

STROKE TECHNIQUE

Swimmers must be at least six years old to participate in Stroke Technique. To be placed in this program, swimmers should be proficient in freestyle and backstroke and be able to swim these strokes for at least 25 yards. Swimmers should also have a working knowledge of butterfly and breaststroke. Carmel Swim Academy constantly monitors the swimmers to make sure they are in the appropriate level based on their ability. Please bring a swimsuit, towel, and goggles.

STROKE TECHNIQUE

Core Foundations: Skills and Stability

ABILITY	SKILLS	STABILITY
Freestyle	✓	✓
Backstroke	✓	✓
Breaststroke	✓	
Butterfly	✓	
Flip Turns	✓	
Endurance		✓