

Simskola 1

When the child has achieved the goals for Minisimskola the next step is Simskola 1.

Here we keep practicing our water habit and start to learn crawl and backstroke. 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 have reached and cleared all of the goals for Minsimskola.

Age

5-8 years.

There are specific groups for those who are older. On the registration page they are called Simskola 1 9-12år.

Goals

Float on your back for 10s

Jump from the edge

Swim 10m on your stomach

Swim 10m on your back

Glide

Retrieve objects from the bottom

Rotate from your stomach to your back and from your back to your stomach

Reach and clear all levels with good quality

Acquired Badges

The Penguin Silver

We swim in the Kombi- and Undervisningsbassängen at Högevall, at Delphinenbadet and at the Child- and Youth-habilitation in Lund. The children can reach the bottom in all these places. We also have Simskola 1 at Habo gård in Lomma, there the pool is 1,25 m deep, therefore the groups are slightly smaller there.