

Berrien Springs Partnership Syllabus and Instructor Qualifications

Swim Club

Tuesdays and Thursdays from 3:45 - 4:30 pm

BASIC CLASS DETAILS/LOCATION

GRADE OR AGE LEVELS: Ages 19 and younger

Must have a Level 5+ Swimming Ability with a knowledge and ability to perform the basic strokes (front crawl, back stroke, breast stroke, butterfly) The first day of swim club will operate as a tryout to evaluate if the student is ready for swim club or needs to continue in our learn to swim program. The reason for this is because swim club focuses on building endurance while perfecting swimming strokes rather than working on developing swimming strokes.

CLASS DATES: January 20 to April 24, 2025

Classes will not be held on the following dates (*holidays*):

- Monday, January 20 (Martin Luther King Jr. Day)
- Mon February 17 (President's Day)
- Friday - Sunday, March 14 - 23 (University Spring Break)

Classes (REQUIRED): 21 classes

HOURS (POSSIBLE): 26 classes

LOCATION/ADDRESS: Andreasen Center for Wellness
8750 West Campus Circle Dr. Berrien Springs MI 49104

PROGRAM COORDINATOR/CONTACT INFORMATION

Program Coordinator: Katie Mertz

Contact Information: Phone: (269) 471-3257
Email: learn2swim@andrews.edu

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

ADDITIONAL PRIMARY INSTRUCTORS (*background checked*):

MAIN INSTRUCTOR QUALIFICATIONS: Water Safety Instructor American Red Cross Certification and/or Lifeguarding Certification and swim team or significant swimming experience.

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 one you would like to register first. Click on the drop menu under your name in the right hand corner of your 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 and waive the payment option and complete the registration for you.

COURSE DESCRIPTION

(complete overview shown on website)

- Increase endurance: be able to swim longer, continuously, at a consistent pace.
- Speed: be able to swim at a quick pace for a short, or moderate distance.
- Attitude: be able to encourage other swim club members and be always ready to do your best.

SYLLABUS/OUTLINE: Each week varies as the teacher develops their own block plans for the courses each semester. Students will participate in instructor-led workouts and work to develop and time their own workouts by the end of the 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 required.
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:

At the beginning of the semester and at the end, students will be timed on their performance of one sprint lap of each stroke separately (freestyle, backstroke, breaststroke, Butterfly) as well as on a 100 yd Individual Medley sprint (25 yds of butterfly, backstroke, breaststroke, and freestyle swum continuously) to see how much they improve throughout the semester. There will also be a 10 minute continuous swim at the beginning and end of the semester to see how many laps they can complete and to see if that number improves by the end of the semester.

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. No Makeup days are 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: Class Prep- Please come to class in a swimsuit and bring goggles and a swim cap (swim cap optional, but recommended). Please also make sure to bring a water bottle to stay hydrated during workouts!

- Recommended swimsuit brands: TYR, Nike, Speedo, Finis, Summersalt, Miraclesuit, etc.