

## SWIM CLUB PREP

Swimmers must be at least eight years old to participate in Swim Club Prep. To be placed in this program, swimmers should be proficient in freestyle and backstroke and be able to swim these strokes for at least 50 yards. Swimmers should also be able to swim 25 yards each 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 Swim Club Prep and must be completed in order to have the opportunity to be evaluated for the Carmel Swim Club.

SKILL	Notes
Freestyle	Rotary breathing, not turning onto back, 100 yards nonstop, flip turns attempted
Backstroke	Stays on back, 100-yards nonstop, flip turns attempted
Breaststroke	Pull, breathe, kick, glide rhythm, arms never go past hips, 50 yards nonstop, USA Swimming legal
Butterfly	Arms come out together, legs stay together, 50 yards nonstop, USA Swimming legal
Individual Medley	Correct order, legal strokes, 100 yards nonstop
Endurance	200 yards freestyle, 200 yards backstroke
Flip Turn	Freestyle and backstroke
Open Turn	Breaststroke and butterfly