

**The SOMAPY Camp Staff provides a patient and supportive environment for campers during swim lessons. We understand how important it is to use camp as a tool for childhood development and preparation for life. Here are 5 ways SOMAPY builds confidence in campers at the pool:**

- 1) Our counselors and swim instructors are specially trained in teaching campers how to master the water. Counselors and swim instructors are always engaged, get inside the pool with campers, and provide fun-filled lessons for the day. Campers will associate the pool with fun and safety, making it easier for them to participate and be more eager to learn.**
  
- 2) Swimming can be intimidating to many of our campers, but the SOMAPY staff consistently practices encouragement and positive feedback so that campers feel self-assured when it comes to facing their fears in and out of the pool. SOMAPY teaches campers to persevere through even the most difficult times.**
  
- 3) Each swim group is provided with daily lessons and a certain skill set they will have to learn for the week. These simple and paced lesson plans allow campers to set tangible goals for themselves at the pool. Being able to complete even the smallest task allows for campers to see their growth and become more confident in the pool.**
  
- 4) Failure is welcomed here at SOMAPY camp. Campers are never discouraged when they make a mistake or did not meet a specific goal. We are aware that achieving our dreams takes time and patience, and failing is a huge part of learning and doing better. Campers are encouraged to try again after failing which teaches them to trust themselves, the learning process, and to manage frustration. These are all beneficial life skills that our campers will need in the future.**
  
- 5) During our swim lessons SOMAPY makes sure to provide a balance of learning and play time. While we understand the lessons are important, SOMAPY also advocates for our free swim time for campers. Free swim allows our campers to**

**get a chance to become more acquainted with the water on their own terms. Allowing our campers to explore the pool in an exciting and enjoyable manner gives them the confidence they need to get in the water effortlessly.**