

# Group Swim Lessons: Swim Basics Syllabus

2018 School Year  
September-June

## Instructor Information

### Instructor

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### Class Location & Hours

NB YMCA Main & Therapy Pool &  
BHSJ YMCA Main Pool.  
See Pool Schedules attached for times  
and days.

## General Information

### Description

**Water Acclimation:** Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

**Water Movement:** Encourages forward movement in water and basic self-rescue skills performed independently.

**Water Stamina:** Develops intermediate self-rescue skills performed at longer distances than in previous stages.

### Expectations and Goals: (circle one): Pass/Fail or Grade Given

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim- sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

### Water Acclimation:

Breath Control: Submerge- bob independently

Swim on Front: Front Glide- assisted, to wall, 5 ft.; Front Float- assisted, 10 secs., recover independently

Swim on Back: Back Float- assisted, 10 secs.; recover independently; Back Glide- assisted, at wall, 5 ft.

Water Safety: Water Exit- independently; Roll- assisted, back to front & front to back

Benchmark: Jump, push, turn, grab- assisted; swim, float, swim- assisted, 10 ft.

### Water Movement:

Breath Control: Submerge- look at object on bottom

Swim on Front: Front Glide- 5 ft.; Front Float- 10 secs.

Swim on Back: Back Float- 10 secs. ; Back Glide- 5 ft.

Water Safety: Water Exit- independently; Roll- back to front & front to back; Tread Water- 10 secs, near wall & exit

Benchmark: Jump, push, turn, grab; swim, float, swim- 5 ft.

### Water Stamina:

Breath Control: Submerge- retrieve object in chest- deep water

Swim on Front: Swim on front- 10 yd.

Swim on Back: Swim on back- 10 yd.

Water Safety: Water Exit- independently; Roll- back to front & front to back; Tread Water- 30 secs. & exit

Benchmark: Jump, swim, turn swim, grab- 10 yd.; swim-float, swim- 15 yd.

## Course Materials

**Required Materials (most should be provided by teacher covered in course fee, indicate if provided by student, i.e. sewing kit)**

- Swimsuit
- towel

**Optional Materials (provided by student/family)**

Goggles are optional (please no face masks)

## Course Schedule

Group Lessons are performed on a session basis. Sessions meet for 7 weeks at a time with one class per week. You may choose what day and time works best for your child for the class they are signing up for. It is recommended that your child practices their skills at home or come to The Y to practice their skills during an open swim time.

## End of Semester: Finished Work

- **Evidence of Learning (circle one):** post-test score improvement, fine arts recital, work of art/art show, class/parent/public performance, achievement of a higher level or rank, product creation, scrapbook, written examination or report.

There are certain standards that must be met if a child wants to move up advance to the next session. At the end of the session each child will receive a progress report (see attachment) that will indicate what level class they are ready for next.