



When you're a kid, every summer matters

"It is a Parent's Responsibility to Teach One's Child to Swim"
Kiddushin 29A

PARENT GUIDE

**The ABC's of the
Lenny Krayzelburg Swim Academy
Learn to Swim Program
At the JCC Camps at Medford**



Who is Lenny Krayzelburg?



- 4 Time Olympic Gold Medalist
- 2 Time World Champion
- 11 US National Champion
- 1999 and 2000 USA Swimmer of the Year
- 5 Time World Record Holder
- Gold Medalist at 2001 World Maccabiah Games
- Inducted into Southern California Jewish Sports Hall of Fame 2001
- Inducted into International Swimming Hall of Fame in 2011

SwimRIGHT®
LEARN-TO-SWIM METHOD

What is the Swim Right Method?

Our Learn-to-Swim program features eight levels in the SwimRight® Method that was developed by Lenny Krayzelburg and his staff. SwimRight® is a sophisticated, result driven approach that has evolved from other methods over a period of 40 years and is a synthesis of the best philosophies and most advanced thinking in the field. This method is based on progressive learning techniques, so that within their first set of lessons, children greatly improve their chances to save themselves if they purposely or accidentally enter into any body of water.

The SwimRight® curriculum uses the swim-float-swim technique as its foundation. All students are taught first to have an instinct to roll over onto their backs to breathe, which provides them with the ultimate tool for saving themselves in a time of need. Additionally, this approach provides the proper body positioning for learning the strokes. Step by step, building upon these core mechanics, students develop impeccable form in the four competitive strokes.

ANSWERS TO FAQs OF LKSA

- **Levels** – There are 8 levels of swim at the JCC Camps of Medford based on the Lenny Krayzelburg – Swim Right Method. Those levels are as follows:
Splashers, Floaters, Kickers, Streamliners, Rollers, Freestylers, Gliders, and Flyers
- **Getting Started: Evaluation Week** - All campers who are not enrolled in LKSA at the Katz JCC will be evaluated their first week of camp to determine what level they should be placed into. Those campers who attended camp the year prior will be re-evaluated to ensure that skills were not gained or lost between camp seasons. Those campers who participated in LKSA at the JCC will automatically continue in the level they were at the JCC, and no evaluation will be necessary unless considered necessary based on pool location.
- **Swim Caps** – There are no more bands or band tests at Camp. Each swimmer is given a cap that identifies what level they are in, each level being a different color. They are used for safety purposes for the staff to identify a camper's level but also as an incentive for the kids to graduate and receive all 8 caps along the way, much like belts in Karate - Blue Cap and a GOLD medal is the goal!
 - Level 1 – Splasher is YELLOW
 - Level 2 – Floater is ORANGE
 - Level 3 – Kicker is GREEN
 - Level 4 – Streamliner is WHITE
 - Level 5 - Roller is LIGHT BLUE
 - Level 6 – Freestyler is RED
 - Level 7 – Glider is PURPLE
 - Level 8 – Flyer is ROYAL BLUE
- **Instructional Swim** – Each day, your camper will have one period of instructional swim. During this time, it is the goal of the instructor staff to have your camper work through the levels of the Swim Academy and ultimately achieve a GOLD MEDAL! Instructional swim is a required activity for all campers with the exception of the older camp Aaron Campers. Each Camper will be placed, according to their level, into a small group of no more than 8 campers, where they will work to attain mastery of the skills in that level.

- **Communication Home** - Each week, beginning week 2, an individualized swim messenger will be sent home by the instructors, informing parents of their camper's progress through the levels to date. When a child graduates a level, the camp aquatics staff will send an email home indicating the level graduated. The swim messenger has several indications of skill achievement:

L = Learning the Concepts – The camper is just being introduced to the skill for the first 1-3 times.

G = Gaining Confidence – The camper has completed a skill at least 3 times, and is working toward becoming proficient in the skill.

P = Proficient – The camper can independently recognize what skill is being asked of them, and either with the help of an instructor or independently, show proficiency in the skill with little or no correction.

M = Mastery – The camper has complete understanding of the skill and can complete it 10 times without hesitation or direction from the instructor. Once every skill in the level is mastered, the camper graduates that level and is moved into a new swim level.

- **When does testing for new levels occur?** – Any Day. We do not designate a particular day for testing. When a camper is ready to move up he/she will do so at the discretion of the senior aquatics staff.
- **My child came home and said they were tested but did not pass** – If a camper does not pass the survival/level test, the senior staff member will tell the camper exactly what he/she needs to work on before moving to the next level. They will also inform the campers swim instructor exactly where the focus needs to be in order to advance.
- **Survival Tests** - After ample preparation time in the Floater and Kicker levels, a camper will be given the opportunity to put his/her survival skills to the test through a simulated water emergency situation. The purpose of this test is to assure the camper that he or she is safe in the water so that if he or she were to get into trouble they would know how to save themselves. Great emphasis is placed on these tests throughout the curriculum as each camper learns what it means to be water safe.
- **Graduation** - After completion of all eight levels, a camper will become a part of the team training program, where he or she will continue to utilize skills learned in Gliders and Flyers and will begin to drill and gain speed and strength much like that of a swim team.

- **Free Swim** - Each camper has one free swim period per day. For a camper to have access to a slide or diving board, he or she needs to have completed the Floaters Level or higher, meaning they are a Green, White, Red, Purple or Blue cap. For their safety, others will not have access to the slides and diving boards until the minimal level is achieved.
- **Why does my child have several different instructors throughout the summer?** – While we do our best to keep campers with their instructors, there is the possibility that instructors will change based on the level the camper is graduating to, and number of children already in a group. We try to keep all swim groups to a **maximum** of 8 campers per instructor, and graduation of levels at times means needing a new instructor or a switch around of groups to accommodate every camper and that may mean a new instructor.
- **If the instructor changes, will my child lose skills in the level?** – Each of our instructors goes through a 20 hour training prior to camp with Lenny Krayzelburg's Head Instructors. Each are taught to teach every skill in the program the exact same way as the other. Our instructors will speak with previous instructors and review previous swim messengers to gauge where their new camper is and will continue where the previous instructor left off.
- **Pace of Achievement** – The Lenny Krayzelburg Swim Method is a very thorough, broken down methodology beginning with water safety first and foremost and then moving onto proper body positioning and stroke technique. The method is slower paced than that of other programs, but it is efficient and ultimately in the best interest of the camper as they will achieve a very high level of swim technique allowing for beautiful strokes in the long term.
- **How many levels will my child achieve in 8 weeks of camp?** Each individual camper will learn at his or her pace for the summer. At the beginning of the LKSA program, it is typical for a camper to achieve a level during the camp season, if not more. As your camper progresses and the skills increase in number and difficulty, it is normal for children in upper levels to remain in their initial assigned level for much of the summer, maybe longer. This is completely normal as the skills for mastery are quite numerous in the upper levels.
- **If I have questions** – The Aquatics staff is always available to answer and discuss questions regarding your camper(s). The Aquatics office can be reached directly via 609-654-5192 ext. 130 or via email at aquatics@jfedsnj.org. We typically will return your call or message within 24 hours of receiving it, if not sooner.



SPLASHERS

Objective: Introducing the student to the pool environment and getting them familiar and comfortable in the water. Introduction of the following skills: assisted submersion, launch and roll in and out of the back float.

DESCRIPTION OF SKILLS:

SUBMERSION: Put the entire face in the water

ASSISTED LAUNCH: Launch off the wall with face in the water

ASSISTED BACK FLOAT: Float on back for a 10 second count

ASSISTED ROLL OVER: Roll over from front float to back float and back float to front float (core of our swim right method)

ASSISTED KICK, KICK, KICK: Kicking with correct positioning of feet under the water with slight splash.



FLOATERS

Objective: Increase awareness and comfort level in the water. Learn independent back float with proper rotation. Begin basic kicking skills.

DESCRIPTION OF SKILLS:

INDEPENDENT LAUNCH: Off the island face in the water, must reach with hands

INDEPENDENT FLOAT: Floating independently with no aides

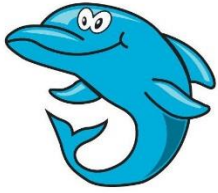
INDEPENDENT BACKFLOAT: From front float to FIRM back float

UNSINKABLE BACKFLOAT: Floating on back while being splashed, bumped, flipped etc.

KICK, KICK, KICK: Kicking using proper technique, legs straight, toes pointed, little splashing with face in and using kicking to propel in the water.

JUMP IN AND FLOAT: Jump in and then roll to float onto the back so they can breathe.

SURVIVAL TEST ONE: Unexpected entry into the water. Child shows that he/she can roll onto his/her back and float unassisted until help arrives.



KICKERS

Objective: To complete independence and confidence in the water. To obtain self-awareness of the environment, to be able to move around the pool independently with good rotation, body position and kick. Perform Survival Test #2

DESCRIPTION OF SKILLS:

KICK FLOAT KICK: Kick, roll to back float and back to front, kick position, hands to the side

KICK ON BACK: Kick with one arm up, soldier position, hands to the side

KICK ON BACK, WITH 1 ARM UP: Kick with one arm up, one arm down to the side

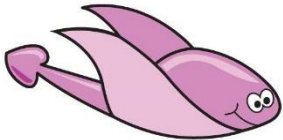
STREAMLINE KICK ON BACK: Flutter kicking on back, with streamline body position

STREAMLINE KICK ON FRONT: Flutter kicking on front, with streamline body position

MONKEY, AIRPLANE, ROCKET: Hands move up to armpit – out to the side – down to the soldier position

SURVIVAL TEST 2: Fully clothed: Jump in, roll to back float (10 secs), kick float kick to the nearest wall

STREAMLINERS



Objective: Develop superior body position, body rotations, and strong straight leg kick. Begin arm strokes and basic stroke drills.

DESCRIPTION OF SKILLS:

KICK--ROLL--KICK: Kick on front, roll to kick on back, roll to kick on front

STREAMLINE ROLL TO STREAMLINE: Streamline rotation front to back ears locked between the shoulders

SIDEKICK: SIDEKICK, one arm up, one arm down, looking to the side

SIDEKICK ROLL TO STOMACH ROTATION: Sidekick, face out of the water, roll to front, face in the water

STREAMLINE ROLL TO SIDEKICK: Start in the streamline position on the front and roll to sidekick

6 COUNT SWITCH: Alternate side breathing drill (streamline position)

SAFETY SKILL 1: Independent 15 yd. Swim

ROLLERS



Objective: To have the ability to perform rotational drills in a streamline position, with proper kicking. The introduction of arm strokes for Freestyle and Backstroke.

DESCRIPTION OF SKILLS:

Review Rotational Drills from Streamliners Level

1 BIG ARM, ROLL TO SIDEKICK: One arm pulls, with opposite arm down – pause on the side (right side/left side)

CATCH UP STROKE: Catch up stroke in streamline position (breathe every 3 strokes)

1 ARM BACKSTROKE: Backstroke one arm pull, opposite arm at the side (one arm each direction)

BACKSTROKE SWITCH: Switching of backstroke arms – with a 3 second delay

BREASTSTROKE: Assisted breaststroke kick

BUTTERFLY: Assisted Dolphin Kick

DIVING SKILLS: ___sitting, ___ kneeling, ___ standing

SAFETY SKILLS 2: Elbow, Elbow, Knee, Knee

FREESTYLERS



Objective: Fully develop freestyle and backstroke strokes. Begin learning breaststroke and butterfly drill components.

DESCRIPTION OF SKILLS:

FREESTYLE: One arm pulls w/ opposite arm DOWN. No pause on the side alternating arms.

FREESTYLE: One arm pulls w/ opposite arm UP. Alternate right then left.

FREESTYLE: Superman Catch up (breath every 3rd stroke to one side only)

FREESTYLE: 6 Count Switch (Alternate sides) superman position

BACKSTROKE: 6 count side kick rotation

BACKSTROKE: 1 arm pull with/ 6 count rotation

BACKSTROKE: Backstroke w/ 4 and 6 count hesitation

BREASTSTROKE: Wall Breaststroke Kick

BREASTSTROKE: Streamline position kick on back

BREASTSTROKE: Basic front skull with flutter kick

BUTTERFLY: Independent dolphin kick w/arms at sides

SAFETY SKILL: Lesson with Clothes On

GLIDERS



Objective: To solidify a good technique for Freestyle and Backstroke and further develop components of Breaststroke and Butterfly.

DESCRIPTION OF SKILLS:

FREESTYLE: 3 Count at superman, alternate side breathing

FREESTYLE: 2 Left Arm, 2 Right Arm, 3 Full Strokes

FREESTYLE: Full Freestyle

BACKSTROKE: Body rotation, KICK, arms to the side (no pause)

BACKSTROKE: Backstroke with 4 & 2 count hesitations

BACKSTROKE: 2 left arm, 2 right arm, 3 full strokes

BACKSTROKE: Full Backstroke

BREASTSTROKE: Streamline position kick on front

BREASTSTROKE: Breaststroke pull with flutter kick

BUTTERFLY: 1 arm butterfly

BUTTERFLY: Butterfly arms w/flutter kick

SAFETY SKILLS: Survival Test w/ Eyes Covered

FLYERS



Objective: To swim full Breaststroke and Butterfly. To perform advanced drills for all strokes.

DESCRIPTION OF SKILLS:

FREESTYLE: 6 count switch w/ armpit

FREESTYLE: 1 arm pull w/ armpit, opposite arm down NO PAUSE

FREESTYLE: 1 arm pull w/ armpit, opposite arm up NO PAUSE

FREESTYLE: Superman Catch Up with armpit

FREESTYLE: Swim, breathing alternate sides.

BACKSTROKE: Kick with 1 arm above the water

BACKSTROKE: Streamline kick w/ foreign object on forehead

BACKSTROKE: Double arm pull to glide

BREASTSTROKE: Breaststroke pull w/ flutter kick

BREASTSTROKE: Glide Drill

BREASTSTROKE: 1 pull, 2 kicks drill

BREASTSTROKE: Pull — Kick—Glide

BREASTSTROKE: FULL BREASTSTROKE

BUTTERFLY: One arm butterfly drill

BUTTERFLY: 3 kick and pull drill

BUTTERFLY: 2 right, 2 left, 2 full stroke drill

BUTTERFLY: FULL BUTTERFLY

HERE ARE OTHER WAYS TO GET INVOLVED YEAR ROUND WITH THE LENNY KRAYZELBURG SWIM ACADEMY AND THE KATZ JCC

1. Swim lessons at the JCC – Lenny Krayzelburg Swim Academy at the Katz JCC provides an environment where swimming is a respected, healthy, fun and safe sport for all ages. We offer a number of different lesson options for infants, children and adults. The program provides a comprehensive & result-driven swim method for all ages-from infants to adults and an award system upon completion of each skill. It starts with students as young as 3 months! For more information, contact Amanda Halliwell at 856-424-4444 x1148.
2. Join the JCC Swim Team! The Katz JCC offers a Swim Team Program in Cherry Hill whose mission is to enhance and progress swimming skills while developing a respect for self, team spirit, sportsmanship, work ethic, self-discipline and commitment through healthy competition. The JCC Sharks South Jersey Swim team is a co-ed team open to swimmers ages 6 and up. For more information, contact Amanda Halliwell at 856-424-4444 x1148.
3. Send your preschooler to the JCC Early Childhood Program – The Sari Isdaner Early Childhood program is designed to help develop the whole child: socially, intellectually, emotionally and physically. We encourage the development of children's inner resources: curiosity, creativity, imagination, independence, a love of learning and self-esteem. Learning to play cooperatively and building positive relationships with friends are fundamental components of our program. In addition, all children 3 and up receive swim lessons through the Lenny Krayzelburg Swim Academy.
4. Spend a full week away at the NJY Camps with Olympic Gold Medalist, Lenny Krayzelburg, who will personally conduct lessons and help campers learn techniques. <http://nijycamps.org/tsc/html/swimming.html>

