

Crawl 1

After finishing Simskola 3, Crawl 1 is the next step.

During this course we continue practicing our comfortability in water, swimming crawl (freestyle), breaststroke and backstroke. When the child has reached the goal for this group they have acquired 'Vattenprovet', which is the national standard for a person to be considered "able to swim". We use a method in our teaching known as Brainswim, you can read more about it on our website.

Lessons are 40 min, once a week. Parents are welcome to watch if they so choose.

Previous knowledge

The child has finished Simskola 3.

Age

6-10 years old, there are specific groups available for older children. At the sign up page their called Crawl 1 9-12.

Goals

Swim 200 m of which 50 m is on your back

Somersaults

Float for 2 min

Glide for 5 m

Dive from the edge and swim 5 m under water

Complete breaststroke

Balance on your back

Driving 'masken'

Complete all goals with good quality

Goals for badges

Vattenprovet and järnmärket

We swim in the competition- or training pools at Högevall as well as the pool at Delphinen. The pools at Högevall are only deep water, Delphinen has both shallow and deep ends of it's pool. Keep this difference in depth in mind when you sign up for the course!

Tips!

Go swimming with the child in the new pool if they start swimming in a new place. It will make the beginning of term a lot smoother for everyone, instructor, parent and child.

When the child is able to swim 25 m of any stroke they're welcome to participate in Morgondagarnas, a competition dedicated to our youngest swimmers!