

## SAFETY FIRST

The emblem your child wears is an important part of a waterfront safety program developed to protect, teach, and help safeguard your child. Each child under 15 years of age will be tested to determine his or her degree of swimming ability and an emblem will be issued which corresponds to that level of achievement. The waterfront areas are designated by emblem plaques, which correspond to the smaller cloth emblems so as to clearly indicate those areas where your child may safely swim. By observing the emblem your child wears, the Guard Staff immediately knows if a child is permitted in a certain area and is obeying waterfront rules so as not to endanger himself/herself or others by being in an area beyond his or her ability. Children themselves help police this program by objecting to other children in that area who have not earned the privilege of being there.

## EMBLEM DESIGNATIONS

The different emblem classifications denote achievement on the part of children who advance from a non-swimmer (Red Frog) through advanced swimmer (Maroon Shark and the Dolphin programs.) Each progression indicates to parents and staff that a child is improving his or her swimming abilities and accomplishments necessary to becoming familiar with the water. Developing and perfecting correct swimming form will last a child a lifetime. Also, passing through our programs will enable a child to handle any body of water.

## PEERS MOTIVATE PEERS

The emblems are a major form of incentive for a child who wishes to attain privileges, which are accorded each emblem category. This incentive feature encourages a child to work for the next emblem. Your child may progress as fast or slow as his or her own ability permits. However, competition to keep up with siblings and friends provides inducements in addition to the privileges a child earns, which include use of special areas or equipment.

The program is based on continual goal attainment as the child improves swimming techniques, water skills, and endurance under the supervision of Water Safety Instructors who are qualified to teach swimming under the American Red Cross Swimming Program.

## TEACHING CORRECT TECHNIQUE

The emblem encourages the attainment of correct swimming and diving techniques, which should be the result of joint efforts of child, parent, and instructor. If a child wishes, and is capable, he or she may develop good form by watching others and by being corrected, helped, and encouraged by staff members. Parents who prefer to teach their own children can work with them and accomplish the same results independently. Group and private lessons are available to children who are working to pass the various tests. Any one or a combination of the teaching possibilities results in instruction for your child. **Parents are urged to be certain children know the required skills before taking a test.**

## A FAMILY EFFORT

This unique safety, achievement, incentive, and instructional program has been developed by experienced Water Safety Instructors specifically to provide safe and controlled swimming conditions where a number of waterfront programs are simultaneously taking place and where adults and children of varying abilities are using the waterfront at the same time. To insure the effectiveness of the program children are required to wear the emblem for which they have qualified, and the parents and adults are urged to support the program, its rules, incentives, and objectives.



## Noe's Swimming Emblem Program

CHILDREN ARE REQUIRED TO WEAR THE EMBLEM

- + SAFETY
- + ACHIEVEMENT
- + INCENTIVE
- + INSTRUCTION

[www.noepondclub.com](http://www.noepondclub.com)  
973-NOE-CLUB (973-663-2582)

## Swim Emblem Descriptions, Requirements, and Area Designations



**RED FROG**  
White Shield

**Requirements:** None (non-swimmer)  
**Area Designation:** Main Beach only



**BLUE FROG**  
Gold Shield

**Requirements:** Front float, face in water. Float on back. Fin or scull on back. Doggie paddle six feet.  
**Area Designation:** Main beach only. May jump off Blue Frog Dock when Near Dock chair is open.



**GREEN FISH**  
White Shield

**Requirements:** 15 yards doggie paddle & 15 yards elementary backstroke (must pass these portions of the test at the same time). Swim under water. Rhythmic breathing with freestyle arms 10 times while standing. Jump off dock into deep water, swimming doggie paddle and elementary backstroke.  
**Area Designation:** Main Beach and Green Fish Dock. Far Beach with parent or buddy when Far Dock chair is open.



**GOLD FISH**  
Black Shield

**Requirements:** 25 yards freestyle & 25 yards elementary backstroke (must pass these portions of the test at the same time). 25 yards back crawl (backstroke). Float on back 30 seconds. Surface dive and swim underwater 1 buoy length. Jump into deep water and tread for 20 seconds using legs only.  
**Area Designation:** May jump off entire dock and use diving boards. Float (may jump off dock and beach sides only). Swim lanes and Far Beach when Far Dock chair is open.



**RED SHARK**  
Blue Shield

**Requirements:** 50 yards freestyle. 50 yards sidestroke. 25 yards breaststroke. All strokes must be well coordinated and correct by Red Cross standards. Front turn against turning board. Racing dive. Feet first, tuck, and pike surface dives. 10 minute swim along extension using all three strokes.  
**Area Designation:** Entire dock including water slides. May jump off all sides of float, swim lanes, Far Beach, and log roll when Far Dock chair is open.



**MAROON SHARK**  
Gold Shield

**Requirements:** 100 yards freestyle. 100 yards breaststroke. 100 yards sidestroke. 100 yards trudgen. 100 yards trudgen crawl. 100 yards backstroke. 50 yards elementary backstroke. 25 yards inverted breaststroke. 25 yards butterfly. All strokes must be correct by Red Cross standards. 3 step hurdle front dive off springboard. 10 yard underwater swim. 5 minute float. 30 minute swim along extension using all strokes except backstrokes and butterfly.  
**Area Designation:** Entire swim area, all water slides, dock and all sides of float. May use swim lanes, Far Beach, log roll, and trampoline when Far Dock chair is open. May use personal rafts in designated areas.



**SILVER DOLPHIN**

*Silver Dolphin is designed for children who have passed their Maroon Shark, but are not old enough for Golden Dolphin (age 11).*

**Requirements:** Maroon shark review. Participate in one of the following swimming programs: Swim Team, Diving Team, or Water Show. Ten mile swim, in quarter mile increments. Earn 15 Service Points. Demonstrate Diving, Competitive Swimming, and Synchronized Swimming Skills. Retrieve 10 lb. weight. Water survival skills.

**Area Designation:** May use entire waterfront, paddle boats, small yellow canoes, and other equipment as specified.



**THE ORDER OF THE GOLDEN DOLPHIN**

*Must be 11 years old before the end of the course and must have passed Maroon Shark.*

**Requirements:** Maroon Shark emblem review. Boat rescues. Basic Water Rescue course. Basic survival swimming skills. Assist tester at 3 shark testing sessions or count miles for Silver Dolphin participants for 1 mile at least 3 times. Participate in one of the following swimming programs: Swim Team, Diving Team, or Water Show. 8 out of 10 perfect ring buoy throws. Two mile freestyle, open water swim (along extension).

**Area Designation:** May use entire waterfront, all equipment, and all boats.

## Making Lifetime Memories

[www.noepondclub.com](http://www.noepondclub.com)  
973-NOE-CLUB (973-663-2582)  
[membership@noepondclub.com](mailto:membership@noepondclub.com)

Follow us!

 @noe\_pond\_club

 @NoePondClub