

## Pre Camp Swimming Instructor

### Swimming Class

At Foley we follow the guidelines of the Red Cross but are not issuing cards for their levels. This instructor is responsible for instructing various swimming levels, but generally Level 3 (Minnows), Level 4 (Catfish) and Level 5 (Shark). A big difference is that swimming is done in the lake – cold water, wind, waves, cold air are elements that we need to work around. When reviewing your swimming materials it is important to keep this in mind.

1. Send us a copy of your WSI (if you have it) and your LG, 1<sup>st</sup> Aid and CPR cards (mandatory).
2. Read through the PDFs on the Session 7 page
  - a. WSI Book
  - b. Swim Chart (be ready to demonstrate the skills in Levels 3 (Minnow), 4 (Catfish), and 5 (Shark))
  - c. Activities
  - d. Drills
  - e. Games
3. Send to [alli@campfoley.com](mailto:alli@campfoley.com) 3 games or drills that you could play in **each** level to practice or teach a skill in that level – be prepared to demonstrate these games, activities or drills.

### Other Swim Dock Classes

The swim dock has the ability to offer a wide variety of fun and unique classes and experiences that many of our campers are unable to do elsewhere. Classes such as synchronized swimming and water polo have been a big hit.

1. Brainstorm **a list of at least 6 creative ideas** to get kids excited to be at the swim dock. These ideas can be used during open swim times. Can we host a certain challenge? What about a water basketball 3 on 3 tournaments? Water fitness classes? Swim games? One creative idea will need to be implemented each 3 day sign up.
2. Create an outline for **one three-day class** that you will have a passion for.
  - a. Send to the outline to [alli@campfoley.com](mailto:alli@campfoley.com) for your class including any needed supplies that may be needed.
  - b. Things to think about...
    - Description of Project:
    - Equipment Needed (We will collect these items before your arrival):
    - Absolutely bare minimum # of participants:
    - Dream List to take to another level:
    - Brief Outline of Class (classes are taken for a three day period):
      - Day 1:
      - Day 2:
      - Day 3: