

## **Crawl 3**

After the child has accomplished the goals for Crawl 2, Crawl 3 is the next step.

Our technique-school continues here. We keep on practising freestyle, backstroke and breaststroke and the children get to try butterfly. We do exercises to strengthen the child's feel in the water and technique. In Crawl 3 we swim in mostly deep water. We use a method called Brainswim, you can read more about it on our website.

### **Requirements**

Must have completed the goals for Crawl 2

### **Age**

6-10 years old

### **Goals**

Crawl-badge (10 m technically correct freestyle)

Long dive 8 m

Deep dive 1,5 m

Competition start (track start)

Freestyle-, backstroke- and breaststroke turns

Complete all levels with good quality

### **Goals for badges**

Crawl-badge

Silver-badge

We swim in the competition- and training pools at Högevall and Delphinenbadet. At Högevall theres only deep water, at Delphinenbadet there are possibilities to perform exercises in both shallow and deep water.

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