

YMCA Swimming Instructor Course

YMCA of Greater Saint John

November, 2017

Course Description for CLASS

Prepare future YMCA swim instructor to effectively teach people how to swim and improve swimming techniques. Create a positive members or participant experience that furthers the YMCA mission. Build on the competencies required of a YMCA Swim Instructor: Commitment to YMCA Mission, Vision and Values, Communication, Planning and Organizing, Quality Focus, Facilitation and Coaching.

Cost Includes:

- Classroom and pool instruction
- Support and mentorship with another instructor
- Final Evaluation

Prerequisites:

- Minimum age of 16
- Current Bronze Cross or NLP Certification
- Current Standard First Aid with CPR Level C
- Intermediate Swim Strokes and Skills

Cost:

- YMCA Dependant

Course min/max:

- 4 – 12 participants

Format:

- 2 weekends of classroom and pool time
- 6 hours of apprenticeship hours with experienced instructors

Certification:

- Participate in appropriate learning experiences
- Evaluated delivering a YMCA swim lesson and achieved a minimum of 2.8 of the behaviour grids, with no less than 2 on any one grid.

Please Note:

- All assignments must be completed on time
- All candidates are expected to participate and to be on time for class
- Candidates should come prepared for the classroom and the pool
- Candidates should bring a minimum of one bathing suit and towel and paper and pen

YMCA Swimming Instructor Course
YMCA of Greater Saint John
November, 2017

Schedule:

	Format	Time	Topics	Materials/Resources
November 17, 2017 Friday 5:00-9:30 pm	Classroom	5:00-6:00 pm	Opening Session with Program Overview	Laptop/Projector, Flipchart/Markers, Outline, Class List, Handouts
		6:00-8:00 pm	Learning Styles and Temperament	Laptop/Projector, Flipchart/Markers, Handouts, Sticky Notes, Tape
		8:00-9:00 pm	Group Project	Handouts
		9:00-9:30 pm	Setup for next day and wrap up	
November 18, 2017 Saturday 8:30-6:00 pm	Pool	8:30-11:30 am	Teach and Observe Swimming Lessons	Behaviour Grids
	LUNCH			
	Classroom	12:30-2:00 pm	What are Progressions and Activities? (Lesson Planning)	Laptop/Projector, Dice, Flipchart/Markers, Index Cards, Handouts
	Pool	2:00-6:00 pm	Progressions and Activities (Learn to Swim and Star Skills) (Front Crawl and Back Crawl)	Laminated Handouts (Stroke Charts, Principle Cards, Progressions Lists, Worksheets)
Progressions (Front Crawl and Back Crawl)				
November 19, 2017 Sunday 8:00-5:00 pm	Pool	8:00-10:00	Progressions and Activities (Elementary Backstroke and Breaststroke) (Sidestroke and Butterfly)	Laminated Handouts (Stroke Charts, Principle Cards, Progressions Lists, Worksheets)
	Classroom	10:00-11:30 am	E.G.G.S.	Laptop/Projector, E.G.G.S. checklist, Props
		11:30-12:30 pm	What Should I Expect from 6-12 Years Olds?	Laptop/Projector, Handouts
	LUNCH			
	Classroom	1:30-2:30 pm	Creating Developmentally Appropriate Activities	Laptop/Projector, Flipchart/Markers
	Pool	2:30-3:30 pm	Peer Teach (LTS Activities with E.G.G.S.)	E.G.G.S. and Short Term Planning Behaviour Grid
	Classroom	3:30-5:00 pm	Assignments	Laptop/Projector

YMCA Swimming Instructor Course
YMCA of Greater Saint John
November, 2017

November 24, 2017 Friday 5:00-9:00 pm	Classroom	5:00-6:00 pm	Welcome Back and Assignment Review	Laptop/Projector
		6:00-7:00 pm	First Aid Skills in Instructional Situations	Skills Checklist
		7:00-8:30 pm	Lifesaving Society, Canadian Swim Patrol and Bronze Star Programs	Award Guides, Handouts
		8:30-9:00 pm	Setup for next day and wrap up	
November 25, 2017 Saturday 8:30-5:00 pm	Pool	8:30-11:30 am	Teach and Observe Swimming Lessons	Behaviour Grids
	LUNCH			
	Pool	12:30-1:30 pm	Peer Teach (Strokes Progressions)	E.G.G.S., Short Term Planning, and Progressions Behaviour Grids
		1:30-2:30 pm	Strokes Practice and Evaluation	Laminated Handouts (Stroke Charts, Principle Cards, Progressions Lists, Worksheets)
		2:30-4:00 pm	Peer Teach (Synchro Skills)	E.G.G.S., Feedback, Formations, and Progressions Behaviour Grids
	Classroom	4:00-5:00 pm	Group Project	Laptop/Projector
November 26, 2017 Sunday 8:00-5:00 pm	Pool	8:00-9:00 am	Teaching and Evaluating the CSP and Bronze Star	Award Guides and Worksheets
		9:00-10:00 am	Water Polo Presentations	Balls
		10:00-11:00 am	Stroke Practice and Evaluation	Laminated Handouts (Stroke Charts, Principle Cards, Progressions Lists, Worksheets)
		11:00-12:00 pm	Emergency Procedures in an Instructional Situation	Scenario Cards
	LUNCH			
	Classroom	1:00-2:30 pm	How Do I Deliver Aquatics the YMCA Way?	Laptop/Projector, Handouts
		2:30-4:00 pm	Learning More About the YMCA	Laptop/Projector
		4:00-5:00 pm	Closing Session	Laptop/Projector