Junior Mariners Syllabus

2018 School Year (September-June)

# Instructor Information

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| Instructor | Email | Class Location & Hours |
| **Maggie Regan NBY****Andre Gresham NBY** | mregan@ymcaswm.com | NBY Pool 2 days per week for 32 weeks(holiday and other breaks occur) 45 minute classes |

# General Information

Geared for swimmers interested in joining the Mariners Swim Team, but who may not yet be able to meet the level of endurance required for Mariners swim practices. This 45 minute class meets twice a week and is designed for swimmers aged 5 to 18. Those 5 to 8 years old must be able to successfully swim one length of the pool unassisted both Freestyle and Backstroke. Those ages 9 to 18 years must be able to successfully swim two lengths of the pool unassisted both Freestyle and Backstroke. Lessons focus on further refinement of strokes and building endurance through repetition. We would love swimmers to flow into our Mariner Swim Team from this class as their strokes progress and as they fall in love with the sport of swimming. 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:

Every swimmer progresses at their own pace, dictated by their desire to learn the art and how often they attend practice. The students will remain with the Junior Mariners until endurance, knowledge, and maturity have developed to the level needed for swim team. While on Junior Mariners, swimmers will receive a pass/fail grade and personal feedback throughout the course.

# Course Materials

## Required Materials

## 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: Participants and swimmers will be provided with a skills sheet evaluation form that dictates progress and areas for improvement.