



DEXTER SOUTHFIELD SUMMER CAMPS

Junior Camp Swim Program Description

The Junior Camp swim program begins with campers wearing the Swim Buoy bubble. There are three categories of swimmers: **Sea Turtles, Dolphins, and Blue Whales**.

- The **Sea Turtles** swim with a bubble and the aid of an instructor.
- The **Dolphins** swim with a bubble, but without the assistance of an instructor. They swim in the shallow and deep ends of the pool.
- The **Blues Whales** are those that can swim without a bubble. The goal of the **Blue Whale** swimmers is to swim 25 yards (the length of the swimming pool).

Wearing a bubble enables the youngest campers to begin to self-propel and establish a horizontal position on the water. Each day the campers practice jumping in, using kickboards to swim on their stomachs and backs, and swimming on their own. At the end of each period, there is also some free swim time for campers to try the diving board. For those campers that are ready, we will test their ability to swim 10 yards without a bubble on Fridays. Campers who competently swim without a bubble will be given a green bracelet that gives them access to all parts of the swimming pool.

The Lincoln Pool is a beautiful facility, and the campers love swimming. Campers make great progress in their swimming ability over the course of the summer. More information is below regarding each level.

Swim Level Expectations

Pre-School Swim Level: Sea Turtles

**Swim with a bubble, aided by instructor*

- Enter water from the steps
- Face in the water
- Kicking leg motion
- Ice cream scoop hand motion
- Comfortable in the water
- Simultaneous arm and leg motion (12 yards)
- Exit water at the ladder



Pre-School Swim Level: Dolphins

**Swim with a bubble, unaided by instructor in shallow and deep water*

- Enter pool foot-first jump from the deck
- Fully submerge head under water
- Proper body position on top of water
- Simultaneous arm and leg motion (25 yards)
- Self-propulsion on stomach and back
- Jump off diving board (1 meter)



Pre-School Swim Level: Blue Whale

**Swim without assistance in shallow and deep water*

- Enter pool by foot-first jump from the deck
- Fully submerge head underwater
- Proper horizontal body position on water
- Simultaneous arm and leg motion (25 yards)
- Self-propulsion on stomach and back
- Jump off diving board (1 meter)



Questions? Contact the camp office at (617) 751-3625 or summer@dextersouthfield.org.