

Berrien Springs Partnership Syllabus and Instructor Qualifications

CLASS TITLE: Group Swim Lessons + ~~Weld~~ Classes
GRADE OR AGE LEVELS: All
WHEN: Various Classes
HOW OFTEN (REQUIRED): weekly
HOW OFTEN (POSSIBLE): weekly
TOTAL SEMESTER HOURS POSSIBLE:
WHERE: South Shore Health & Racquet Club
INSTRUCTOR: *Liz Emrich * Teresa Seiffert
CONTACT INFORMATION: phone: email: website:
(229) 429-2101 Liz@southshorehrc.com
ADDITIONAL REGISTRATION AT SITE REQUIRED? YES NO

Start 1/5/21 → Tues
Mon
1/18/21 →
Sun
1/17/21

IF YES, INSTRUCTIONS FOR REGISTRATION:

Contact Liz Emrich - Aquatic Director for Class Placement

INSTRUCTOR QUALIFICATIONS: *Liz Emrich
Full time teaching professional
over 40 yrs experience

COURSE DESCRIPTION (OVERVIEW): *Teresa Seiffert
Part time teaching professional
over 6 yrs experience
See attached

SYLLABUS/OUTLINE: WEEKLY BREAKDOWN OF PROJECT-BASED LEARNING ACTIVITY

See Attached

Describe activities that will reinforce the lesson. Include any work and time to be required outside of class:

Each week students will be introduced to a new skill & will also be asked to demonstrate skills previously introduced until proficiency is reached for skill level

COURSE OBJECTIVES AND APPROXIMATE TARGET DATES:

Steps to check for student understanding, along with dates or # of weeks into class:

Each student will be advanced to next level as needed

STUDENT ASSESSMENT - what will be used to evaluate student progress and/or end of semester pass/fail status?

- 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 assessment: discuss and include the form or a link to the form that you use.

ADDITIONAL RESOURCES: (online, books, video, etc.):

CLASS POLICIES: ATTENDANCE, BEHAVIOR, WEATHER, ETC.

Attendance: must call or email if unable to attend

Weather: Call Club in regard to class cancellations

Other: All students must bring their own goggles & towels

Level 1 Intro to Water Skills

Water Entry and Exit

Enter and Exit water safety using ladder, steps and side

Breath Control

Submerge mouth, nose and eyes

Blow bubbles through mouth and nose

Open eyes underwater, pick up a submerged object

Buoyancy on Front

Supported front float

Recover from front float to standing position

Buoyancy on back

Supported back float

Recover from back float to standing position

Changing Direction and Position

Roll over from front to back

Roll over from back to front

Swim on Front

Supported Alternating arm action

Supported Alternating leg action

Supported Combined arm and leg action

Swim on Back

Supported "finning" arm action

Supported leg action

Supported combined arm and leg action

General and Personal Water Safety

Water safety rules

Lifejackets

How to get help

Exit Skills Assessment

Enter water unassisted, move 5 yards, bob 5 times to chin level and safety exit water.

Float on front with support for 3 seconds, roll to back and float for 3 seconds

Level 2 Fundamental Aquatic Skills

Water Entry and Exit

Enter water by stepping or jumping from side

Breath Control/Underwater swimming

Submerge entire head

10 Bobs

Open eyes underwater, pick up a submerged object

Buoyancy on Front

Unsupported front float-face in water

Recover from front float to standing position

Front glide

Buoyancy on back

Unsupported back float

Recover from back float to standing position

Back glide

Changing Direction and Position

Roll over from front to back Unsupported

Roll over from back to front Unsupported

Swim on Front

Unsupported combined arm and leg action

Swim on Back

Unsupported "finning" arm action

Unsupported combined arm and leg action

Supported combined arm and leg action

General and Personal Water Safety

Water safety rules

Lifejackets

How to recognize a swimmer in distress

How to get help

Exit Skills Assessment

Step from side of pool into chest deep water, move to a front float for 5 seconds and return to standing position

Push off and swim using a combination of arm and leg action for 15 feet on front and back

Level 3 Stroke Development

Water Entry and Exit

Jump into deep water from side

Breath Control/Underwater swimming

Submerge completely and retrieve object from chest deep water

10 Bobs head fully submerged blowing bubbles

Bob and travel 10 feet

Buoyancy on Front

Front glide with kick

Buoyancy on back

Back glide with kick

Changing Direction and Position

Change from vertical to horizontal position on front

Change from vertical to horizontal position on back

Swim on Front

Dolphin Kick

Front Crawl

Swim on Back

Back crawl

Treading

Treading water with kick

General and Personal Water Safety

Water safety rules

Rules for safe diving

Reaching assists

Check, call, care

Exit Skills Assessment

Jump into deep water from side, swim 15 yards with rhythmic breathing

Tread water maintaining position 30 seconds

Swim back crawl 15 yards

Level 4 Stroke Improvement

Breath Control/Underwater swimming

Rotary breathing

Swim Underwater 5 feet

Buoyancy on Front

Survival Float

Buoyancy on back

Back Float 30 seconds

Changing Direction and Position

Open turn on front, push off streamline position

Open turn on back, push off streamline position

Swim on Front

Breast Stroke kick and arms

Butterfly

Front Crawl

Swim on Back

Elementary backstroke

Back crawl

Swim on Side

Sidestroke with scissor kick

General and Personal Water Safety

Tread water 2 minutes

Throwing assist

Exit Skills Assessment

Jump into deep water from side 50 yards swim rotary breathing

Swim Elementary backstroke 25 yards

Swim Breaststroke 25 yards

Swim back crawl 50 yards