

Berrien Springs Partnership Syllabus and Instructor Qualifications

Junior Lifeguarding

Thursday's from 3:45-4:45 pm

BASIC DETAILS/LOCATION

GRADE OR AGE LEVELS: Age 11-15

DATES: Thursday, September 4 - Thursday, December 4, 2025

Closed for Holiday (No Classes)

- Thursday, November 27, 2025 (Thanksgiving Day)

REQUIRED SWIMMING ABILITIES:

- Swim the front crawl stroke 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.

Please note: This class can be taken more than once to prepare students to move through the entry level criteria for Lifeguarding. Not being ready and approved for Lifeguarding after taking Jr. Lifeguarding does not mean the student has failed the class. It simply means they need to continue working through the levels of Junior Lifeguarding. Less experienced swimmers may need to repeat levels multiple times, and more advanced swimmers may complete more than one level per semester. As the class covers four years of age, most students will need to repeat the class multiple times. This is not the equivalent of a Red Cross Lifeguard Certification course, it is merely a prep course. You do not need to pass this class in order to take the lifeguard certification.

Classes (REQUIRED): 11 classes

HOURS (POSSIBLE): 13 classes

TOTAL SEMESTER HOURS POSSIBLE: 13 hrs of class time

LOCATION/ADDRESS: Andreasen Center for Wellness

8750 West Campus Circle Dr. Berrien Springs MI 49104

MAIN INSTRUCTOR QUALIFICATIONS: Lifeguard American Red Cross Certification

PROGRAM COORDINATOR AND CONTACT INFORMATION

PROGRAM COORDINATOR: Katie Mertz

CONTACT INFORMATION: Phone: 269.471.3257
Email: learn2swim@andrews.edu

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

REGISTRATION

ADDITIONAL REGISTRATION AT SITE REQUIRED? YES

IF YES, INSTRUCTIONS FOR REGISTRATION:

Press "register HERE" on our website and follow the link to login to your account with the Andreasen Center for Wellness.

- If you do not have an account with the Andreasen Center for Wellness you will choose the option to create an account.
- If you are a current Andrews University student, faculty, or staff, you will choose the university account option. Everyone else will want to choose the local account option to create a local account.
- Once your account is created and opened, press on your name in the upper right hand corner of your screen.
- In the drop down menu, click on manage account and go to household.
- In household, you will see the option to add affiliates. You will need to add each child that you intend to enroll in a swim program as an affiliate.
- Once you have added each child, you will choose which one you would like to register first, click on the drop down menu under your name in the right hand corner of the screen again and you will see the option to "act as (child's name)" you will want to click on that for the child that you want to register and then go back to the class options and register your child for their class. You will repeat this process until you have registered each of your children for their swim program.
- With each registration, when you get to the point where the registration requires payment, you will simply stop filling out the registration at that point and register the next child or close out of the registration page.
- It will appear that the registration is incomplete but on the program coordinator's end, she will see the partnership code, waive the payment option, and complete the registration for you.

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.

Tentative Level Descriptions

Jr Lifeguard Level 1

- Back float for 30 sec
- Personal Best: Swim front crawl for 25 yards continuously while breathing to the front or side.
- Personal Best: Swim breaststroke for 25 yards using a pull, breath, kick and glide sequence.
- Tread water for 1 minute using arms and legs
- Swim 25 yards using elementary backstroke or back crawl
- Submerge feet first or head first and swim a distance of 10 feet underwater
- Intro to reaching assist from deck
- Personal Best: Swim front crawl dragging tube for 25 yards
- Intro to entries - slide in, stride jump, compact jump
- Intro to simple assist, active victim front/rear rescues, and passive victim front/rear rescue
- Participate in all classroom activities and complete the written test with a minimum score of 30%
- Feet first surface dive
- Intro to removals from the water
- Conscious choking - Adult
- Giving ventilations adult/child demonstration
- Video - CPR adult/child/infant
- Video - using an AED
- Shadowing Experience

- Intro to First Aid
- Video - spinals
- Swim 100 yards continuously using any stroke

Jr Lifeguard Level 2

- Complete Jr. LG Level 1
- Tread water for 2 minutes using arms and legs
- Back float for 1 min
- Submerge feet first or head first and swim under water at a depth of 5 feet for a distance of 10 feet
- Reaching assist from deck (with arm/leg, unassisted)
- Swim breaststroke dragging tube 50 yards
- Entries - slide in, stride jump, compact jump-demonstration
- Simple assist, active victim front/rear rescues and passive victim front/rear rescues-demonstration
- Participate in all classroom activities and complete the written test with a minimum score of 50%
- Head first surface dive
- Removals from the water - demonstration
- Conscious Choking - Child
- Giving ventilations adult/child with assistance if necessary
- Demonstrate proper compression technique - adult/child/infant
- Using an AED
- Shadowing Experience
- Controlling External Bleeding-Minor Wound
- Head Splint - Face-Up Victim at or Near the Surface (Shallow Water)
- Swim 100 yards continuously demonstrating breath control and rhythmic breathing using the front crawl, breaststroke or a combination of both.

Jr. Lifeguarding Level 3

- Complete Jr. LG Level 1 and 2
- Tread water for 1 minute with no hands
- Submerge feet first or head first and swim under water and touch brick at a depth of 9 feet
- Reaching assist from deck with rescue tube (unassisted)
- Rescue approach - front crawl with tube
- Entries - slide in, stride jump, compact jump.
- Simple assist, active victim front/rear rescues, and passive victim front/rear rescue-with assistance/coaching

- Participate in all classroom activities and complete the written test with a minimum of 70%
- Feet first and head first surfaces dives
- Intro to walking assist-one and two person
- Two person removal from the water - with assistance
- Demonstration of front and rear head hold escapes
- Start in the water, swim 20 yards using front crawl or breaststroke, surface dive, retrieve the 10 pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps.
- Conscious Choking - Infant
- Giving Ventilations - Infant
- CPR - Adult/Child/Infant, with prompting if necessary
- Using an AED
- Shadowing Experience
- Splinting an Injured Arm
- Head Splint - Face-Down Victim at or Near the Surface (Shallow Water)
- Swim 200 yards continuously demonstrating breath control and rhythmic breathing using the front crawl, breaststroke or a combination of both.

Jr. Lifeguarding Level 4

- Complete Jr. LG Level 1-3
- Submerge feet first or head first and swim under water at a depth of 12 feet
- Throwing assist from deck with lifesaving ring (unassisted)
- Rescue approach - breaststroke with tube
- Simple assist, active victim front/rear rescues, and passive victim front/rear rescue unassisted
- Feet first and head first surface dives - to 12 feet
- Participate in all classroom activities and complete the written test with a minimum of 80%
- Walking assist one and two person
- Two person removal from the water - unassisted
- Successfully use both a front and rear head hold escape
- Giving Ventilations - Adult, Child, Infant
- CPR - Adult/Child/Infant
- Using an AED
- Shadowing Experience
- Splinting an Injured Foot
- Shallow Water Spinal Backboarding and Removal
- Lifeguarding Prerequisite: Tread water for 2 minutes with no hands

- Lifeguarding Prerequisite: Swim 300 yards continuously demonstrating breath control and rhythmic breathing using the front crawl, breaststroke or a combination of both.
- Lifeguarding Prerequisite: Complete a timed event within 1 minute, 40 seconds. Starting in the water, swim 20 yards, with the face in or out of the water, using the front crawl or breaststroke or a combination of both; surface dive 7-10 feet, retrieve a 10 pound object, return to the surface, swim 20 yards back on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface; and exit the water without using a ladder or steps.

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

Successful completion of each level requires participation in skills practice and completing all skills for the level. By the end of level 4, students must be able to complete the following Lifeguarding Prereqs:

1. Swim 300 yards using Front Crawl or Breast Stroke
2. Tread water for 2 min with no hands
3. Brick Retrieval Drill in 1 min 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 app. 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.

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: Please come prepared for every class with goggles (if wanted), a bathing suit, a notebook, pen/pencil, and a motivated attitude!