Junior Dolphins Syllabus

2018 School Year (September-June)

# Instructor Information

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| Instructor | Email | Class Location & Hours |
| **David Shepard BHSJ** | davidshep1@comcast.net | BHSJ Pool 2/day per week for 14 weeks 45 minute classes |

# General Information

The Junior Dolphin Swim Class is designed for those swimmers who are wanting to learn the strokes and experience the practice of a swim team without having to go to meets and only have practice 2 days per week. This program is designed to teach all four strokes, starts, turns, and all the aspects of swimming you would learn on a swim team. We would love swimmers to flow into our Dolphin Swim Team from this class as their strokes progress and as they fall in love with the sport of swimming. To participate in this class all swimmers must be able to swim one length of the pool without a flotation device or other aid practicing both the freestyle and backstroke. YMCA’s involvement in swimming incorporates the character values of caring, honesty, respect and responsibility into the swimmers daily training. Swimming is our vehicle for demonstrating those values of fitness, health, self-respect and respect for others. We are dedicated to a program full of happy, healthy and accomplished swimmers.

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

Swimmers advance through the groups by demonstrating proficiency and skills appropriate for the group being tested through practice. Every swimmer progresses at their own pace, dictated by their desire to learn the art and how often they attend practice.

# Course Materials

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

## All participants need to have proper swim attire (swim cap, goggles, and swim suit) - provided by families. A swimmer may not attend practice without goggles for safety reasons.

## Course Schedule

Each week, swimmers learn the basic techniques for all strokes and gain endurance in the pool. Advanced swimmers do the same, with more yardage in the pool for endurance and speed work and technique changes. Swimmers learn at their own pace. Advancement is not on a preset schedule.

# 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.