

# Berrien Springs Partnership Syllabus and Instructor Qualifications

**CLASS TITLE:** Junior Lifeguarding

**GRADE OR AGE LEVELS:** Age 11-15

**Required Swimming Ability:** Junior Lifeguarding

- Swim the front crawl for 25 yards continuously while breathing to the front or side.
- Tread water for 1 minute using arms and legs.
- Show a level of comfort on the back by floating on the back for 30 seconds or swimming on the back for 25 yards using elementary backstroke or back crawl.
- Submerge and swim a distance of 10 feet underwater.

**# Classes (REQUIRED):** 13 classes  
**classes+2 vouchers**

**# HOURS (POSSIBLE): 14**

**TOTAL SEMESTER HOURS POSSIBLE: 16 hrs of class time**

**LOCATION/ADDRESS: DIRECTIONS TO LOCATION (if needed):**

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

**Scheduled time: Thursdays 5:30-6:30 Sept 2,9,16,23,30 October 7,14,21,28 November 4,11,18 December 2,9. Additionally there will be 2 vouchers given out.**

**Program Coordinator:** Julie Logan

**ADDITIONAL PRIMARY INSTRUCTORS (background checked):** Katie Capps, Jonathan Capps, Anna Lechleitner, Isabel Widdis, Melissa Marciniak, Barry Wilson, Trinity Sulger, Matthew Lechleitner, Conner Fortune, Rebekah Capps, Sofia Oudri, Others depending on hiring in the Fall

**CONTACT INFORMATION:** phone:269.471.3257 Email  
learn2swim.coordinator@gmail.com website

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

**ADDITIONAL REGISTRATION AT SITE REQUIRED? YES**

**IF YES, INSTRUCTIONS FOR REGISTRATION:** visit our website and click on Swim Programs, then Jr. Lifeguarding, then Register

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

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

The Junior Lifeguard course will teach water safety and introduce participants to the duties and responsibilities of a lifeguard; however, this course will not certify anyone to be a lifeguard. It will build a foundation of knowledge, attitudes and skills in preparation for the American Red Cross Lifeguarding course

**SYLLABUS/OUTLINE:** Each week varies as the teacher develops their own block plans for the courses each semester.

### **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:**

**Classes will be Pass/Fail** Successful completion requires participation in skills practice, passing the written test with a minimum 80% & successful accomplishment of the Lifeguarding prerecs.

Lifeguarding Prerecs:

1. Swim 300 yards using Front Crawl or Breast Stroke
2. Tread water for 2 min with no hands
3. Brick Retrieval Drill in 1min 40 Sec. from the Deep end, starting in the shallow end.

**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. Makeup options will be joining Swim Club for a workout.

**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:**