

Swim for Life Aquatic Registration

Youth Swim 4 Life (12-16 years)	Description
Youth 1	Swimmer will work towards a 10-15m swim on front and back. Perform jump entries from the side and recover an object from the bottom in chest-deep water. Swimmer will improve your fitness and your flutter kick with 4 x 9-12m interval training.
Youth 2	Swimmer will be working on two interval-training workouts of 4x25m kicking and front or back crawl. Will be able to perform dive entries and demonstrate breaststroke arms and breathing over 10-15m. Swimmer will be supporting themselves at the surface for 1-2 minutes and showing off handstands in shallow water.
Youth 3	Swimmer will learn eggbeater, stride entries and compact jumps. Will complete a 300m workout and sprinting 25-50m. Swimmer will master your front crawl, back crawl, and breaststroke.
Adult Swim 4 Life (16 years +)	Description
Adult 1	Swimmer will work towards a 10-15m swim on front and back. Will perform jump entries from the side and recover an object from the bottom in chest-deep water. Swimmer will improve fitness and flutter kick with 4 x 9-12m interval training.
Adult 2	Swimmer will work on two interval-training workouts of 4x25m kicking and front or back crawl. Will be able to perform dive entries and demonstrate breaststroke arms and breathing over 10-15m. Swimmer will support themselves at the surface for 1-2 minutes and showing off handstands in shallow water.
Adult 3	Swimmer will learn eggbeater, stride entries and compact jumps. Will be doing a 300m workout and sprinting 25-50m. Swimmer will master front crawl, back crawl, and breaststroke.

