

Developmental Group (Dev):

The primary focus for this group is to learn the correct stroke techniques, which means constantly correct the wrong ones through the practice. Swimmers will gradually establish 4 good strokes with the rhythm, coordination and continuation. In the meantime, gradually teach the concept of arm stroke acceleration, kicking with whole body coordination and balancing.

Goals for the Developmental Group:

- Swimmer is motivated to listen to coaches and try to improve
- Courteous to other swimmers in pool • Good techniques for 4 strokes
- Good kicking techniques
- Good balance and some turn techniques
- Can swim for 50 yards in 4 strokes.



