



The Nations Leading Learn to Swim Program

Sponsored by Team Genesis/LOVE Swimming

A Sports Ministry of Trinity Fellowship Church

Swim American Swim School

Year-Round Swim Program

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Swim American Program Description & Information

Swim America is a state-of-the-art, learn to swim program developed by the **American Swim Coaches Association** (ASCA) that is goal driven and technique oriented. All instructors are trained and certified by the Swim America Program Directors holders of the Swim America License who have been granted exclusive rights by Swim America to operate this nationwide program.

Swim America is taught in 10 stations:

- Station 1: Bubbles
- Station 2: Floats and Glides
- Station 3: Kicking
- Station 4: Crawl Stroke
- Station 5: Freestyle
- Station 6: Backstroke
- Station 7: Breaststroke & Butterfly
- Station 8: Turns
- Station 9: Lifetime Strokes
- Station 10: Individual Medley

Each new student will be evaluated and placed in the station that best suits their ability. A returning student will be placed in the station they were working on at the end of the last session. The site supervisor will track each student's progress and station placement. Please remember that all students learn at different rates. Progress depends on each student's age, maturity, and fitness level.

After station ten of the Swim America program the student will be able to swim 6 unique styles of swimming of at least a distance of 300 yards without stopping . They will also have the skills necessary to join the competitive training group of Team Genesis Swim Club or LOVE Swimming; our independent (private) year round USA swim teams. Team Genesis Swim Club accepts career only swimmers of all ability levels. LOVE Swimming accepts all swimmers not just career swimmers but all swimmers of all ability levels who love to swim.

The 3 basic reasons a Learn-to-Swim Program exists are:

1. **SAFETY.** Lloyd Bridges closed every episode of the popular 1960's television drama "Sea Hunt" by declaring that "over two-thirds of the world's surface is covered by water." It is inevitable that most people will be exposed to at least one form of aquatic activity at some point during their lifetime. The ability to swim is the most important safety skill of all. According to the National Safety Council, over 8,000 people drown in the United States every year. If more people know how to swim there would be fewer drownings.

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2. **FITNESS AND HEALTH.** Since President John F. Kennedy established the “President’s Council on Physical Fitness” in the early 1960’s, America has been on a fitness kick. People of all ages have been encouraged to participate in a wide variety of physical activities to maintain at least basic levels of fitness, thereby prolonging and enhancing life. Statistics indicate year after year that **swimming ranks #1** among all participate recreational activities. Swimming has long been recognized as the most complete form of exercise, developing cardiovascular, skeletal and neuromuscular fitness.
3. **OPPORTUNITY AND FUN.** Learning to swim means acquiring a skill level which permits participation in a wide variety of recreational and competitive aquatic activities. Opportunities include competitive swim racing which is organized to provide excitement for children and adults alike. There is long-distance swimming, triathlon, springboard and platform diving, water polo, synchronized swimming and SCUBA diving. Activities such as boating, water skiing, surfing, sailing, canoeing and fishing are made less hazardous when its participants can remove themselves from danger if the unexpected should occur.

For years instructional swimming programs have existed to meet the needs discussed above. Some have prospered while others have failed. Still others have managed to “get by,” though not as well as they might have if only those in control understood and addressed the needs of the sport of swimming, its participants and its leaders in an effective manner. Therefore, the choice is simple: maintain the “status quo” or do something else which is more constructive as well as productive.

David Robertson, a longtime ASCA (American Swim Coaches Association) with over forty years of aquatic experience, much of it instructional and supervisory in nature, has said:

“We all owe the American Red Cross a debt of gratitude. Swimming in this country would not be where it is without their efforts, and we should never forget it. We need to remember and respect their development of the program. At this time and place in history, however, **IT CAN BE DONE BETTER.** And swimming coaches can do it.”

If it is true that we can do it better, why should we do it? Are we doing all that we do to the best of our ability? There is always room to improve upon past performances. Should we then take the time away from improving upon what we already do simply to do something new in a manner better than others are currently doing? The answer is that we can do both things and improve our swimming and our programs in the process. So there are several reasons why ASCA is involved in Learn-to-Swim Programming, The main reason is that it is our responsibility because Coaches are the aquatic experts and should be identified and treated as such... plus providing swimming lessons is a vital community service.

Since 1988, Swim America has grown to nearly 600 programs in all 50 states, with over three million people having taken Swim America lessons each year. Swim America is the fastest growing **Learn-to-Swim program** in the world today, and we have a “recommendation/referral” ratio from our existing clients of over 96%!! When asked what they like most about Swim America, our clients respond, **“My child REALLY LEARNED TO SWIM!”**

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Quality – Controlled
Goal – Driven
Technique - Oriented

The American Swimming Coaches Association (ASCA) was founded in 1958 to improve upon and enhance swimming, swimmers and coaches. A large portion of the original ASCA Constitution was devoted to objectives of the Association, including a rather strong statement on the role the ASCA should play in the initial phases of an individual's learning to swim. Article II, Section 14 states that the objectives of the ASCA include:

“To foster the proper instruction of beginning swimming at all levels, so that this instruction includes the basic concepts of proper swimming that eventually lead to the development of excellence in competitive swimming. To urge all beginning swimming instructors and institutions to teach all strokes, to encourage competent swimmers to seek additional competitive training from a professional coach and to seek the advice and consultation of professional swimming coaches in the setting up of beginning instruction programs.”

Too often in the past, swimming coaches have found themselves at the mercy of individuals and programs which do not contribute to the development of proper skills and attitudes about swimming. Improper technique has been learned; inappropriate methods of instruction have been utilized; inefficient priorities have been established. The job of the swimming coach has been made more difficult than necessary by these circumstances which, until now, often have been beyond his/her control. The Swim America Program is designed by and for the swimming coach and marketed exclusively by ASCA Certified Coaches. Proper education and training of coaches in all phases of the operation of a Learn-to-Swim Program insures that more swimmers will be viable candidates for our competitive swimming programs. It will also increase the pool of available and capable coaching talent.

The ASCA Learn-to-Swim Program provides the mechanism for teaching individuals to swim and opens the door to further involvement for those who wish it.

The ASCA Coach is the expert because they know what the **END PRODUCT** is supposed to look like ... they are around good swimming every day in practice ... and they begin teaching with the end product in mind. This is a radical improvement over the ordinary swim teacher, who may rarely, if ever, see complete, coordinated, efficient strokes. Swim America Coaches **KNOW WHAT THE END PRODUCT LOOKS LIKE.**

Our subtitle is “We teach America to Swim for Health, Safety, Fun and Fitness.”

The total program of instruction is divided into four teaching categories:

1. Infant (6 months to 35 months)
2. Pre-School (younger than 5 years of age)
3. Children (five years and up)
4. Adult (young and older adults)



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Swim America has aspects of its program that differentiates it from the rest of the Learn-to-Swim Programs. These items are:

1. **Simplicity**. The fundamental elements of swimming are organized into ten units know as “stations.” Each station builds upon skills learned at previous stations. The end result is a student who can perform six unique styles of swimming a distance of 300 yards without stopping. The entire progression can be learned in one place at one time.
2. **Flexibility**. There is an ongoing editing of the **Swim America** program employing feedback from local programs already in motion.
3. **National Base**. While allowing for change and encouraging individuality on the part of coaches, **Swim America** can be counted upon to deliver the same high-quality product at every location in which it operates.
4. **Quality Control**. Is the cornerstone of our program and is maintained from the National Office down to every coach working with the individual student by training, communication and follow-through.
5. **Goal-Driven**. Advancement criteria have been established which provide the student with clear tests of his/her own abilities. Each station serves to motivate the student to achieve beyond his/her own immediate expectations and skills.
6. **Technique-Oriented**. “*Good swimming is good swimming.*” There is no distinction made between “competitive” and “recreational” technique. Proper techniques of swimming (breathing, body position, movement of the limbs, and timing) have been established as a result of decades of experience and observation. What works best and what is enjoyable have been incorporated into the **Swim America** progressions.
7. **Compete and Diverse**. **Swim America** is designed for everybody, regardless of usage intentions. Our three-tiered program (pre-school, child and adult) offers specific distinctions (“how-to”) for both individual and group applications. The objective is to prepare anyone who wishes to learn with the tools to participate in and appreciate a wide variety of aquatic activities which are: **quality controlled, goal-driven and technique oriented**.

Volunteer & Employment Opportunities: Do you like to work with kids and/or adults? Would you like to share your time and talents to help others while getting paid? If so, Trinity Fellowship Sports Ministry is **looking for you!**

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