

# Berrien Springs Partnership Syllabus and Instructor Qualifications

**CLASS TITLE:** Flexible Swim n Gym

**Program Coordinator:** Isabel Widdis and Taylor Biek

**CONTACT INFORMATION:** phone: 269.471.3257 email: [learn2swim@andrews.edu](mailto:learn2swim@andrews.edu)

website: <https://www.andrews.edu/wellnesscenter/index.html>

**ADDITIONAL PRIMARY INSTRUCTORS (background checked):** Katie Capps, Anna Lechleitner, Isabel Widdis, Matthew Lechleitner, Claire Moses, Ian Hildebrant, Taylor Biek  
Others depending on hiring in the Spring.

Dates: Follow Learn to Swim and Infinite Gymnastics

**GRADE OR AGE LEVELS:** Levels 1-6

**# Classes (REQUIRED):** 27 hours

**# HOURS (POSSIBLE):** 29 hours

**TOTAL SEMESTER HOURS POSSIBLE:** 29 hrs of class time.

**LOCATION/ADDRESS: DIRECTIONS TO LOCATION:**

**Gym Location:** Location at Beaty Gym 8522 East Campus Circle Dr. Berrien Springs MI 49104

**Swim Location:** Andreasen Center for Wellness 8750 West Campus Circle Dr. Berrien Springs MI 49104

**This link will take you to a campus map of Andrews University. Our location is in the top center of the map labeled beaty gym.** Once you arrive, enter the building next to the Gymnics Trailer and go to the third floor.

[https://www.andrews.edu/about/visiting/campus\\_map.html](https://www.andrews.edu/about/visiting/campus_map.html)

ADDITIONAL REGISTRATION AT SITE REQUIRED? **YES**

IF YES, INSTRUCTIONS FOR REGISTRATION: visit our website and click on Swim Programs, then Flexible Swim n Gym, then Register

Link to register: <https://www.ultracamp.com/clientlogin.aspx?idCamp=833&campCode=nze>

After Registering for Flexible Swim n Gym through the partnership, choose **Learn to Swim** and your preferred class time, and then **Infinite Gymnastics** and choose your preferred class time.

**Please DO NOT register for Swim n Gym on our website.** That is a Monday only class.

Classes can both be taken on the same day or two different days of the week.

**MAIN INSTRUCTOR QUALIFICATIONS:** Water Safety Instructor American Red Cross Certification

**COURSE DESCRIPTION (complete overview shown on website):**

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.

**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 assessment:**

#### **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 feetfirst 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 3to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.

**Level 5:**

1. Perform a shallow-angle dive into water at least 9 feet deep, swim front crawl for 50 yards, then swim elementary backstroke 50 yards using appropriate and efficient turning styles throughout.
2. Swim breaststroke for 25 yards, change direction of travel as necessary and then swim back crawl for 25 yards using appropriate and efficient turning styles throughout.

**Level 6:**

1. Swim 500 yards continuously using 3 strokes swimming at least 50 yards of each stroke
2. Swimmers will choose which Emphasis to focus on per session.  
Personal Water Safety Emphasis: a. Jump into deep water, perform a survival float for 5 min, roll onto back and perform a back float for 5 min. b. Perform a feetfirst surface dive, retrieve an object from the bottom of the pool at a depth of 7 to 10 feet, return to surface, then back to starting point  
Fundamentals of Diving Emphasis: c. Perform a two-part takeoff with a feetfirst entry from a diving board d. Perform a two-part takeoff with a headfirst entry from a diving board  
Fitness Swimmer Emphasis: e. Perform the Cooper 12-minute swim test, and compare results with the pre-assessment results.

**Briefly describe the course, including topics to be covered and subject areas that the course will cover –this is what will be posted on our website:**

**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**

**ADDITIONAL RESOURCES: (online, books, video, etc.):** Additional content has been shared with the Partnership including online videos and phone ap. 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 and Socks should not be worn on the mats.**