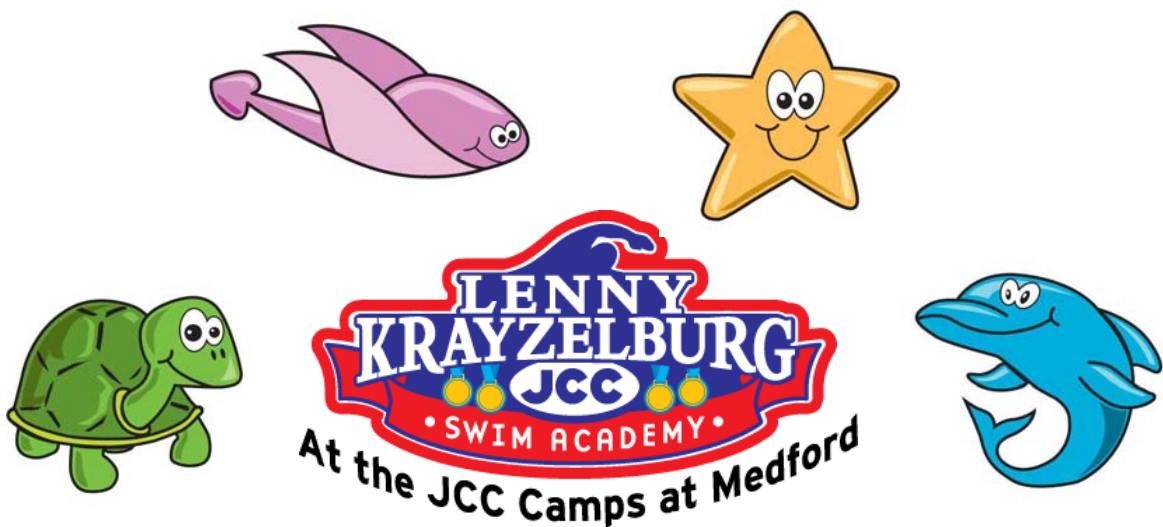




# PARENT GUIDE

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



# Who is Lenny Krayzelburg?

Lenny Krayzelburg



## Career Highlights

- Four-time Olympic gold medalist from the 2000, 2004 Olympic Games.
- Swept the backstroke events and led off the world-record breaking medley relay at the 2000 Sydney Games; earned a gold medal in Athens swimming on the medley relay in prelims, was fourth in the 100m back.
- 2004 Olympic Team Captain.
- At one point, owned 5 world records in backstroke, long course & short course.
- 1999 and 2000 USA "Swimmer of the Year".
- 1998 World Champion in 100m and 200m back.
- 11 time US National Champion.
- Member of International Jewish Sports Hall of Fame.
- Member of USC Sports Hall of Fame.

## What is the Swim Right Method? **SwimRIGHT**<sup>®</sup> LEARN-TO-SWIM METHOD

Our Learn-to-Swim program features six levels in the SwimRight<sup>®</sup> Method that was developed by Lenny Krayzelburg and his staff. SwimRight<sup>®</sup> 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<sup>®</sup> 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 FAQ'S OF LKSA

- **Levels** - In years past there were 12 levels of swimming - now there are 6:  
Splashers, Floaters, Kickers, Streamliners, Freestylers, 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 participated in LKSA at the JCC will automatically continue in the level they were at the JCC and no evaluation will be necessary.
- **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 campers level but also as an incentive for the kids to graduate and receive all 6 caps along the way much like belts in Karate - Blue Cap is the goal!
- **Survival Tests** - Each camper will have the opportunity to pass a survival test in Floaters and Kickers. 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.
- **Free Swim** - Each camper has one free swim period each day. For a camper to have access to a slide or diving board, he or she needs to have completed the Kickers Level or higher, meaning they are a white, red or blue cap. For their safety, others will not have access to the slides and diving boards.
- **Communication Home** - Each week an individualized messenger from the instructors will be sent home 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 along with a certificate for that level.
- **Graduation** - After completion of all six levels, a camper will become a part of the team training program, where he or she will continue to utilize skills learned in Freestylers and Flyers and will begin to drill and gain speed and strength much like that of a swim team.



# 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 the 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 ROLL:** From front float to FIRM back float to front float

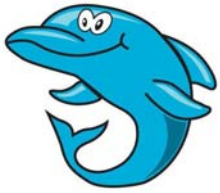
**UNSINKABLE BACK FLOAT:** Floating on back while being splashed, bumped, flipped etc.

**KICK, KICK, KICK:** Kicking using proper technique, legs straight, toes pointed, little splash

**INDEPENDENT LAUNCH, KICK KICK KICK:** Launching with face in and using kicking to propel in the water.

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

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

## **DESCRIPTION OF SKILLS:**

**KICK ON BACK:** Kick on back, soldier position, hands to the side

**KICK ON FRONT:** Same as Kick on Back

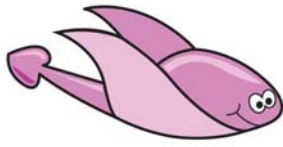
**STREAMLINE KICK ON BACK:** Flutter kicking on back with streamline position.

**STREAMLINE KICK ON FRONT:** Same as Streamline kick on back

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

**INDEPENDENT SWIM 15 YDS.:** Independently swim 15 yds., any direction with instructor out of the water—using the roll technique

**SURVIVAL TEST 2:** Fully clothed: Jump in roll to back float (10 secs), swim, roll, float to the side of the pool.



# STREAMLINERS

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

## DESCRIPTION OF SKILLS:

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

**SIDE KICK:** Side kick, one arm up, one arm down, looking to the side

**SIDE KICK ROLL TO STOMACH ROTATION:** Side kick, face out of the water, roll to front, face in the water

**STREAMLINE ROLL TO SIDEKICK:** Start in streamline position on front and roll to side

**1 BIG ARM, ROLL TO SIDEKICK:** One arm pulls, with other arm down. Pause on the side

**CATCH UP STROKE:** Catch up to each hand (Breath every 3 strokes).

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

**DOUBLE ARM BACKSTROKE PULL:** Both arms together doing the backstroke (same time).

**BACKSTROKE SWITCH:** 3 count delay alternating arms

**ASSISTED BREASTROKE KICK:** Assisted intro to breaststroke kick

**ASSISTED DOLPHIN KICK:** Both feet kicking at the same time with the aid of fins

**DIVING SKILLS:** \_\_\_sitting \_\_\_kneeling \_\_\_standing Beginning skills

# FREESTYLERS

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

## DESCRIPTION OF SKILLS:

FREESTYLE: Review all the freestyle rotation drills from Streamliners level.

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

FREESTYLE: Full Freestyle Stroke

BACKSTROKE: Streamline Kick

BACKSTROKE: 6 count side kick rotation

BACKSTROKE: 1 arm pull with rotation

BACKSTROKE: Backstroke w/ 2 count hesitation

BACKSTROKE: FULL BACKSTROKE

BREASTSTROKE: Wall Breaststroke Kick

BREASTSTROKE: Streamline position kick – front – back

BREASTSTROKE: Breaststroke kick, arms at side

BREASTSTROKE: Basic front skull with flutter kick

BUTTERFLY: Body dolphin w/ arms at sides

BUTTERFLY: Butterfly arms w/ flutter kick (with fins)

# FLYERS

**Objective:** Fully develop all strokes. Work on dives, starts and turns.

## 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

# Parent Testimonials from LKSA at the Katz JCC

I am very happy with this program. I can see the real progress my son is making at swimming. He learned to float so fast and perform other important skills. My son loves his instructor. He explains and demonstrates everything in an easy and understandable way, I am glad that my son joined this program. Thank you very much! - *Irina L.*

Leo's been doing great so we are very happy with the program - thanks! - *Elisa R.*

My granddaughter has come so far in just a short time. She was so afraid of the water that even washing her hair was a kicking and screaming fight. She now dunks her head underwater and practices kicking her feet and moving her hands in the water. I am very pleased with the progress. The instructor is so patient and she trusts him completely. I give your program top praise.- *Sherry J.*

We are enjoying the parent tot swim class. Our instructor is great and very patient. The pool is a warm temperature so we can get right in... I have compared with other friends who are taking swim classes elsewhere and get the feeling the JCC swim class is a good balance of play and instruction. We look forward to further swim classes.- *Sima P.*

The instructors have incredible training... they are passionate and very knowledgeable. My grandson has learned a great deal during his lessons - thank you for providing such an excellent program. - *Judith K.*

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## DO YOU LOVE LKSA?

### HERE ARE OTHER WAYS TO GET INVOLVED WITH THE LENNY KRAYZELBURG SWIM ACADEMY

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 pre-school 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 old Medalist Lenny Krayzelburg, who will personally conduct lessons and help campers learn techniques.

<http://njycamps.org/tsc/html/swimming.html>

