

### **Simskola 3**

After your child has achieved the goals for Simskola 2 the next step is Simskola 3.

Here we keep practicing our water habit as well as our crawl and backstroke. We also add breaststroke. In Simskola 3 we mainly swim in deep 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 have reached and cleared all of the goals for Simskola 2.

#### **Age**

5-8 years

there are specific groups for those who are older. On the registration page they are called Simskola 3 9-12år.

#### **Goals**

The worm with a driving motion

Swim 25m on your back in deep water

Float for 2 min

Glide 5m

Swim 25m on your stomach in deep water

Breaststroke under the water

Dive from the edge

Reach and clear all levels with good quality

#### **Acquired Badges**

The Goldfish

We swim in the Tävlings- and Träningsbassängen at Högevall and at Delphinenbadet. At Högevall it is only deep water, at Delphinenbadet there is the possibility to do exercises in both deep and shallow water. Remember that there is a big difference between Kombi- and undervisningsbassängen, Delphinenbadet and tävlings- and träningsbassängen at Högevall! Both in temperature and in depth.

When your child can swim 25m in any swimming style they are welcome to join Morgondagarnas, a competition for our smallest swimmers!