

Skills to master:

- All strokes (Freestyle, Backstroke, Butterfly and Breaststroke)
- Treading water for 2 min.
- Diving
- Flip turns and open turns

Goals:

- 100 IM (Fly, Back, Breast, Free) with correct turns

Skills to work on:

- Breaststroke kick ("up, out and around")
- Breaststroke arm ("eat the ice cream")
- Butterfly arms ("123 positions")
- Sit dive
- Knee dive
- Standing dive
- Somersaults mid-pool, off the wall, then flip turn
- Treading water
- Extended freestyle swims (50-100 meters)