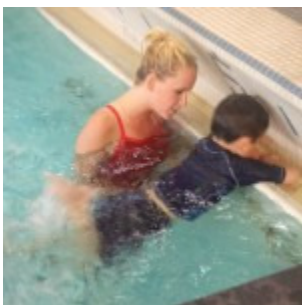




# SUNY New Paltz

## Learn to Swim Program And Competitive Lessons Program



### Registration Date:

In-person: THU 9/10 from 4:00-6:00pm

You may also send pg 2 of this form in with payment.

### Learn to Swim / Lessons an 8 session program

Ages 4 and Up

September 14-17 and 21-24

### ABOUT THE PROGRAM:

**General:** Launched in Spring 2009, the SUNY New Paltz Varsity Swimming program is offering lessons to children in the area looking to sharpen their skills in the pool. This program is a direct fundraiser for the varsity team and will help swimmers travel to Florida for our annual trip and purchase state of the art swimming suits.

**The Program:** This is an 8 session program that spans 2 weeks, going Monday through Thursday from September 14-25. Swimmers will be paired either individually with an instructor or in a small 2-3 person group (depending on ability level). All instructors are college varsity swimmers.

**Cost:** \$80 for the entire program

**Location:** All sessions are at the Elting Pool on the campus of SUNY New Paltz. Parents are welcome to watch!

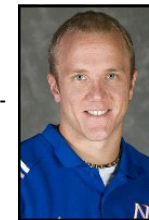
**About Learn to Swim:** This program is designed for kids who are new to the sport and are trying to learn basic skills. For children 4 and up. Must be potty-trained. Please see the section on "Red Cross Levels" and indicate which level your child is at when you register.

**About Competitive Lessons: (New!!)** Are you in the DUSO league? Just started swimming competitively? Sharpen your skills with the instruction of a college varsity athlete. We are reserving pool time exclusively for you from 5:20-5:55. Ages 6-14.

### ABOUT THE INSTRUCTORS

**Director: SCOTT WHITBECK**

Scott is entering his 2nd season as the Head Swimming Coach of the SUNY New Paltz Hawks. In addition to coaching, he also serves as the Aquatics Director for the Elting Pool. This past summer, Scott was the director of the Inaugural New Paltz Elite Swim Camp and also the co-head coach of the New Paltz Seahawks summer team. He has also worked for three summers as a counselor at the University of Michigan Swim Camps.



**Instructors: SUNY New Paltz Swimmers**



The 48 members of the New Paltz Hawks Swimming team will instruct the children on a daily basis during the camp. Last year, both the men's and the women's team finished 3rd at the SUNYAC Championship, setting 15 school records. 2 swimmers went on to represent the college at the NCAA National Championships in Minneapolis, MN last March.



## Other Important Info

**Learn to Swim Program: Ages 4 and up**  
Sep 14-17 Mon-Thu  
Sep 21-24 Mon-Thu

- This program is for children age 4 and older.
- Children need to be potty-trained.
- Choose one of the following time slots:  
4:00—4:35 or 4:40—5:15
- Each participant will get 8 lessons with an instructor. All abilities are welcome
- Please select what level you think your child is at (page 3 of this brochure) and indicate during registration

### Competitive Lessons Program: Ages 6-14

- Program designed for young competitive swimmers
- Can come to any time slot: 4:00-4:35, 4:40-5:15, 5:20-5:55. (5:20 spot is exclusively for this group)
- Ages 6-14

**Parking:** You must purchase a \$1 day pass to park your car for any length of time.

## REGISTRATION

**Price per individual:** \$80

**Checks :** Made payable to SUNY New Paltz  
Campus Auxiliary Services

**Registration Info:** Held at SUNY New Paltz,  
Elting Gym, in the Swimming Pool on THURS  
day, Sep 10, from 4:00 pm until 6:00 pm.

**Pre-Registrants:** Please arrive 20 minutes before your lesson to verify paperwork

## FOR MORE INFO

**Scott Whitbeck**

Phone: 845-257-2671

Email: whitbecs@newpaltz.edu

# Mail In Application

Please sign the waiver and send this back, along with your payment of \$80 to:

Scott Whitbeck, Aquatics Director

SUNY New Paltz

1 Hawk Drive

New Paltz, NY 12561

### SESSION OF CHOICE

4:00—4:35       4:40—5:15

5:20—5:55 (competitive only)

Child's Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone ( ) \_\_\_\_\_

Email Address: \_\_\_\_\_

Age \_\_\_\_\_

Red Cross Level: \_\_\_\_\_

Parent Signature \_\_\_\_\_

For Department Use Only:

Date of Registration: \_\_\_\_\_

Received By: \_\_\_\_\_

Check/Cash Amnt. \_\_\_\_\_

## SUNY NEW PALTZ

### **Assumption of Risk and Insurance Policy Statement** **For participation in camp and sports clinic activities at** **SUNY New Paltz**

I understand and agree that the participation of my son/daughter in any camp or sports clinic held at the State University of New York (SUNY) at New Paltz is voluntary.

I further understand and agree that the State University of New York at New Paltz is not liable for any injury, damage, or other loss which my son/daughter may cause or incur, or may cause others to incur, while using SUNY New Paltz facilities or equipment, or while participating in any camp or clinic provided by SUNY New Paltz and/or its affiliates.

I am aware that the State University of New York at New Paltz DOES NOT carry insurance coverage for any injury or damage that my son/daughter might cause or incur while using SUNY New Paltz equipment or facilities.

I have insurance coverage for my son/daughter, and specifically assume responsibility for all risks, injuries, damages, or other losses that my son/daughter might cause or incur while using any equipment and/or facilities at SUNY New Paltz, or while participating in any program, exercise or activity while on the SUNY New Paltz premises.

NOTE: Children who do not have this form completed by the start of the lessons will not be permitted to participate in any related activity until this form is completed and returned.

*SUNY NEW PALTZ Learn to Swim Program*

Name of swimmer \_\_\_\_\_

Parent/Guardian name \_\_\_\_\_

Daytime Phone # \_\_\_\_\_

Cell Phone # \_\_\_\_\_

Evening Phone # \_\_\_\_\_

Insurance Policy Carrier \_\_\_\_\_

Policy Number \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_

# RED CROSS SWIMMING LEVELS

## LEVEL ONE: WATER EXPLORATION

The objective of Level One is to help students feel comfortable in the water and to enjoy the water safely. Students will learn elementary water skills which they can build on as they progress through the various levels.

- 1 - Become oriented to aquatic environment
- 2 - Fully submerge face (3 seconds)
- 3 - Experience buoyancy (bob 10 times)
- 4 - Supported float on front/back
- 5 - Basic breath control (bubble blowing)
- 6 - Enter and exit water independently
- 7 - Move through water comfortably
- 8 - Supported kicking on front/back
- 9 - Introduction to alternating arm action
- 10- Familiarize with getting help
- 11- Reaching assists without equipment
- 12- Learn how to release a cramp
- 13- Wear life jacket and enter shallow water

## LEVEL TWO: PRIMARY SKILLS

Level Two is to give students success with fundamental skills and learn to float without support. Learn basic self-help rescue skills.

- 1 - Fully submerge head (hold 3 seconds)
- 2 - Retrieve objects in chest deep water
- 3 - Orientation to deep water with support
- 4 - Front and back float unsupported
- 5 - Unsupported back float or glide (5 sec.)
- 6 - Leveling off from a vertical position
- 7 - Rhythmic breathing (bob 10 times)
- 8 - Step-in entry and side exit
- 9- Flutter kick on front/back
- 10- Back crawl arm action
- 11- Combined stroke front/back using kick/arm movements (5 yards)
- 12- Turning over front/back, back/front
- 13- Become familiar with rescue breathing
- 14- Perform reaching & extension assist from deck
- 15- Assist non-swimmers to feet

## LEVEL THREE: STROKE READINESS

Students learn to coordinate front and back crawl. Introduce elementary backstroke and the fundamentals of treading water.

- 1 - Retrieve object, eye open, no support
- 2 - Bob and submerge head completely
- 3 - Bob in water slightly over head to travel to safe area
- 4 - Jump into deep water from side of pool
- 5 - Kneeling dive and compact dive from side of pool
- 6 - Front/Back glide w/ push off (2 body lengths)
- 7 - Coordinate arm stroke for crawl with breathing to side
- 8 - Coordinate back crawl
- 9 - Elementary back stroke (10 yards)
- 10- Reverse direction while swimming on front/back
- 11- Tread water
- 12- Jump into deep water wearing life jacket
- 13- Learn how to open airway for rescue breathing
- 14- H.E.L.P. position (1 minute)
- 15- Huddle position in groups of 3 (1 min.)

## LEVEL FOUR: STROKE DEVELOPMENT

Level Four develops confidence in strokes learned thus far and to improve other aquatic skills. Introduce breaststroke, sidestroke and wall turns.

- 1 - Deep water bobbing
- 2 - Experiment with buoyancy and floating position
- 3 - Rotary breathing
- 4 - Stride dive from side of pool from a standing position
- 5 - Elementary backstroke (10 yards)
- 6 - Sculling on back (5 yards)
- 7 - Front/back crawl (25 yards)
- 8 - Basics of Breaststroke (10 yards)
- 9 - Basics of Sidestroke (10 yards)
- 10- Turning at the wall
- 11- Tread water with modified scissors and rotary kicks
- 12- Learn rescue breathing techniques
- 13- Become familiar with CPR

## LEVEL FIVE: STROKE REFINEMENT

Coordination and refinement of key strokes. Introduce the butterfly, open turns, feet-first surface dives. Increase swim distances.

- 1 - Alternate breathing
- 2 - Stride jump entry
- 3 - Beginning diving progression
- 4 - Long shallow dive
- 5 - Breaststroke (10 yards)
- 6 - Sidestroke (10 yards)
- 7 - Underwater swimming (3 body lengths)
- 8 - Elementary backstroke (15 yards)
- 9 - Butterfly Dolphin Kick (10 yards)
- 10- Front/back crawl (50 yards)
- 11- Open turn on front/back
- 12- Recognition of spinal injury
- 13- Hip/shoulder support
- 14- Feet first surface dive
- 15- Tread water (2 min., 2 different strokes)

## LEVEL SIX: SKILL PROFICIENCY

The objective of Level Six is to polish strokes so students swim with more ease, efficiency, power, and smoothness over greater distances.

- 1 - Approach and hurdle
- 2 - Jump tuck diving
- 3 - Front/back crawl (100 yards one turn minimum at wall)
- 4 - Breaststroke (25 yards)
- 5 - Sidestroke (25 yards)
- 6 - Butterfly (10 yards)
- 7 - Approach stroke (25 yards)
- 8 - Breaststroke turn
- 9 - Sidestroke turn
- 10- Speed turn and pull-out for breaststroke
- 11- Flip turn for front crawl
- 12- Pike/tuck surface dive
- 13- Alternate kicks for treading water
- 14- Throwing rescue
- 15- Roll spinal injury victim