

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.

Core Foundations: Skill and Stability

The following skills are practiced in Stroke Technique and must be completed in order to be in Swim Club Prep. Some swimmers may bypass Swim Club Prep and have the opportunity to be evaluated for the Carmel Swim Club directly from the Stroke Technique level.

SKILL	Notes
Freestyle	Rotary breathing, not turning onto back, 50 yards nonstop
Backstroke	Hips up, straight arms, 50 yards nonstop
Breaststroke	Pull, breathe, kick, glide rhythm, breathing every stroke, two-hand touches on wall, 25 yards nonstop
Butterfly	Arms move together, legs stay together, two-hand touches on wall, 25 yards nonstop
Endurance	100 yards freestyle, 100 yards backstroke
Flip Turn	Introduced