

DELFIN

Level 3 SWIM SAFETY: Stroke Refinement

ages: 6-8 / 9-12

CLASS GOALS & SKILLS PRACTICED

- | | |
|---|---|
| 1 | CRAWL STROKE WITH KICKS ON WALL <i>-face in with 4 coordinated arms (strokes), 3 sets, 3 second break in between each set, proper flutter kicking the entire time, flutter kicks can not stop during this skill</i> |
| 2 | FULL CRAWL STROKE WITH KICK BOARD 15 FEET <i>-face in water for 4 strokes, after 4 strokes take a 3 second breath, then face back in, kicking entire time. -4 sets in total / minimum of 15 feet</i> |
| 3 | INTRO TO BACK STROKE ARMS ON DECK <i>-standing on deck, syncing and coordinating arms 10 times</i> |
| 4 | BACK STROKE ARMS WITH KICKS IN WATER 15 FEET <i>-proper kicking and body position -swimming in a straight line. -NO KICK BOARD or BARBELL</i> |