

+ POOL

Bluefish

Class

Guide



# Welcome, Bluefish!

## SPLASH

It's our hope that this summer you'll become more comfortable in a pool, pick up skills that could save your life, and learn basic stroke mechanics to move you through the water.

This booklet is designed to provide foundational knowledge for the course, give an overview of the curriculum to be taught, and enhance your learning experience.

The Convent of the Sacred Heart is partnering with + POOL to equip New York youth with a heart for the water and guide the development of an aquatics curriculum.

To the river!

+ POOL

## CONVENT OF THE SACRED HEART

For over 100 years, the Convent of the Sacred Heart has been educating young girls in New York City. Located at the corner of Fifth Avenue and 91st Street, Sacred Heart believes that each child possesses unique gifts to be discovered and nurtured through adolescence. The aquatics program at Sacred Heart is an integral part of this mission, empowering its students to live safe and healthy lives through water-based recreation and exercise.

The Athletics & Wellness Center (located at 406 E. 91st Street) houses the Sacred Heart aquatics programs. The state-of-the-art, six-lane 25-yard pool is one of the cleanest, most beautiful pools in all of New York City. This venue is home to the Sacred Heart competitive swim teams, PE classes, a youth swim school, and family aquatics activities. We are excited to host the + POOL program now, too.

## + POOL

Friends of + POOL supports the development and eventual operation and maintenance of + POOL, the first water-filtrating floating swimming pool that will clean the East River while providing a public, recreational space for all New Yorkers. It also supports the preservation, restoration and conservation of natural bodies of water; promotes water stewardship; and educates the public about the importance of clean water.



# Pool Rules

## SAFETY FIRST

Being safe at the pool is foundational to learning and having fun. Check out these pool rules at Sacred Heart.

- Swimming is prohibited unless a lifeguard is on duty.
- All swimmers must shower with soap and remove all make-up and bandages before entering the pool.
- Food, beverages, gum, and glass items are not permitted in the locker room or pool area.
- No alcohol or drug use is allowed.
- No pets are allowed in the locker room or pool area.

## POOL RULES

- All bathers must wear a swimsuit. Anyone with hair longer than/below their chin must also wear a swim cap.
- No jewelry, gym shorts, leotards, or cut-offs may be worn in the pool.
- Street shoes are not permitted on the pool deck; only deck shoes are allowed.
- Parents are not permitted on the pool deck unless they are swimming with their child.
- Running, pushing, and rough play are not permitted.
- Appropriate lap swim etiquette must be utilized when sharing lane space.

## SAFETY FIRST

- Individuals with inflamed eyes, nasal or ear discharge, boils or open sores, or other evident skin or bodily infections are not permitted in the pool. Urination, fecal discharge, expectoration, or blowing one's nose in the pool is strictly prohibited.
- Children not toilet trained or under age 4 must wear a swim diaper and rubber pants at all times while in the water.
- Diving is only permitted in designated areas of the pool. Starting blocks may only be used with supervision of a coach or lifeguard.
- All activities are controlled by the Lifeguards. Please follow their instructions.

# Learn To Swim

## DAY BY DAY LESSONS

Our experienced instructors will teach from the water in groups of four. They will explain and demonstrate each skill after showing a video lesson for the day. The students will then have time to practice the skills with and without instructor assistance.

As needed, instructors will use swim equipment and toys to enhance the learning experience for the students. Throughout each class, instructors will provide feedback. They also have some freedom to move on or remain at a skill as needed for that respective group.

Finally, each class will end with a game or group activity.

Check out our daily lesson schedule.



## Respect for the Water and Basic Safety, Body Position

Introductions will be made and a fun get-to-know-you game will be played. As students become more familiar with each other and their instructors, they will be able to learn more effectively. Instructors teach each student safe ways to enter and exit the pool, emphasizing a need for respect around water. Once in the water, students will start learning how their bodies feel and react in the water, eventually learning to float on their own.



## Body Position and Leg Movement

Building on the lessons and comfort from the first day, students will continue working on their body position in the water and start learning the flutter kick. This leg motion is the foundation for front crawl, freestyle, and backstroke. Instructors will help students understand how certain actions with the legs inhibits and enhances movement through the pool.





## Kicking, Treading and Floating – Oh My!

As the classes get more comfortable with the flutter kick, the instructors will review the notion of floating and incorporate arm movements to tread water. These three activities- floating, kicking, and treading- are crucial to helping anyone be safe in the water.



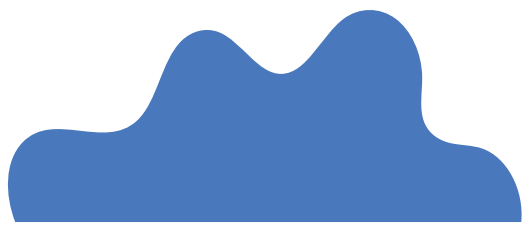
## Introduction to Arm Action

Building on the lessons and comfort from the first day, students will continue working on their body position in the water and start learning the flutter kick. This leg motion is the foundation for front crawl, freestyle, and backstroke. Instructors will help students understand how certain actions with the legs inhibits and enhances movement through the pool.



## Arms and Legs

Having become familiar with the flutter kick and arm circles, students will begin putting them together to create the front crawl. As the instructors work with the classes on their coordination skills through demonstrations and games, students will get the chance to develop their techniques into the stroke of freestyle.



## The Art of Breathing

As the arms and legs come into sync, students will move on to work on their head position. Most beginner swimmers lift their heads to breathe, causing their bodies to sink in the water. In this class, the instructors will teach that turning your head to the side to breathe is a more effective, even easier way to swim through the water.



## Breathing and Timing

Now the students have all the pieces to put together a successful swim stroke. Instructors will work with students to continue practice flutter kick, arm circles, and breathing techniques.



## Skill Demonstration Day, Class Recap and Celebrations

The final class will focus on skill refinement and demonstrations in each class. Swimmers will play fun games that encourage the kick, arms, and head position while.

## INFO

### Pool Address

Sacred Heart Athletic Center  
406 East 91st Street  
New York, NY 10128

### Contact

Scared Heart  
Warren Perry,  
Director of Aquatics  
wperry@cshnyc.org  
(212) 722-4745, Ext. 719

+ POOL  
Jeff Franklin,  
Director of Community & Education  
jeff@pluspool.org  
(540) 250-2410

Splash!

Splash!

Splash!

Splash!