/index.html>

REGISTRATION

ADDITIONAL REGISTRATION AT SITE REQUIRED? **YES**

IF YES, INSTRUCTIONS FOR REGISTRATION: Instructions for registration on swim website

COURSE DESCRIPTION

(complete overview shown on website)

GYMNASTICS

Group Gymnastics classes will introduce basic tumbling and flexibility. Gymnastics teaches basic to advanced skills in tumbling, trampoline and acrobatics. Students are placed in groups of up to 10 students based on level and a coach teaches the next skill in a series of skills and disciplines.

SYLLABUS/OUTLINE: Weekly Classes vary by skill level, coaches available, and progress throughout the semester. A common class outline would include a 10 minute warm up, 5 mins of large group skill acquisition, three skill rotations, and 5 minutes of conditioning.

SWIMMING

Red Cross Learn to Swim Levels

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.

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

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 several times to complete a level, especially if they are young. We encourage students in that scenario to work towards earning badges that are available to view on the last page of the Learn to Swim Progress Booklets or viewable on the Red Cross Swim App .

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 their final day of class.

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) Student agrees to attend at least 80% of class sessions/lessons offered. Attendance is kept online and tracked by Partnership staff. 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 ASSESSMENTS

Exit Assessments (Learn to Swim)

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.

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

Exit Assessments (Infinite Gymnastics)

Students are advanced after acquiring appropriate skills in these areas in their assigned level:

- **Flexibility**
- **Tumbling**
- **Balance (headstands, handstands, etc.)**
- **Trampoline Skills**

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 a makeup is 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.

Other: Shoes should not be worn on the mats and any leotards must have shorts worn over them. Swimsuits must be worn in the pool, no street clothes.