

Berrien Springs Partnership Syllabus and Instructor Qualifications

Junior Swim Club

Tuesday's and Thursday's from 6:30-7:30pm

BASIC CLASS DETAILS/LOCATION

GRADE OR AGE LEVELS: Ages 14 and younger

Must be able to swim a full lap on front and on back with NO assistance or about a Level 4+ Swimming Ability. If a student is 14-19 and can demonstrate at least a level 5 swimming ability, we recommend joining the Stingrays Swim Club.

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: Taylor Biek

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*): Trinity Sulger

MAIN INSTRUCTOR QUALIFICATIONS: Water Safety Instructor American Red Cross Certification and/or Lifeguarding Certification.

REGISTRATION

ADDITIONAL REGISTRATION AT SITE REQUIRED? YES

IF YES, INSTRUCTIONS FOR REGISTRATION: Can be found on our website

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:

There will be a swim meet that will be mandatory for all swim club members. Details will be announced as they come!

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.