



Olympic Way Group

Coaches: Jon and Jesse

Requirements:

The purpose of this group is to introduce children to swimming through appropriate instruction on swimming fundamentals and developing basic motor skills including balance and coordination in the water. The basic requirement to begin this novice level group is the swimmer's ability to swim 25 yards of freestyle and backstroke (use of a kickboard is acceptable).

Training & Yardage:

45 minutes/ 2-3 days a week; minimal yardage consisting of low-intensity, highly technique-oriented skill work.

Goals:

- Develop a level of comfort in the water through teaching of basic skills
- Learn and demonstrate proper technique for all four strokes
- Introduction to competitive swimming through fun events such as mini meets
- Have fun and enjoy spending time in the pool!

Equipment:

Kickboard*, Goggles

*Provided by Duke City Aquatics but swimmers may also purchase their own