

## **SWIM CLUB PREP**

Swimmers must be at least eight years old to participate in Swim Club Prep. To be placed in this program, swimmers should be proficient in freestyle and backstroke and be able to swim these strokes for at least 50 yards. Swimmers should also be able to swim 25 yards each of butterfly and breaststroke. Carmel Swim Academy constantly monitors the swimmers to make sure they are in the appropriate level based on their ability. Please bring a swimsuit, towel, and goggles.

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Core Foundations: Skills and Stability

<b>ABILITY</b>	<b>SKILLS</b>	<b>STABILITY</b>
Freestyle		✓
Backstroke		✓
Breaststroke	✓	✓
Butterfly	✓	✓
Individual Medley		✓
Flip Turns	✓	✓
Open turns	✓	
Endurance		✓