

## **Minisimskola**

Minisimskola is the beginners group for slightly older children.

Here we practice a lot of water habit and do exercises and different games so the kids feel safe in and around the water. We do this by using a method called Brainswim, you can read more about it on our website.

The lessons are 40 minutes each, one time a week. Parents are welcome to come along and watch the lessons if they want to.

## **Requirements**

The child must be able to be in the water without a parent, otherwise there are no requirements.

## **Age**

5-8 years

## **Goals**

Put your head under the water

Bubble

Jump from a low edge

Rotate from back to stomach

Float on your back

Glide

Reach and clear all levels with good quality

## **Acquired Badges**

The sea turtle (Sköldpaddan)

We swim in Kombi- and Undervisningsbassängen at Högevallsbadet where we can alter the depth of the pool so that everyone can reach the bottom.