

SUMMER 2025



CA
camps

Chizuk Amuno Camps

Pool Safety & Swim Instruction

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Chizuk Amuno Camps

Teaching Philosophy

**A Parent Must...
Teach their child to swim.**

Talmud, Kiddushin 29A



We Believe:

- Every child has an inherent ability to swim
- Exposure to water builds confidence
- Learning to swim should be fun!

With daily exposure to the pool through both Instructional Swim and Free Swim opportunities...

**Your Child Will
Learn To Swim!**



Chizuk Amuno Camps

Wrist Band Policy



Red Bands

New Swimmers

- Campers must wear a life-vest and stay in our shallow end.
- During Instructional Swim, an instructor may remove the vest for direct instruction.

Yellow Bands

Emerging Swimmers

- Campers may swim without a life-vest in the shallow area only.
- Swimmers may wear life-vests or use pool noodles to build confidence!



Green Bands

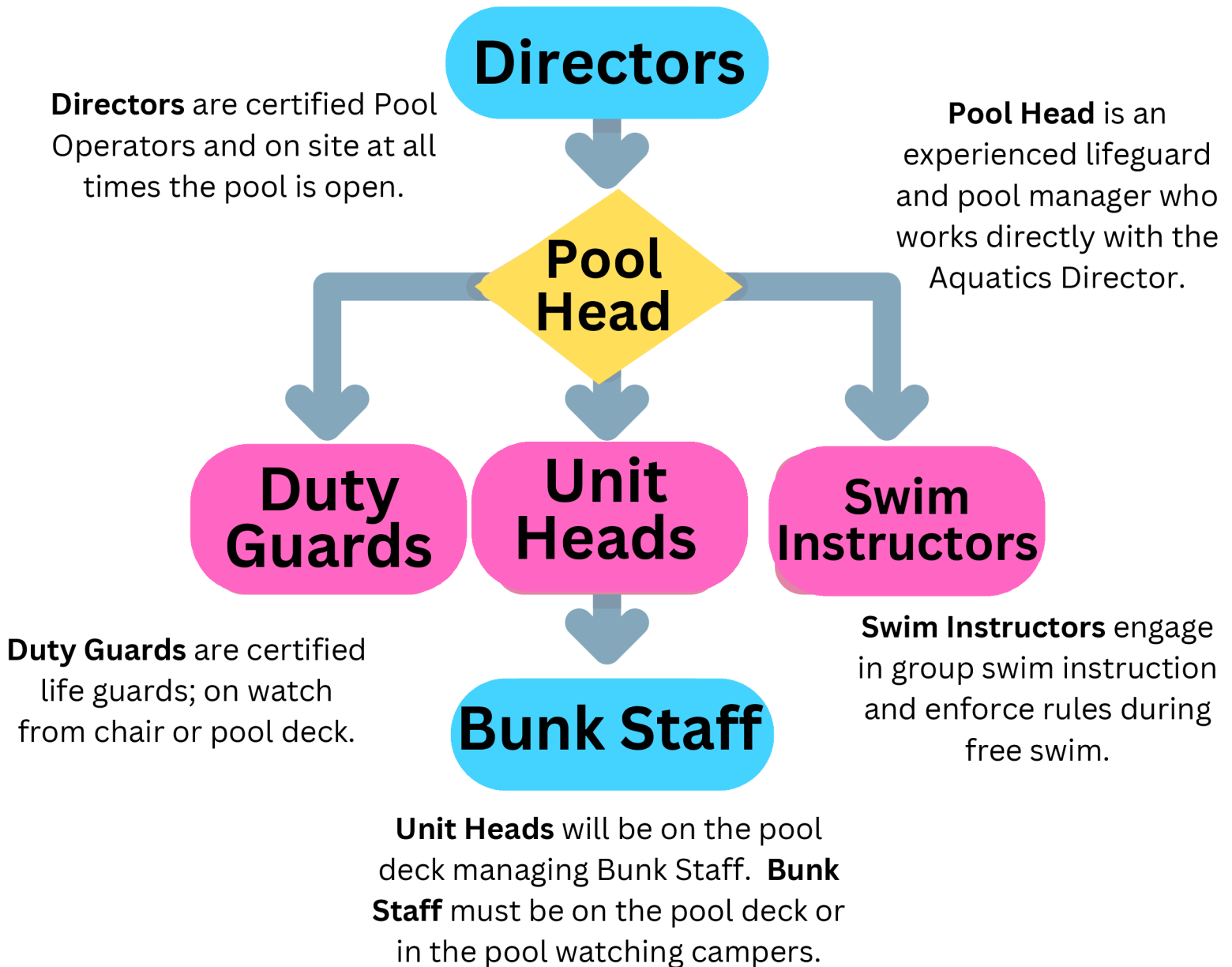
Advanced Swimmers

- Can use all areas of the pool



Periodic testing will allow campers to move to the next swim band!

Supervision at the Pool



Ratios

in addition to Aquatics Director and Pool Head

1 Duty Guard

for every
10-15 campers

1 Swim Instructor

for every
8-10 campers

1 Bunk Staff

for every
4-7 campers

Maryland Dept. of Health minimum ratio: 1 lifeguard to every 50 campers

Swim Instruction



Our swim instruction program is based off the Red Cross Swimming and Water Safety program. There are six total swim levels but most CA Campers are instructed at Swim Levels 1 – 3 (*typically PreK-4th grade*).

Level 1

Our youngest and beginner swimmers start with basic water safety skills around the water and how to enter the water safely. Campers' vests are removed briefly for 1:1 instruction to practice buoyancy and breath control (e.g., blowing bubbles, treading water).



Level 2

Once comfortable in the water, campers learn additional skills including safe jumps, swimming motions, floating techniques, combining leg and hand movements, advanced breath control, retrieving dive rings in the shallow end.

Level 3

More advanced young swimmers and our intermediate age groups begin to focus on more advanced swimming techniques including rotary breathing, changing positions while swimming, basic front crawl, back crawl, breaststroke, elementary backstroke, and kicking techniques (flutter kicking, scissor kicks), etc.



Rules & Readiness



Camper Pool Rules

- Do not enter pool deck until directed by pool staff.
- Walk, do not run, while on pool deck.
- No rough play, grabbing, pushing, climbing on other campers or counselors.
- No food or drinks allowed on pool deck.
- Enter pool via steps or feet first jump - no diving.
- Toys must be removed from pool and returned at end of swim period. No floats or toys from home.
- No loud shouting or screaming.
- 1 whistle - stop and look. 3 whistles - out of pool.

Staff Readiness

- All staff is trained to enforce pool rules and for pool emergencies.
- We expect bunk staff to be in the pool with the campers every day... It's in their job description!
- Our Pool Staff meet every morning before campers arrive; we review safety procedures and staff expectations throughout the entire summer.





Chizuk Amuno Camps

About Our Program

A Tradition of Teaching

The CA Camps swim program was developed by **Camp Director Robyn Wolf** and **Aquatics Director Kori Snair**.

Outside of their careers as elementary school educators, Kori and Robyn worked every summer in swim instruction and pool operations and management at Jewish Summer Camps since their teenage years.

Between them, they have taught over 5,000 kids how to swim.



Robyn & Kori @ the pool, 2014



Kori teaching swim skills, 2012

Questions?

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