

Simskola 2

After your child has achieved the goals for Simskola 1 the next step is Simskola 2.

Here we keep practicing our water habit as well as our crawl and backstroke. Here we also try some breaststroke underwater and learn how to 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 1.

Age

5-8 years

There are specific groups for those who are older. On the registration page they are called Simskola 2 9-12år.

Goals

Float on your back for 15s in deep water

Glide in deep water

Jump from the edge into deep water

Swim 25m on your stomach in deep water

The worm

Swim 10m on your back in deep water

Retrieve objects from the bottom in deep water

Reach and clear all levels with good quality

Acquired Badges

The Penguin Gold and the Silverfish

We swim in the Kombi- and Undervisningsbassängen at Högevall, at Delphinenbadet and at the Child- and Youth-habilitation in Lund. The children can reach the bottom in all these places. We also have Simskola 1 at Habo gård in Lomma, there the pool is 1,25 m deep, therefore the groups are slightly smaller there.