



ADVANCED TECHNIQUE – GROUPERS

Class Size: Up to 3 students Age Range: ~7-15 years

Level Description: Perfect the strokes. Starts, flip turns, streamlining and endurance. Understand competition rules, pacing, speed and race strategy. Should be able to complete a 100 individual medley with minimal or no breaks.

Entry Level Description: Students should be able to swim 1 lap unassisted in each of the 4 strokes. Students should be confident in their breath control and situational awareness in the water. Capable but not committed to swim team.

Subskills:

Kickboard advanced
Freestyle advanced
Backstroke advanced
Breaststroke advanced
Butterfly advanced
Transitions competition
Flip Turns advanced
Stroke Drill advanced
Stream Line advanced
Kneeling Dive (big pool)
Standing Dive (big pool)
Starts from blocks (big pool)
Breath Control advanced
100 IM advanced
Racing Speed
Eggbeater Kick (hands up)
25 Free (30 sec or less)
100 Free (2:30 or less)

Mastery Level Description: Beautiful technique and strong understanding of racing speed, pacing strategy, competition rules and diving. 25 freestyle under 25 seconds. 100 freestyle less than 2 minutes. 100 I.M. less than 3 minutes.