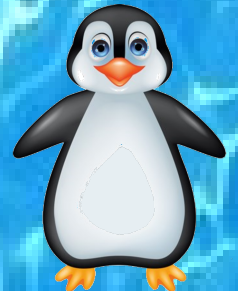


# Purchase Day Camp Learn To Swim Program



I just **LOVE** it here!





## **WELCOME TO THE PURCHASE DAY CAMP LEARN TO SWIM PROGRAM**

We feature four heated swimming pools for campers of all swim abilities. At Purchase we have a highly trained, experienced, and motivated staff. The major goal of the Swimming Program is to make all campers safe in, on, and around the water.

We accomplish our goal utilizing low swim group ratios (4 campers to 1 instructor), comprehensive testing of each camper's skills, and grouping by age and swimming ability. Each camper is able to progress and succeed at his or her own ability level. This approach enables campers to advance through the American Red Cross Learn to Swim Program.

### **SWIMMING PROGRESSIONS**

At Purchase we follow all the standards set forth by the American Red Cross Learn to Swim Program. The Red Cross has six swim levels in their progression. Their program is not designed for a swimmer to pass a level each summer. In fact, ARC Level II may take several summers for a swimmer to master. Therefore, at Purchase Day Camp, we have broken down the Red Cross' six levels into 13 separate swim levels. This allows our campers to be recognized for their success more frequently. This also allows parents to better gauge their child's progress from season to season.

The following is an overview of each level taught at Purchase with a listing of the skills to be mastered for advancement to the next level. Beginning in Jr. Camp with the Jellyfish Level and continuing on to the highest level: Kingfish. Each Purchase Day Camp Level also lists which American Red Cross Level the swimmer is working towards.

### **SWIM PROGRAM FORMAT**

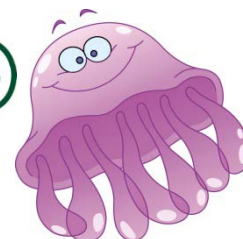
The swim program at Purchase Day Camp is divided into two essential elements. The first element is the Instructional Swim Program which takes place every morning for forty minutes. During the Instructional Swim period each camper receives a structured introduction to swimming skills. Each lesson is well organized, and closely supervised, leading to a positive learning experience for all our campers.

The second element is Free Swim which takes place every afternoon for forty minutes. This period allows campers to enjoy themselves at the pool. This period is closely supervised by the lifeguard staff and group counselors.

During both Instructional Swim and Free Swim, Buddy Checks are conducted. At this time all swimming stops, and all campers are accounted for at the pool. Once the Buddy check is completed, the campers are allowed to resume their swim activity.

# JELLYFISH DAILY SKILLS CHECKLIST

## ARC Learn to Swim Level 1



Instructional Swim Period                      1      2      3      4

Instructor \_\_\_\_\_ Assistant \_\_\_\_\_

|          |  |  |  |  |  |  |  |
|----------|--|--|--|--|--|--|--|
| Camper → |  |  |  |  |  |  |  |
| Group →  |  |  |  |  |  |  |  |
| Weeks →  |  |  |  |  |  |  |  |

### Skills

|  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|
| Enter water using ramp or steps—<br>independently  |  |  |  |  |  |  |  |
| Exit water using ladder or steps—<br>independently |  |  |  |  |  |  |  |
| Blow bubbles                                       |  |  |  |  |  |  |  |
| Bobbing  |  |  |  |  |  |  |  |
| Front glide—with or without<br>assistance          |  |  |  |  |  |  |  |
| Back glide—with assistance                         |  |  |  |  |  |  |  |
| Alternating leg action on front—with<br>assistance |  |  |  |  |  |  |  |
| Alternating arm action on front—with<br>assistance |  |  |  |  |  |  |  |
| Alternating leg action on back—with<br>assistance  |  |  |  |  |  |  |  |
| Alternating arm action on back—with<br>assistance  |  |  |  |  |  |  |  |
| Staying safe around water                          |  |  |  |  |  |  |  |
| Recognizing the lifeguards                         |  |  |  |  |  |  |  |

# WATERBUG DAILY SKILLS CHECKLIST

## ARC Learn to Swim Level 1



Instructional Swim Period

1    2    3    4

Instructor \_\_\_\_\_

Assistant \_\_\_\_\_

|          |  |  |  |  |  |  |  |
|----------|--|--|--|--|--|--|--|
| Camper → |  |  |  |  |  |  |  |
| Group →  |  |  |  |  |  |  |  |
| Weeks →  |  |  |  |  |  |  |  |

### Skills

|  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|
| Enter water using side—independently   |  |  |  |  |  |  |  |
| Exit water using side—independently  |  |  |  |  |  |  |  |
| Open eyes underwater and retrieve submerged objects—independently            |  |  |  |  |  |  |  |
| Recover from a front glide to a vertical position—with or without assistance |  |  |  |  |  |  |  |
| Back float—with assistance   |  |  |  |  |  |  |  |
| Recover from a back float or glide to a vertical position—with assistance    |  |  |  |  |  |  |  |
| Roll from front to back—with assistance                                      |  |  |  |  |  |  |  |
| Roll from back to front—with assistance                                      |  |  |  |  |  |  |  |
| Arm and hand treading actions  |  |  |  |  |  |  |  |
| Simultaneous leg action on front—with assistance                             |  |  |  |  |  |  |  |
| Simultaneous arm action on front—with assistance                             |  |  |  |  |  |  |  |
| Combined arm and leg actions on front—independently                          |  |  |  |  |  |  |  |
| Simultaneous leg action on back—with assistance                              |  |  |  |  |  |  |  |
| Simultaneous arm action on back—with assistance                              |  |  |  |  |  |  |  |
| Combined arm and leg actions on back—independently                           |  |  |  |  |  |  |  |
| Don't Just Pack It, Wear Your Jacket   |  |  |  |  |  |  |  |
| Recognizing an emergency   |  |  |  |  |  |  |  |
| How to call for help   |  |  |  |  |  |  |  |
| Too Much Sun Is No Fun   |  |  |  |  |  |  |  |

# HERON DAILY SKILLS CHECKLIST

## ARC Learn to Swim Level 2



Instructional Swim Period

1    2    3    4

Instructor \_\_\_\_\_

Assistant \_\_\_\_\_

|          |  |  |  |  |  |  |  |
|----------|--|--|--|--|--|--|--|
| Camper → |  |  |  |  |  |  |  |
| Group →  |  |  |  |  |  |  |  |
| Weeks →  |  |  |  |  |  |  |  |

### Skills

|   |  |  |  |  |  |  |  |
|---|--|--|--|--|--|--|--|
| Enter water by stepping or jumping from the side                  |  |  |  |  |  |  |  |
| Exit water using ladder   |  |  |  |  |  |  |  |
| Open eyes underwater and retrieve submerged objects—independently |  |  |  |  |  |  |  |
| Front glide—independently   |  |  |  |  |  |  |  |
| Back glide—independently  |  |  |  |  |  |  |  |
| Roll from front to back—independently                             |  |  |  |  |  |  |  |
| Arm and leg actions on front—with assistance                      |  |  |  |  |  |  |  |
| Finning arm action on back—with assistance                        |  |  |  |  |  |  |  |
| Staying safe around water   |  |  |  |  |  |  |  |
| Don't Just Pack It, Wear Your Jacket                              |  |  |  |  |  |  |  |
| Recognizing an emergency  |  |  |  |  |  |  |  |
| How to call for help  |  |  |  |  |  |  |  |
| Too Much Sun Is No Fun  |  |  |  |  |  |  |  |

# PELICAN DAILY SKILLS CHECKLIST

## ARC Learn to Swim Level 2



Instructional Swim Period

1    2    3    4

Instructor \_\_\_\_\_

Assistant \_\_\_\_\_

|          |  |  |  |  |  |  |  |
|----------|--|--|--|--|--|--|--|
| Camper → |  |  |  |  |  |  |  |
| Group →  |  |  |  |  |  |  |  |
| Weeks →  |  |  |  |  |  |  |  |

### Skills

|  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|
| Enter water by stepping or jumping from the side                         |  |  |  |  |  |  |  |
| Exit water using ladder  |  |  |  |  |  |  |  |
| Bobbing—independently  |  |  |  |  |  |  |  |
| Front float – independently  |  |  |  |  |  |  |  |
| Jellyfish float – independently  |  |  |  |  |  |  |  |
| Tuck float – independently   |  |  |  |  |  |  |  |
| Recover from a front float or glide to a vertical position—independently |  |  |  |  |  |  |  |
| Back float—independently   |  |  |  |  |  |  |  |
| Roll from back to front—independently                                    |  |  |  |  |  |  |  |
| Combined arm and leg actions on front—with assistance                    |  |  |  |  |  |  |  |
| Finning arm action on back—independently                                 |  |  |  |  |  |  |  |
| Staying safe around water  |  |  |  |  |  |  |  |
| Don't Just Pack It, Wear Your Jacket                                     |  |  |  |  |  |  |  |
| Recognizing an emergency   |  |  |  |  |  |  |  |
| How to call for help   |  |  |  |  |  |  |  |
| Too Much Sun Is No Fun   |  |  |  |  |  |  |  |

# PENGUIN DAILY SKILLS CHECKLIST

## ARC Learn to Swim Level 2



Instructional Swim Period

1    2    3    4

Instructor \_\_\_\_\_

Assistant \_\_\_\_\_

|          |  |  |  |  |  |  |  |
|----------|--|--|--|--|--|--|--|
| Camper → |  |  |  |  |  |  |  |
| Group →  |  |  |  |  |  |  |  |
| Weeks →  |  |  |  |  |  |  |  |

### Skills

|  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|
| Enter water by stepping or jumping from the side                         |  |  |  |  |  |  |  |
| Exit water using ladder  |  |  |  |  |  |  |  |
| Rotary breathing—independently   |  |  |  |  |  |  |  |
| Recover from a back float or glide to a vertical position—independently  |  |  |  |  |  |  |  |
| Change direction of travel while swimming on front or back—independently |  |  |  |  |  |  |  |
| Tread water using arm and leg actions—independently                      |  |  |  |  |  |  |  |
| Combined arm and leg actions on front—independently                      |  |  |  |  |  |  |  |
| Look Before You Leap   |  |  |  |  |  |  |  |
| Think So You Don't Sink  |  |  |  |  |  |  |  |
| Reach or Throw, Don't Go   |  |  |  |  |  |  |  |
| The danger of drains   |  |  |  |  |  |  |  |



# OTTER DAILY SKILLS CHECKLIST

## ARC Learn to Swim Level 3



Instructional Swim Period

1    2    3    4

Instructor \_\_\_\_\_

Assistant \_\_\_\_\_

|          |  |  |  |  |  |  |  |
|----------|--|--|--|--|--|--|--|
| Camper → |  |  |  |  |  |  |  |
| Group →  |  |  |  |  |  |  |  |
| Weeks →  |  |  |  |  |  |  |  |

### Skills

|  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|
| Enter water by jumping from the side, fully submerge, then recover to the surface and return to the side |  |  |  |  |  |  |  |
| Bobbing while moving toward safety   |  |  |  |  |  |  |  |
| Back float – 1 minute  |  |  |  |  |  |  |  |
| Change from vertical to horizontal position on front   |  |  |  |  |  |  |  |
| Change from vertical to horizontal position on back  |  |  |  |  |  |  |  |
| Push off in a streamlined position on front, then begin flutter kicking – 3 to 5 body lengths            |  |  |  |  |  |  |  |
| Front crawl – 15 yards<br><i>Body position</i><br><i>Legs</i><br><i>Arms</i>                             |  |  |  |  |  |  |  |
| Elementary backstroke – 15 yards<br><i>Body position</i><br><i>Arms</i>                                  |  |  |  |  |  |  |  |
| Reach or Throw, Don't Go   |  |  |  |  |  |  |  |
| Think Twice Before Going Near Cold Water or Ice  |  |  |  |  |  |  |  |
| Look Before You Leap   |  |  |  |  |  |  |  |
| Developing breath control safely   |  |  |  |  |  |  |  |
| Making good decisions—choosing an exit point   |  |  |  |  |  |  |  |



# SEAL DAILY SKILLS CHECKLIST

## ARC Learn to Swim Level 3



Instructional Swim Period

1    2    3    4

Instructor \_\_\_\_\_

Assistant \_\_\_\_\_

|          |  |  |  |  |  |  |  |
|----------|--|--|--|--|--|--|--|
| Camper → |  |  |  |  |  |  |  |
| Group →  |  |  |  |  |  |  |  |
| Weeks →  |  |  |  |  |  |  |  |

### Skills

|  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|
| Headfirst entry from the side in a sitting position                            |  |  |  |  |  |  |  |
| Headfirst entry from the side in a kneeling position                           |  |  |  |  |  |  |  |
| Rotary breathing – 15 times  |  |  |  |  |  |  |  |
| Survival float on front – 30 seconds   |  |  |  |  |  |  |  |
| While in a vertical position, rotate one full turn                             |  |  |  |  |  |  |  |
| Tread water – 1 minute   |  |  |  |  |  |  |  |
| Push off in a streamlined position on front, then begin dolphin kicking        |  |  |  |  |  |  |  |
| Front crawl – 15 yards   |  |  |  |  |  |  |  |
| Breaststroke kick – 15 yards   |  |  |  |  |  |  |  |
| Elementary backstroke – 15 yards<br><i>Legs</i><br><i>Breathing and timing</i> |  |  |  |  |  |  |  |
| Scissors kick on side  |  |  |  |  |  |  |  |
| Reach or Throw, Don't Go   |  |  |  |  |  |  |  |
| Think Twice Before Going Near Cold Water or Ice                                |  |  |  |  |  |  |  |
| Look Before You Leap   |  |  |  |  |  |  |  |
| Developing breath control safely   |  |  |  |  |  |  |  |
| Making good decisions—choosing an exit point                                   |  |  |  |  |  |  |  |

# SEAHORSE DAILY SKILLS CHECKLIST

## ARC Learn to Swim Level 4



Instructional Swim Period

1    2    3    4

Instructor \_\_\_\_\_

Assistant \_\_\_\_\_

Camper →

Group →

Weeks →

|  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

### Skills

|  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|
| Headfirst entry from the side in a compact position  |  |  |  |  |  |  |
| Swim underwater – 3 to 5 body lengths  |  |  |  |  |  |  |
| Front crawl open turn  |  |  |  |  |  |  |
| Front crawl – 25 yards   |  |  |  |  |  |  |
| Breaststroke – 15 yards  |  |  |  |  |  |  |
| Butterfly, kick – 15 yards   |  |  |  |  |  |  |
| Push off in a streamlined position on back and begin flutter kicking – 3 to 5 body lengths |  |  |  |  |  |  |
| Back crawl – 15 yards  |  |  |  |  |  |  |
| Sidestroke, body positions, legs, arms – 15 yards  |  |  |  |  |  |  |
| Reach or Throw, Don't Go<br>• Reaching assist  |  |  |  |  |  |  |
| Recreational water illnesses   |  |  |  |  |  |  |
| Think So You Don't Sink  |  |  |  |  |  |  |
| Look Before You Leap   |  |  |  |  |  |  |

# SEA LION DAILY SKILLS CHECKLIST

## ARC Learn to Swim Level 4



Instructional Swim Period

1    2    3    4

Instructor \_\_\_\_\_

Assistant \_\_\_\_\_

|          |  |  |  |  |  |  |  |
|----------|--|--|--|--|--|--|--|
| Camper → |  |  |  |  |  |  |  |
| Group →  |  |  |  |  |  |  |  |
| Weeks →  |  |  |  |  |  |  |  |

### Skills

|   |  |  |  |  |  |  |  |
|---|--|--|--|--|--|--|--|
| Headfirst entry from the side in a stride position  |  |  |  |  |  |  |  |
| Feet first surface dive, submerging completely  |  |  |  |  |  |  |  |
| Survival swimming – 1 minute, deep water  |  |  |  |  |  |  |  |
| Back crawl open turn  |  |  |  |  |  |  |  |
| Tread water, 2 mins, using two different kicks <ul style="list-style-type: none"> <li>• modified scissors</li> <li>• modified breaststroke</li> <li>• rotary</li> </ul> |  |  |  |  |  |  |  |
| Breaststroke – 15 yards   |  |  |  |  |  |  |  |
| Butterfly – 15 yards  |  |  |  |  |  |  |  |
| Push off in a streamlined position on back and begin dolphin kicking  |  |  |  |  |  |  |  |
| Elementary backstroke – 25 yards  |  |  |  |  |  |  |  |
| Back crawl – 15 yards   |  |  |  |  |  |  |  |
| Sidestroke, breathing and timing – 15 yards   |  |  |  |  |  |  |  |
| Reach or Throw, Don't Go<br>Throwing assist   |  |  |  |  |  |  |  |
| Recreational water illnesses  |  |  |  |  |  |  |  |
| Think So You Don't Sink   |  |  |  |  |  |  |  |
| Look Before You Leap  |  |  |  |  |  |  |  |

# SWORDFISH DAILY SKILLS CHECKLIST

## ARC Learn to Swim Level 5



Instructional Swim Period

1    2    3    4

Instructor \_\_\_\_\_

Assistant \_\_\_\_\_

|          |  |  |  |  |  |  |  |
|----------|--|--|--|--|--|--|--|
| Camper → |  |  |  |  |  |  |  |
| Group →  |  |  |  |  |  |  |  |
| Weeks →  |  |  |  |  |  |  |  |

### Skills

|  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|
| Shallow-angle dive from the side                                     |  |  |  |  |  |  |  |
| Tuck surface dive  |  |  |  |  |  |  |  |
| Front flip turn  |  |  |  |  |  |  |  |
| Tread water  |  |  |  |  |  |  |  |
| Front crawl  |  |  |  |  |  |  |  |
| Breaststroke   |  |  |  |  |  |  |  |
| Elementary backstroke  |  |  |  |  |  |  |  |
| How to call for help and the importance of knowing first aid and CPR |  |  |  |  |  |  |  |
| Recreational water illnesses   |  |  |  |  |  |  |  |
| Reach or Throw, Don't Go   |  |  |  |  |  |  |  |
| Look Before you Leap   |  |  |  |  |  |  |  |

# SAILFISH DAILY SKILLS CHECKLIST

## ARC Learn to Swim Level 5



Instructional Swim Period                      1      2      3      4

Instructor \_\_\_\_\_ Assistant \_\_\_\_\_

|          |  |  |  |  |  |  |  |
|----------|--|--|--|--|--|--|--|
| Camper → |  |  |  |  |  |  |  |
| Group →  |  |  |  |  |  |  |  |
| Weeks →  |  |  |  |  |  |  |  |

### Skills

|  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|
| Shallow-angle dive, glide 2 to 3 body lengths and begin any front stroke |  |  |  |  |  |  |  |
| Pike surface dive  |  |  |  |  |  |  |  |
| Backstroke flip turn   |  |  |  |  |  |  |  |
| Tread water, using legs only – 2 minutes                                 |  |  |  |  |  |  |  |
| Butterfly – 25 yards   |  |  |  |  |  |  |  |
| Back crawl – 25 yards  |  |  |  |  |  |  |  |
| Standard (back) scull – 30 seconds                                       |  |  |  |  |  |  |  |
| Sidestroke – 25 yards  |  |  |  |  |  |  |  |
| Think So You Don't Sink  |  |  |  |  |  |  |  |
| Think Twice Before Going Near Cold Water or Ice                          |  |  |  |  |  |  |  |
| Wave, Tide or Ride, Follow the Guide                                     |  |  |  |  |  |  |  |



# PORPOISE DAILY SKILLS CHECKLIST (page 2)

## ARC Learn to Swim Level 6



|          |  |  |  |  |  |  |  |
|----------|--|--|--|--|--|--|--|
| Camper → |  |  |  |  |  |  |  |
| Group →  |  |  |  |  |  |  |  |
| Weeks →  |  |  |  |  |  |  |  |

### Fundamentals of Diving

|   |  |  |  |  |  |  |  |
|---|--|--|--|--|--|--|--|
| Basic stretching exercises for diving                             |  |  |  |  |  |  |  |
| Body alignment and control  |  |  |  |  |  |  |  |
| Diving from poolside <input type="checkbox"/> - kneeling position |  |  |  |  |  |  |  |
| Takeoff from the deck – one-part takeoff                          |  |  |  |  |  |  |  |
| Takeoff from poolside – one-part takeoff                          |  |  |  |  |  |  |  |
| Forward jump, tuck position                                       |  |  |  |  |  |  |  |
| Forward jump, tuck position, with one-part takeoff from poolside  |  |  |  |  |  |  |  |
| Forward jump, pike position                                       |  |  |  |  |  |  |  |

### Fitness Swimmer Outline

|                                  |  |  |  |  |  |  |  |
|----------------------------------|--|--|--|--|--|--|--|
| Circle swimming                  |  |  |  |  |  |  |  |
| Using a pull buoy while swimming |  |  |  |  |  |  |  |
| Using fins while swimming        |  |  |  |  |  |  |  |
| Using paddle while swimming      |  |  |  |  |  |  |  |



# KINGFISH DAILY SKILLS CHECKLIST

## ARC Learn to Swim Level 6



Instructional Swim Period

1    2    3    4

Instructor \_\_\_\_\_

Assistant \_\_\_\_\_

|          |  |  |  |  |  |  |  |
|----------|--|--|--|--|--|--|--|
| Camper → |  |  |  |  |  |  |  |
| Group →  |  |  |  |  |  |  |  |
| Weeks →  |  |  |  |  |  |  |  |

### Skills

|   |  |  |  |  |  |  |  |
|---|--|--|--|--|--|--|--|
| Breaststroke – 50 yards                                     |  |  |  |  |  |  |  |
| Sidestroke – 50 yards                                       |  |  |  |  |  |  |  |
| Butterfly – 50 yards  |  |  |  |  |  |  |  |
| Sidestroke open turn  |  |  |  |  |  |  |  |
| Butterfly turn  |  |  |  |  |  |  |  |
| Breaststroke turn   |  |  |  |  |  |  |  |
| Tuck surface dive   |  |  |  |  |  |  |  |
| Pike surface dive   |  |  |  |  |  |  |  |
| Back float – 5 minutes                                      |  |  |  |  |  |  |  |
| Survival float – 5 minutes                                  |  |  |  |  |  |  |  |
| Survival swimming – 10 minutes                              |  |  |  |  |  |  |  |
| Surface dive and retrieve an object from the bottom         |  |  |  |  |  |  |  |
| Swim as a Pair Near a Lifeguard's Chair                     |  |  |  |  |  |  |  |
| The danger of drains  |  |  |  |  |  |  |  |
| The dangers of hyperventilation and extended breath-holding |  |  |  |  |  |  |  |

# KINGFISH DAILY SKILLS CHECKLIST (page 2)

## ARC Learn to Swim Level 6



|          |  |  |  |  |  |  |  |  |
|----------|--|--|--|--|--|--|--|--|
| Camper → |  |  |  |  |  |  |  |  |
| Group →  |  |  |  |  |  |  |  |  |
| Weeks →  |  |  |  |  |  |  |  |  |

### Fundamentals of Diving

|  |  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|--|
| Surface dive and retrieve an object from the bottom              |  |  |  |  |  |  |  |  |
| Diving from poolside – forward dive fall-in                      |  |  |  |  |  |  |  |  |
| Diving from poolside – standing dive                             |  |  |  |  |  |  |  |  |
| Takeoff from the deck – two-part takeoff                         |  |  |  |  |  |  |  |  |
| Forward dive, tuck position, with one-part takeoff from poolside |  |  |  |  |  |  |  |  |

### Fitness Swimmer Outline

|  |  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|--|
| Using a pace clock                         |  |  |  |  |  |  |  |  |
| Describe how to set up an exercise program |  |  |  |  |  |  |  |  |
| Demonstrate various training techniques    |  |  |  |  |  |  |  |  |
| Calculate target heart rate                |  |  |  |  |  |  |  |  |
| Demonstrate aquatic exercise               |  |  |  |  |  |  |  |  |

