

# **Academy Outlines:**

## **The Academy**

### **Group Description:**

The Academy introduces children to competitive swimming. This program is designed to bridge the gap of swim lessons to our competitive team. The fundamentals of all four strokes are taught as well as skills that will allow them to function as part of a swim team. Skills and fun are emphasized. There are three groups within the Academy; Level 1, Level 2 and Level 3.

### **Level 1 Group Objectives:**

- Learn the concept of “circle swimming”
- Come to practice on time with goggles and SAILFISH cap
- Give the coach undivided attention during instruction
- Streamline kick 5 yards from wall
- Swim 25 yards of legal Freestyle
- Swim 25 yards of legal Backstroke

### **Entry requirements:**

- 25 yard freestyle demonstrating the ability to breath on side
- 25 yard kick on back

### **Practices offered 2x per week**

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### **Level 2 Group Objectives:**

- Build off objective from Level 1
- Swim 25 yards of legal breaststroke
- Legal dive from side of the pool
- Introduction to Butterfly

### **Entry requirements:**

- Swim 25 yards of legal freestyle
- Swim 25 yards of legal backstroke

### **Practices offered 2x per week**

**Level 3 Group Objectives:**

- Build off objective from Level 2
- Swim 25 yards of legal butterfly
- Perform legal dive from swimming blocks
- Perform legal flip turn and open turn

**Entry requirements:**

- Swim 50 yards of legal freestyle
- Swim 50 yards of legal backstroke
- Swim 25 yards of legal breaststroke
- Perform legal dive from side of the pool

**Practices offered 2x per week**