

## **Crawl 2**

After completing the goals for Crawl 1, the next step is Crawl 2.

This is where our technique-school starts! We continue practicing freestyle, backstroke and breaststroke and perform exercises to enhance the child's feel in the water and technique.

In Crawl 2 most swimming is done in deep water. We use a method of teaching called Brainswim, you can learn more about it on our website.

Lessons are 40 min each, twice a week. Parents are welcome to watch the lessons if they so choose.

### **Requirements**

The child must complete the goals for Crawl 1

#### **Age**

6-10 years old

#### **Goals**

Backstroke-badge (10m technically correct backstroke)

Freestyle with good breathing

Competition-start (track start)

Flip turn, freestyle

Balance in freestyle

Complete all levels with good quality

#### **Goals for badges**

Backstroke-badge

Bronze-badge

This groups swims in the competition- and training pools at Högevall as well as Delphinenbadet. At Högevall there is only deep water, at Delphinen there are both a shallow and deep end. Consider this big differens between the two pools!

#### **Tips!**

Go swimming with the child in the new pool if they start swimming at a new place. It will ease the start of term for everyone involved.

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