

# INTRODUCTION TO COMPETITIVE SWIM DESCRIPTION AND PREREQUISITES

## Introduction to Competitive Swim (ages 8–11)

## Introduction to Competitive Swim (ages 11–15)

### Prerequisites - What your child needs before you register:

All skills with appropriate technique from  
Swim for Life Level 8 or equivalent ability

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Swim for Life Level 8 or equivalent ability

### What your child will do:

Not a learn to swim program. Class focuses on fitness, endurance and form, instructors provide workout plans and individual coaching tips.

**Sample workout:**

- 4 x 25 m flutter kick and/or whip kick with 15-20 sec rest
- Practice interval training as a swimming and fitness skill development activity

**Workout (300 m):**

- 50 m warm-up (choice of strokes)
- 4 x 25 front or back crawl with 15 sec rest
- 4 x 25 (choice of strokes) with 15 sec rest
- 50 m cool-down (choice of strokes)

Design and complete a workout for personal fitness training

Complete a continuous distance swim using a combination of strokes adding challenge and variety to the distance swim

Sprint 25 m each for at least 2 strokes chosen by the swimmer

Participants practice using timing devices such as a pace clock, learn safe stretches for swimmers, and practice flip turns, and dives off the starting blocks.

Not a learn to swim program. Class focuses on fitness, endurance and form, instructors provide workout plans and individual coaching tips.

**Sample workout:**

- 4 x 50 m flutter kick and/or whip kick with 15-20 sec rest
- Practice interval training as a swimming and fitness skill development activity

**Workout (600 m):**

- 100 m warm-up (choice of strokes)
- 4 x 50 front or back crawl with 15 sec rest
- 4 x 50 (choice of strokes) with 15 sec rest
- 100 m cool-down (choice of strokes)

Design and complete a workout for personal fitness training

Complete a continuous distance swim using a combination of strokes adding challenge and variety to the distance swim

Sprint 50 m each for at least 2 strokes chosen by the swimmer

Participants practise using timing devices such as a pace clock, learn safe stretches for swimmers, and practice flip turns, and dives off the starting blocks.



**SPORT & REC**