Intro to Competitive Swimming

This class is for 9th and 10th grade Boys and Girls interested in learning HS Competitive Swimming techniques. We will meet one block, either 4th or 8th, (every other day) and will focus on preparing the student for future membership on our Dragon HS Competitive Swimming Team.

This is strictly a 1st semester class and students must be "safe" swimmers to enroll in this class. We will be teaching the four competitive strokes; fly, back, breast and free, along with competitive starts and turns. Although the entry-level student does not need to know the competitive techniques, nor even be a 'fast" swimmer, they need to understand that we are preparing them for possible future competitive swimming team participation. This class is a stepping-stone to our HS Swim Team for those with no previous swim team experience.

Questions? Contact:
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Practice time: **Fall semester only** **PE credit**
2:00 pm to 3:20 pm every other day (one block only)