



## Newman Summer Day Camp + Nu Wave

Newman Summer Day Camp is proud to partner with Nu Wave Swim Club to provide individualized instruction based on each camper's specific needs. The professionals at Nu Wave ensure that our campers receive high-quality instruction in the safest possible pool environment. All campers are given an initial swim test before being allowed to swim on their own. Campers not yet ready to swim without support will wear life jackets when in the water. All swim instructors are lifeguard certified.

When registering for Newman Summer Day Camp, one of the following swim options must be selected for each camper:

### 1. Daily Instructional Swim

To ensure progress, campers enrolled in the instructional program are required to swim every day. Each swimmer is assessed three times per session, providing instructors with the data they need to tailor lessons accordingly. The results of each assessment are shared with parents so that they know which specific skills their child has learned.

Within the program there are thirty skill levels broken into five categories: water acclimation, kicking, freestyle/backstroke, breaststroke/butterfly, and introduction to competitive swimming. Following the initial assessment, campers are divided into small groups based on their developmental skill level. A low camper-to-instructor ratio allows every camper to receive the specific instruction he or she needs.

Each instructional swim period begins with a lesson and ends with free swim. During free swim, instructors monitor from both in and out of the water to ensure the safety of all campers. The number of campers allowed in the pool at any given time is limited so that proper supervision can be maintained.

Last year, 100 percent of camper participants showed improvement in their swimming ability.

### 2. Optional Free Swim

Campers signed up for Optional Free Swim may choose to participate in free swim or organized pool games when offered (2-4 days a week). An initial swim test is given at the start of the session to assess each child's ability to safely swim unassisted in this setting.

### 3. No Swim

These campers will not be permitted in the pool during Day Camp.

## Nu Wave

With more than 20 years of experience in competitive swimming, Nu Wave is one of the most comprehensive swimming programs in the Gulf South region. Nu Wave offers programs at all levels – from novice to national-level competitive swimming, with the goal of preparing swimmers to compete at the NCAA Division I level in college. Nu Wave's head coach, James Winchester, has coached at all levels of swimming – most recently at the NCAA Division I and III levels. In addition to Head Coach of Nu Wave, he currently serves as the Head Coach at the University of New Orleans.