



## FAX COVER SHEET

Shore Health & Racquet Club

3630 Tennis Court

St. Joseph, MI 49085

269.469.2101

www.southshorehrc.com

Date: 11/9/2020

To: S. Haynes

Fax # 888-478-1848

From: Liz Emrich

Fax # \_\_\_\_\_

Comments: Next Semester Class Offerings

## Berrien Springs Partnership Syllabus and Instructor Qualifications

**CLASS TITLE:** Vocational Education - Amer Red Cross Lifeguard Training  
**GRADE OR AGE LEVELS:** 15 yrs & up  
**WHEN:** Planning meeting & reading assignments  
**HOW OFTEN (REQUIRED):** **HOW OFTEN (POSSIBLE):**  
**TOTAL SEMESTER HOURS POSSIBLE:**  
**WHERE:** South Shore Health & Racquet Club  
**INSTRUCTOR:** Liz Emrich  
**CONTACT INFORMATION:** phone: email: website:  
269-429-2101 Liz @ southshorehrc  
**ADDITIONAL REGISTRATION AT SITE REQUIRED?** ☒ YES ☐ NO  
**IF YES, INSTRUCTIONS FOR REGISTRATION:**  
Call or email for class dates/times

**INSTRUCTOR QUALIFICATIONS:** American Red Cross Lifeguard Instructor

### COURSE DESCRIPTION (OVERVIEW):

Student will upon successful completion shall receive an American Red Cross Lifeguarding Certification & CPR & AED

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

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

### COURSE OBJECTIVES AND APPROXIMATE TARGET DATES:

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

1st class planning / overview  
Saturday January 9 1pm

**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.):

This is a "blended learning" class -  
On line assignments must be completed  
Student must pass written standardized test  
+ Skills test to be certified as a Lifeguard

**CLASS POLICIES:** ATTENDANCE, BEHAVIOR, WEATHER, ETC.

**Attendance:** 100%

**Weather:**

**Other:**

## Berrien Springs Partnership Syllabus and Instructor Qualifications

CLASS TITLE: Group Swim Lessons

GRADE OR AGE LEVELS: All

WHEN: Various Classes

HOW OFTEN (REQUIRED):

HOW OFTEN (POSSIBLE): weekly

TOTAL SEMESTER HOURS POSSIBLE:

WHERE: South Shore Health &amp; 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

IF YES, INSTRUCTIONS FOR REGISTRATION:

Contact Liz Emrich - Aquatic Director for Class Placement

INSTRUCTOR QUALIFICATIONS: \*Liz Emrich  
Full time teaching professional  
over 40 yrs experienceCOURSE 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 &amp; 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 safely 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