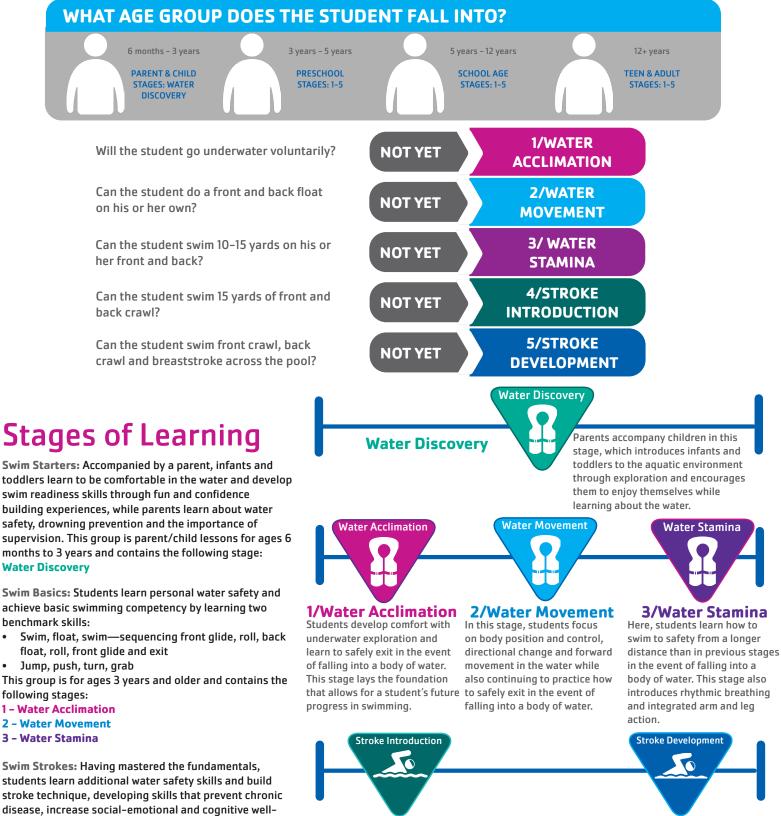
Swim Lessons Group Lessons Selector



4/Stroke Introduction

being and foster a lifetime of physical activity. This group

is for ages 3 years and older and contains the following

stages:

4 - Stroke Introduction

5 - Stroke Development

Students in this stage develop stroke technique in front and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke. 5/Stroke Development

competitive strokes. The emphasis

on water safety continues through

Here, students work on stroke

technique and learn all major

treading water and sidestroke.