

## **Stroke Refinement (Blue/Green Swirl, Teal/White Swirl, Grey/Black Swirl)**

Swimmers who have received their silver, blue green swirl, teal white swirl or black and grey swirl can join this class. Swimmers are competent and comfortable with all four strokes, freestyle, backstroke, breaststroke, and butterfly. Swimmers will gain further knowledge and advance their technique to meet USA Swimming standards. Swimmers will also be introduced to open and flip turns, individual medley and stroke drills. Swimmers should be able to swim comfortable for at least 60 + feet.

### **Additional skills working on:**

- Treading water 60 + seconds
- Understanding drills
- Flip and open turns
- Building endurance and stamina
- Varying speed with kick and stroke work

### **Distance Requirements for each refinement level:**

#### **Blue/Green Swirl**

Swimmers are confident and comfortable with all four strokes, freestyle, backstroke, breaststroke, butterfly. Swimmers will build technique and work on building endurance with each stroke.

Freestyle 4 lengths of the pool

Backstroke 4 lengths of the pool

Breaststroke 4 lengths of the pool

Butterfly 2 lengths of the pool

#### **Teal/White Swirl**

Swimmers are confident and comfortable with all four strokes, freestyle, backstroke, breaststroke, butterfly. Swimmers will build technique and work on building endurance with each stroke.

Freestyle 6 lengths of the pool

Backstroke 6 lengths of the pool

Breaststroke 6 lengths of the pool

Butterfly 4 lengths of the pool

#### **Grey/Black Swirl**

Swimmers are confident and comfortable with all four strokes, freestyle, backstroke, breaststroke, butterfly. Swimmers will build technique and work on building endurance with each stroke.

Freestyle 8 lengths of the pool

Backstroke 8 lengths of the pool

Breaststroke 8 lengths of the pool

Butterfly 6 lengths of the pool