KNES 441/443/445 – PRACTICUM COURSE

Practicum Position Title: Children's Coach/Swimming Instructor: For children with mild to moderate neurological and developmental disabilities

# of Positions Available: 2-3

Industry/Company Description: Just Keep Swimming

Location: Crowfoot YMCA

Required Hours: 60-72 hours per term – evenly dispersed throughout term:
- 5-6 hours per week during fall and winter terms (13 weeks)

Academic Session: Fall & Winter

Specified Schedule: Two evenings a week 1:5-2:00 hours (flexible days) and Sunday afternoons 1:00-3:30pm

Project Duties/Responsibilities:

Assist children with mild to moderate neurological and development disabilities to become comfortable in the water and ultimately swim confidently by:
- Demonstrating a wide variety of swimming skills and techniques 1:1 in the water to suit each child's specific needs and learning abilities with the assistance of lead instructor. These skills and techniques will include:
  - Teaching breathing skills above and below the water (Big bubbles, small bubbles, fast bubbles, slow bubbles)
  - Finding what the child likes (animals, superheroes or characters) and demonstrating these actions related to swimming skills to encourage engagement. For example, a tug boat moves slow with very little water = a back glide with small kicks.
  - Creatively explaining arm strokes for example, your front crawl arms make rainbows as they spin out of the water.
- Engaging swimmers by leading new, active learning games and exciting adapted skills in the water.
- Assisting in the organization of full camp day events (Adaptive: swimming, rock climbing, gymnastics, indoor picnic).
  - Assist in organizing theme days for example, Halloween swim, family fun swim, Christmas swim, March break swim.
  - Assist in creating a day plan of activities for children and families to participate in during these camp days/weekend events.
    - Attend scheduled bi-weekly 30-minute meetings in the Vecova Atrium prior to swim lesson times to brainstorm, share and book events.
- Creating a positive learning environment by encouraging swimmers in the water and by providing constructive feedback and skill development individually when comfortable and confident to do so.
- Ensuring safety of the children and adolescents in the water during lessons by constantly supervising their activities.

Student Qualifications:
- Swimming experience is not required but an understanding of the swimming strokes is suggested.
- KNES 367 (Adapted Physical Activity) an asset
- KNES 331 (Foundations of Coaching) an asset
- KNES 321 (Foundations of Instruction) an asset
- Police security check is required

On-Site Supervisor: Erin Block justkeepswimmingcalgary@gmail.com or 587-888-6436