

## **Medley**

After completing the goals for Crawl 3, the next step is Medley.

Here we continue our technique-school. We continue practising freestyle, backstroke, breaststroke and butterfly. We do exercises to strengthen the child's feel in the water and technique. The child gets to try proper turns and starts. In Medley we swim exclusively in deep water. We use a method called Brainswim, you can read more about it on our website. Lessons last between 50 and 75 min, twice a week. Once a week the children have dryland training ahead of the lesson. Parents are welcome to watch lessons if they so choose.

### **Requirements**

Must have completed the goals for Crawl 3

#### **Age**

7-10 years old

#### **Goals**

Float for 3 min

Water treading 3 min

Deep dive 2 m

Long dive 15 m

Breaststroke badge (10 m technically correct breaststroke)

Butterfly badge (10 m technically correct butterfly)

Turns, all strokes with a push off the wall

Competition start

Push off the wall followed by 'masken' under water

Complete all levels with good quality

#### **Goals for badges**

Breaststroke badge, butterfly badge and bachelor's badge

We swim in the competition- and training pools at Högevall.

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!