



LKSA AT THE JCC CAMPS AT MEDFORD FACT SHEET

We are excited about our swim program – the Lenny Krayzelburg Swim Academy (LKSA). Created by US Olympic Gold Medalist Lenny Krayzelburg and generously funded by the Davis and Lahn families, the program provides an amazing system for teaching children to be safe and effective swimmers.

LKSA Highlights:

- **LKSA does a more thorough job of teaching strokes and mechanics.** The basis for the program is learning to float on one's back. It is much easier to float on one's back for an extended time than it is to tread water. A child who can float on his/her back effectively is much safer than one who cannot.
- **LKSA provides more in-depth instructor training.** LKSA professional trainers provide 20 hours of instruction for our swim instructors, nearly double the instruction that was provided before.
- **LKSA utilizes more effective equipment.** Instead of kickboards, LKSA provides large float mats, kick sticks, and submerged platforms for teaching in deeper water.
- One of the hallmarks of the LKSA program are differently colored swim caps that note the swimmers level. Each swimmer will be expected to wear his or her swim cap during swim.

Swim Cap FAQ'S:

Q: Why does my camper need to wear a LKSA swim cap?

A: By requiring swim caps that have different colors for different levels, it will help us more easily identify which swim group a child is in, which will speed the process of grouping and will identify who is permitted where. Bands on ankles or arms are not as easily identifiable as caps.

Q: Won't kids wearing different caps feel bad that they are more easily identified as being in lower swim levels?

A: Camp has always placed campers in swim groups by level. Instead of bands, we are using swim caps. As always, we will be alert for any issues related to this.

Q: Isn't camp concerned about the spread of lice?

A: Yes! Each camper will receive his/her own swim cap with his/her name on it, which will be kept at camp in a plastic bin for each bunk and separated by a plastic divider and zip lock storage bag - . Lice need something to grasp onto and will not have anything to grasp on a swim cap in a bin.

Q: Must my child wear the LKSA swim cap during free swim?

A: For safety reasons, we are encouraging all campers to wear their caps during free swim. Those who are wearing their caps and are in the appropriate level may swim in the deeper parts of the pool.

For more in depth information, you can access our new updated parent guide on the Camp website at <http://www.jcccampsatmedford.org/file/LKSAPARENTGUIDE.pdf>. Questions? Please feel free to contact us! Thank you in advance for your support!

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